



UNIVERSITY OF MINNESOTA, DULUTH
RECREATIONAL SPORTS OUTDOOR PROGRAM
FLOOR HOCKEY RULES



RULE I: THE PLAYING FLOOR, EQUIPMENT AND PLAYERS

Sec. 1. The Playing Floor

- Art. 1. All games will be played in the Multipurpose building.
Floor marking shall be as follows:
- a. a goal crease and goal line
 - b. center "off sides" line
 - c. end face-off spots
 - d. center face-off spot
- Art. 2. Penalty boxes shall be located in the corner nearest the players box.

Sec. 2. The Equipment

- Art. 1. Players are required to wear tennis shoes on the playing floor.
Non-marking black soled jogging shoes are allowed.
- 2.a. Goalies are required to have helmets with full masks.
- 2.b. Players are recommended to wear the following equipment:
- a) mouth guards
 - b) helmets with full mask
 - c) protective padding for shins, elbows, hands, arms, etc.
3. Sticks:
- a) may not exceed 52" in length (measured straight down the shaft to bottom of blade).
 - b) blade must be made of plastic.
 - c) no tape is allowed on the blade. Tape on the knob end of the shaft may not extend beyond 12" from the knob end.
- PENALTY:** for use of an illegal stick is a 10minute misconduct and disallowment of goal if discovered before play resumes for first offense. Continued use of an illegal stick will result in a game misconduct penalty.
4. Goalie's sticks must be approved floor hockey sticks and may have a wood shaft. This stick may not be used except by the goalie in their duties.
5. Uniform shirts are recommended. If one team has uniforms the other will wear pinnies. In all other cases the first team listed on the schedule is responsible for pinnies.

Sec. 3. Players

- Art. 1. Teams consist of 5 players (Co-rec consists of 6). Teams may play with 4 players.
2. All team members must be in the team bench area.
 3. Goal keepers shall have a privileged area bounded in the rear by the goal keepers end of the floor, in front by an imaginary line connecting the end zone face-off spots and on the sides by an imaginary line

- from the end zone face-off sports to the end boards.
4. Substitutions may be made at any time provided the player coming off the floor is out of play before the substitute enters onto the playing floor. (Officials judgment)
 5. A penalized player may not return to the playing floor until the ball is in play, even if the penalty is expired. The official shall notify the penalized player of the expiration of the penalty.

Sec. 4. The Officials

- Art. 1. The officials shall conduct the game in accordance with the rules, not permit any player to wear equipment, which in their judgment is dangerous to other players.
2. The officials shall all have equal jurisdiction. All officials shall have equal authority and responsibility in controlling the game.
 3. Only the captain of each team will be allowed to address the official. Any other member violating this rule is subject to a 10 minute misconduct and further abuse will result in a game misconduct.

RULE II. SCORING AND TIMING REGULATIONS

Sec. 1. Goal

- Art. 1. A goal is made when the ball, enters the goal from the front and completely passes the goal line.
2. A goal shall not be allowed if:
 - a) the ball is kicked, thrown, carried or otherwise deliberately directed into the goal by any means other than a stick.
 - b) the ball hits an official and goes directly into the net.
 - c) the attacking team commits a foul which assists in the making of a goal including too many people on the playing floor.

Sec. 2. Winning Team

- Art. 1. The winning team is the team which has accumulated the greater number of points when playing time expires.
2. Ties shall count in the standings for regular season play.
 3. Overtime will be played in the event of a tie in tournament games only. See Rule 5 for over time rules.

Sec. 3. Playing Time

- Art. 1. Two twenty-two (22) minute halves will be played with three (3) minutes between halves. Time is continuous for each period except during time-outs.

Sec. 4. Time-Outs

- Art. 1. Each team is entitled to one time out per game.
2. Time outs shall be one (1) minute in length.
 3. Officials may call time-out at any time based on their judgment.

RULE III. PUTTING THE PUCK IN PLAY

Sec. 1. Game Start

- Art. 1. 1. Prior to the start of the game the officials shall meet with the captains from each team to explain rules, answer questions and conduct the coin toss.
2. The winner of the coin toss shall choose which end of the playing floor they wish to defend.

Sec. 2. Face-Off

- Art. 1. 1. The ball shall be put in play by a face-off. The official shall drop, not throw, the ball from knee height between the sticks of the players facing off.
2. The following provisions shall govern all face-offs:
- a) one player from each team shall participate;
 - b) each player shall stand squarely facing the opponents end of the floor;
 - c) the entire blade of each players stick shall be on the floor and on the same side of the face-off spot as that players own stick.
 - d) the sticks shall be in a line parallel to the sideboards.
3. Failure of player facing-off to take the proper position will result in the official ordering the player replaced by any teammate on the floor.
4. All other players shall, at the time of the face-off, be standing so that their bodies and sticks are no closer than 36 inches from an opponent and on side as it relates to the face-off spot. All players shall also be 15 feet from the two players facing off.
- PENALTY: First violation "refacing" of ball. Second violation at same face-off by same team. MINOR penalty.

