

FLOOR HOCKEY RULES

GAME TIME:

1. Each game will consist of 3 periods (12 minute running clock).
2. A two-minute interval will separate each period.
3. In the last two (2) minutes of the third period, the time will be stopped for penalties and face-offs. Unless there is no more than a three (3) goal difference.
4. Each team will be allowed one (1) time-out per game, one (1) minute in duration.
5. An official time out may be called for in injured player or for other circumstances deemed appropriate by the officials.
6. All ties will remain as such except during playoffs.
7. During the playoffs, if the game is tied at the end of regulation, a 5-minute sudden death period will be played. Additional 5-minute periods will be played until a winner is determined.

MERCY RULE:

The game will be called if a team is up by five (5) or more goals with only five (5) minutes to play.

SCORING:

1. A goal is scored when the puck passes completely across the plane of the goal-line.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in, the puck is batted by the hand, or an offensive player is in the crease.
4. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
6. No goal can be scored while an offensive player's feet are in the crease.

PENALTIES:

1. Teams cannot play with fewer than three (3) players. If more than two (2) players are penalized during the same time, penalties shall be served in succession.
2. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.

PLAYER MISCONDUCT:

1. Misconduct penalties will result in a player ejection.
2. Misconduct penalties include:

- Excessive use of profanity.
- Extensive abuse of the facility and/or equipment.
- Slashing.
- Unnecessary rough play.
- Fighting.
- Deliberate roughing/checking.
- Verbal or physical abuse towards an official, opponent, or supervisor.
- Any unsportsmanlike conduct that in the opinion of the official warrants ejection.

MAJOR PENALTY:

1. All major penalties will result in the player serving a FIVE- minute penalty. Play will start with an indirect free hit awarded to the offended team.
2. Major penalty fouls include:
 - Tripping - intentional tripping with the stick or any body part.

- Elbowing - use of the elbow to impede an opponent.
- Throwing the stick - intentional throwing of the stick to gain an advantage.
- Hooking - wrapping the stick around a player.
- Checking/Roughness - any unnecessary body contact.
- Intentional holding of a player from scoring on a breakaway.
- Intentional delay of game not applicable to the goalie 3- second rule.

3. Two major penalties results in an ejection.

MINOR PENALTY:

1. All roughing penalties will result in the player serving a two (2) minute penalty. Play will start with an indirect free hit awarded to the offended team.

2. Minor penalties include:

- Equipment abuse - any beating or bending of equipment.

NOTE: PLAYERS CAN BE HELD RESPONSIBLE TO PAY FOR DAMAGE TO EQUIPMENT NOT ASSOCIATED WITH THE NORMAL WEAR AND TEAR FROM PLAYING.

- High sticking - above the waist (on the shot, and/or in traffic).
- Holding.
- Habitual minor fouls.
- Interference - inhibiting the progress of an opponent with is not in possession of the puck , or knocks the stick out of the opponent's hand, or who prevents a player from regaining possession of a dropped stick.
- Illegal substitutions.
- Kicking or throwing the puck.
- Goal crease violations.
- Moving the net by defensive team with no shot at net (if intentional act with shot on goal, it will result in a penalty shot).
- Contact with the goalie inside the crease whether accidental or not.

3. All minor penalties may be considered major if flagrant.

PENALTY SHOT:

1. A penalty shot will be awarded to a player who, in the official's judgment had a clear opportunity to shoot on goal and was prevented from doing so by an opponent tripping, holding, etc. A goal will be awarded if a player stops a clear opportunity to score a goal by throwing their stick, entering the crease, etc.

2. All players except the goalie and player attempting the shot will move to the opposite half of the floor.

3. The shooting player will place the puck anywhere on the penalty line. The shot must be taken within five (5) seconds, following the official's whistle. If the puck is moved from the prior to the shot, a face-off will be called by the official.

4. The goalie must be stationary inside their crease, with both feet on the goal line until the puck is played.

5. If the shot is missed, play will immediately be dead and a face off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.