Floor Hockey Rules

Any clarifications will be made by the officials and supervisor on duty.

General

- All players must present their valid CINO Card to play. No exceptions! Participation will be denied to anyone without their valid CINO Card.
- Jewelry is not allowed to be worn by any participant during an Intramural event. Any and all dangerous equipment must be removed prior to participation. Jewelry cannot be covered by tape or bandage.
- The object of the game is to use a stick to put the ball into the opponent’s goal and the highest score wins.

Participant Behavior

- Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is a priority. Any action(s) that is deemed dangerous and/or reckless by the game’s official or the Intramural Sports Supervisor will result in an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural managers and players should consider participation to be a privilege, not a right.
- Three (3) Unsportsmanlike Penalties will result in a team disqualification regardless of the score. Two (2) Unsportsmanlike Penalties against a player will result in the player being disqualified from the game and subject to suspension.
- Only a team’s designated Captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.
- Penalties can be 1-minute minors, or 3-minute major. The player who committed the infraction will serve out both penalties, unless the player received their second major penalty. In this case, the captain of the team must serve the 3-minute major.
- If a team is displaying general unsportsmanlike conduct from the bench, the captain will be assessed a 3-minute bench major penalty.
- Any player leaving the bench to protest or otherwise dissent against an official’s decision shall be immediately ejected from the competition and the facility.

Court, Equipment & Players

- A full team will consist of five (5) players and a goalkeeper. A team that does not have a minimum of three players and a goalie will forfeit. Thirteen (13) players are allowed on a team’s roster.
- All apparatuses and protrusions are in play unless whistled dead by the officials. The scorer area, bench areas and penalty box areas are out of play.
- The crease is the width of the goal and extends four (4) feet into the court. It is taped on the floor.

Scoring & Timing

- Games will consist of three (3), fifteen (15) minute periods, with 1 minute in between periods.
- The clock will be running until the last two (2) minutes of the regulation and any overtime periods, when the clock will stop on whistles only if the score is within 3 goals. Each team is allowed 1 time-out per game. Time-outs may
only be called during dead ball periods.

- A goal counts when the entire ball crosses the goalline as noted by floor tape.
- Shootouts will only be used in regular season play. During playoffs, undecided games will go into a sudden death, golden-goal overtime period.
- At the end of regulation, in the event of a tie, there will be a 3-man shootout to determine the winner.
- Mercy Rule: All games with a 7-goal differential at any time in the 3rd period will be ended.
- A forfeit will be scored as 5-0 unless the non-forfeiting team is winning at the time. In that case, the score as will stand.

Gameplay

- Icing is a violation that occurs when teammates pass from behind their defensive area to the opponents’ defensive area (FT line to FT line). In this case, the offended gets possession of the ball behind their own net with no defensive pressure.
  - When short-handed due to penalty, clearing the puck in a three line pass will not result in an icing violation.
- Face-offs will be used to begin periods and following goals in the center circle.
- When there is a penalty, violation or a legal goalie cover of the ball, the nearest face-off spot (a corner of the grey volleyball court lines).
- During a face-off, all players must be on their defensive side of play.
- While five players maximum are allowed on the floor during play. Substitutions are allowed during play, and must be an even switch. A team may only pull their goalie in the last two (2) minutes of the game and may substitute "on-the-fly".
- It is a violation for floor player’s feet to be stepping in the crease. A player may place a stick in the crease to attempt to control a loose ball. A player may leap over the vertical plane of the crease area as well.

Goalkeeping

- Goalies must wear a protective helmet/mask with cage, chest protector, and shin guards. All goalie equipment will be provided. It is strongly encouraged for goalkeepers to wear a protective cup.
- Goalies cannot be switched during a period, unless either team calls time-out. However, goalie changes may occur due to injury. If so, s/he cannot return to the surface as a forward. Goalies may be substituted during the 1-minute intermission in between periods.
- Goalies may stop play by covering the ball. Play will resume with the goalies teammate starting play again with the ball behind his/her own net without defensive pressure.
- Goalies may not cross the center-court line at any time.

Fouls & Violations

- Unsportsmanlike Penalties will be served as 3-minute major penalties.
- This is a NON-CHECKING LEAGUE. There is to be no contact between players. Incidental bumping is not considered contact. If a player intentionally endangers an opponent, he/she is subject to penalty.
- Sticks may not be lifted above the crossbar at any time. (High sticking)
- If a goalie or a player intentionally throws his/her stick at the ball, a penalty shot will be issued to the offended team.
Penalties of 1-minute
- HIGH STICKING: anytime the stick is raised above the cross bar.
- SLASHING: Hitting an opponent with stick.
- CHARGING: anytime opposing player pushes a player out of position.
- ELBOWING: using one's elbow to hit an opponent
- CROSS CHECKING: use of stick to push opponent out of the way
- TRIPPING/HOOKING: using stick to trip or hold an opponent from playing the ball
- CHECKING: deliberate contact to move someone off the ball

Penalties of 3-minutes
- Any taunting of players or officials
- Repeated offense of a contact penalty
- Unsportsmanlike behavior directed at opponents, teammates or staff.