Sec. 3. Face-off Areas

- Art. 1. 1. The ball shall be faced-off at the center of the playing floor for the start of each period, incidental whistle, after a goal, or when ends are changed for any reason.
2. The ball shall be faced-off where it was last played with the following exceptions in Articles 3 - 5.
3. Face-off area shall be in the neutral zone, nearest the point where the ball was if:
- a) an attacking player commits any foul in the attacking zone
 - b) injury to an attacking player in the attack zone,
 - c) a goal is disallowed;
 - d) an attacking player causes the ball to leave the playing floor.
4. Face-off area shall be at the nearer end zone face-off spot if:
- a) intentional offside occurs;

- b) defensive stalling occurs;
 - c) a defensive player causes the ball to become lodged on the net.
 - d) a defending player commits a foul;
 - e) a penalty shot is missed;
 - f) the goal keeper commits any foul;
 - g) a defender causes the ball to leave the playing floor;
 - h) the ball is struck with the blade of the stick above the height of four feet, (this includes slapshots).
5. If the official loses sight of the ball during a scramble or because a player accidentally falls on the ball, play shall be stopped immediately and a face-off conducted at the point where play was stopped unless otherwise specified.

RULE IV. FOULS, CONDUCT AND PENALTIES

Sec. 1. Fouls for which the Penalty is a Face-off

- a) Carrying the ball with hand or forwarding the puck to a teammate with the hand.
- b) An offside player (i.e. offside when both feet are completely over the center line of their attacking teams zone prior to the puck).
- c) a goal cage is unintentionally displaced.

Sec. 2. Fouls with Minor Penalties

- Art. 1. Carrying stick above the height of four feet in a way likely to cause injury or striking an opponent with a stick above the opponents shoulders (intentional or accidental).
2. Kicking, throwing, holding or knocking an opponents stick in order to keep possession away from the opponent.
3. Throwing or leaving a stick or other equipment on the floor (bench personnel included).
NOTE: PENALTY SHOT if the act prevents a possible scoring opportunity.
4. Deliberately holding the ball against the boards, cage or floor with a stick, foot or other part of the body.
5. If goalkeeper holds the ball outside of the privileged area.
6. Delaying the game by unnecessarily adjusting equipment, clothing; excessively celebrating after goals or obviously stalling.
7. Intentionally causing the ball to leave the floor.
8. A player other than the goal keeper picking up, throwing, covering or trapping the ball with his hand or body.
9. Interference with an opponent not playing the ball by personal contact.
10. A goalkeeper shall not participate in play in any manner beyond the center line.
11. Blowing of a whistle in the bench area.
12. Checking an opponent. NOTE; IF FLAGRANT IS A MAJOR PENALTY: OFFICIALS JUDGEMENT.

13. No Player shall:
- a) thrust a stick into an opponent with both hands (cross checking);
 - b) swing the stick at an opponent with unnecessary force, regardless of height (slashing);
 - c) force an elbow or knee into an opponent (elbowing);
 - d) trip or slash an opponent with a stick, leg or sliding body block (hooking, tripping, slashing);
 - e) push an opponent (roughing);
- NOTE: IF FLAGRANT IS A MAJOR PENALTY:
OFFICIALS JUDGEMENT.
- f) hold an opponent (holding)
 - g) intentionally displace the cage,
 - h) fail to return to their bench if a fight develops;
 - i) return to the floor without permission of the referee or penalty time keeper.

Sec. 3. Fouls with Major Penalties, Misconducts or Disqualification

- Art. 1.
1. Disrespect to or refusal to obey an official shall be a MISCONDUCT followed by GAME MISCONDUCT if further disrespect is exhibited.
 2. Use of abusive or foul language shall be a MISCONDUCT followed by a Game Misconduct if further used.
 3. Intentionally touching an official before, during or after a game shall be a MAJOR penalty with a GAME DISQUALIFICATION.
 4. Fighting, spearing, butt-ending, kicking, or INTIMIDATION shall result in a GAME DISQUALIFICATION and further disciplinary action.
 5. Any player receiving two major penalties in the same game shall receive a GAME DISQUALIFICATION and further disciplinary action.

Sec. 4. Penalty Time

- Art. 1.
1. Minor penalties shall be two minutes
 2. Major penalties shall be five minutes.
 3. Misconducts shall be ten minutes.

