



## FLOOR HOCKEY

### Co-ed Rules

- To start a game each team must have at least a total of 5 participants (1 goalie and 4 players) in total and at least 2 participants of the minority gender on the court at ALL TIMES. After the game starts, for any reason if there are not 2 members of the minority gender able to play (due to injuries) then the team is able to play down a person (1 goalie and 3 players out) but still must have at least 1 member of the minority gender on the court. If there are no minority gender participants left during the game that can continue to participate- their team will forfeit.

### Equipment/Attire

- Appropriate gym attire must be worn at all times. Sticks, balls and pinnies will be provided by the Campus Recreation department. Goalie equipment is provided, however, goalies are allowed to wear their own equipment (as long as it is the same size as the pads provided by the campus recreation department). All other players are strongly encouraged to wear helmets with face/eye protection as well as gloves and shin guards. Players may not bring their own sticks to use – they must use the sticks provided.

### Format

- Each game consists of 2 x 20 minute halves with one minute between halves and three minutes of warm up at the beginning of the game. All games regardless of start time will be finished no later than on the hour. Teams will switch ends at the half.
- A NHL style faceoff will happen in the middle of the center court at the beginning of each half.
- The clock starts when the ball is put in play at the center circle. Play is continuous. The clock will not stop.

### General Play and Scoring

- Standard rules of hockey apply at all times.
- Free substitution is allowed. Change of goalies can only take place when the play is stopped.
- Officials may stop play for injuries or extenuating circumstances.
- Players may catch the ball if it is in flight, but must drop it from where they caught it.
- Players not in the game must stand in the designated area only. These will be clearly marked.
- A goal is scored anytime the ball fully crosses the goal line.
- On shots where the ball is deflected off a player or equipment into the goal, the goal counts.
- Goals do not count if the ball is kicked or hit with the hand or foot into the goal by the offensive team.
- Sticks must stay below the waist at all times! Failure to do so will result in a 2-minute penalty, any (2) high sticking penalties will result in removal from the game.**
- No Slap shots (even if the stick stays below the waist).**

- Any time the ball leaves the playing surface (i.e. is played onto the stage surface, or out of the gym), possession shall be given to the opposing team. At the point of exit, the team that acquires possession must pass the ball in. (No goal shall be scored by passing the ball in).
- There will be no offside.
- **No player may slide during the game except for the goalie.**

### Goaltending

1. The goalie may use their hands, stick or glove to clear the ball from the goal.
2. A misconduct foul is assessed if the goalie throws the ball past the centerline.
3. A misconduct foul is assessed if the goalie smothers the ball more than two meters from their net.

### Penalties – All Players

- All penalties will be 2 minutes long (hooking, slap shots, arguing with the official (first offense), goalie interference) except fighting and body contact.
- There will be no body contact allowed, or a 5-minute penalty will be given.
- Any two (2) 5-minute penalties will lead to expulsion from that game and the next. Fighting will result in automatic expulsion from the game and will be reviewed for additional suspensions/sanctions.
- Anything that occurs with the intent to injure (spearing, slashing, push from behind, crosscheck etc.) will result in automatic expulsion from the game and possibly future games upon review.
- Any player receiving 3 penalties or 2 stick penalties will be out for the rest of that game.
- When coincidental penalties are called, the teams will play 3 vs. 3. If a second set of coincidental penalties are called (while teams are short-handed), teams will still play 3 on 3. If a second penalty is called that is not coincidental, the second penalty will not start until the first penalty is over.
- A team may only serve two penalties at the same time, if a third penalty is called on the same team then the third penalty will not start until one of the initial two penalties has expired. The maximum advantage a team can have due to penalties is 4 vs. 2
- Only the captain or assistant captain may address an official. When addressing an official, the captain is expected to be courteous. The penalty for any other player addressing an official, or directing remarks at him, will be two (2) minutes.
- If an official fails to show, the teams will be responsible for scoring and calling their own games. Officials must be treated with respect.
- **The referee's decision on all matters will be final. Constant harassment will not be tolerated. Will result in suspension from games and/or removal from league.**

### Playoffs

- Overtime during playoffs will occur as follows:
  - a 3 player penalty shoot-out (one shooter must be female in co-ed floor hockey)