Sec. 5. Penalty Information

- Art. 1.
1. Penalties will be called on a delayed basis. If a team scores on a delayed minor penalty (both teams being equal in number) the delayed penalty shall be waived.
 2. If a goal is scored while a team has fewer players on the floor due to minor penalties, the penalty shall expire (first penalty if more than one) when the goal is scored.
 3. A substitute will be allowed to play for any player serving a misconduct penalty.
 4. All Game Misconduct and Game Disqualifications shall result in

further disciplinary action as follows:

- a) game misconduct; automatic one game suspension for first offense. Second offense; league and playoff suspension.
game disqualification: automatic two game suspension
5. Games will be stopped for all game misconducts and game disqualifications and a Rec Sports supervisor will gather all pertinent penalty information.
6. Any team either refusing to cooperate with or give false information to officials or any Recreational Sports staff member with respect to obtaining the name or names of offending team members will automatically forfeit their next game and consequently, be ineligible for playoff competition.
7. All players receiving a game misconduct or game disqualification must report to the office of the Coordinator of Intramurals within 24 hours or their team will be forfeited from playoff competition.
8. Any team member using intimidation tactics of any kind with any Rec Sports staff member on or off the field of play may be subject to suspension from participation in any intramural sports activities for a period lasting from one semester to a full year, taking effect immediately.

Sec. 6. Penalty Shot

Art. 1. A penalty shot is awarded when:

- a) an extra player attempts to stop a breakaway toward goal;
- b) a stick or equipment is thrown to stop a reasonable scoring opportunity in the attacking zone;
- c) a defending player other than the goal keeper covers a ball in the goal crease;
- d) a player deliberately displaces the cage to prevent a goal;
- e) a player fouls from behind an opponent who is in possession of the ball in the offending players defensive zone when there are no defending players except the goal keeper between the attacker and the defending teams goal.

NOTE: If a player is so fouled that players team scores a goal on the play, no penalty shot is awarded. If an infraction occurs which calls for a penalty shot, no minor penalty is served. However, if the infraction should call for a major or misconduct penalty, such penalties shall be served.

2. The penalty shot shall be taken by the player fouled. If no player has been fouled, the shot may be taken by any player of the non offending side who is not serving a penalty when play is stopped for the penalty shot (Captains choice). If the player awarded the penalty shot is injured, the try may be taken by any teammate who is not serving a penalty.

3. All players shall move to the sides of the floor and remain quiet until the shot has been completed. If a player other than the defending goalkeeper causes the penalty shot by another player to fail, a second attempt shall be awarded, and a Misconduct penalty assessed to the player who interfered with or distracted the shooter.
4. The ball shall be placed at the center face-off spot. At the referees instruction, the attacking player shall begin toward the goal, keeping in motion toward the goal until the ball is shot or has crossed the goal line extended. Only one shot is permitted. If the attacking player commits a foul, that player may be permitted to take the shot before going to the penalty box.
5. The goalkeeper shall remain in the goal crease until the attacking player has touched the ball. The goalkeeper may attempt to stop the ball in any manner except by throwing his stick. If a foul is committed by the goal keeper during the try the try is unsuccessful, another penalty shot is awarded.

ZERO TOLERANCE:

VERBAL ABUSE OF INTRAMURAL OFFICIALS WILL RESULT IN THE TEAM BEING PLACED ON PROBATION. FURTHER ABUSE WILL RESULT IN THE TEAM BEING REMOVED FROM THE LEAGUE. (NO REFUND).

MERCY RULE: 8 goal or greater margin in the second half...game is over.

RULE V. OVERTIME PROCEDURE - RULES Play-offs Only

1. Overtime periods in post-season competition will be 10 minutes running time in length. The last two minutes will be stop time. No overtime in regular season games.
2. A single sudden death over-time will be played with teams defending the same net as during the last period of regulation time.
3. If the score remains tied following the overtime period, a shoot out will decide the outcome. A coin flip will take place to determine the following:
The team winning the toss will choose to either:
 - A. Shoot first or second in the first round or
 - B. Select the end the shoot out will take place in.The end of the rink selected will remain the same for all shoot out rounds.
4. Each captain will select 5 players to participate in the shoot out. The penalty shot procedure will be used during the shoot out.
5. If the score is still tied following the shoot out, each captain will again select 5 players to participate in the shoot out. (These need not be 5 new players) Teams will alternate the order during each shoot out period... (The team that goes first in the first round will shoot second during the entire second round)

6. The game ends when a team outscores their opponent in a shoot out period, or when the score differential exceeds the number of players remaining in the round. (EX...Team A scores a goal in the 4th round making the score Team A 3,Team B 0. The game is over as Team B can only score 2 goals with the players they have remaining.)

ADDITIONAL RULES/INFO CO-IM FLOOR HOCKEY

I. Additional Information

- A. Three men and three women constitute a team. If a team plays with five players it must consist of a combination of three men and two women or three women and two men.
- B. Games will be officiated by two referees.
- C. Two (2) varsity or junior varsity hockey players are allowed on each team. Only one varsity player may be in the game at any given time.
PENALTY: For more than 2 varsity players per team or two varsity players on the floor at the same time: FORFEIT.

II. Penalty Shots

The goalie receiving a penalty shot shall be the goalie on the floor at the time of the penalty whether or not a man or woman is penalized.

Revised 3/9/05