

FLOOR HOCKEY

PLAYERS:

Each team shall consist of FIVE players on the floor (including the goalie). Each team will have one team captain. The Captain will be the only individual allowed to discuss with the officials any questions relating to the rules (NO JUDGMENT DISPUTES). Any player other than the captain (on the bench or on the court) whom makes a protest or interferes with play in any way is subject to an ejection. There are no stipulations as to the number of males or females on the floor at any given time, as long as there are only five players on the floor.

EQUIPMENT:

The equipment shall consist of sticks with plastic blades (wooden or plastic shafts) and a lightweight puck or ball. The sticks MUST be wrapped with duct tape or hockey tape so that the floor is protected from direct blade scarring. Players and goalies are recommended to wear the following:

- rubber soled shoes
- knee and elbow pads
- shin protectors
- helmet
- mouth piece
- athletic supports

In addition Goalies MUST WEAR:

- helmet
 - blue chest protector
 - baseball glove may be worn on the opposite hand of the stick
 - any full-length leg covering (jeans, sweat pants, wind breakers, etc.)
 - regulation soccer shin pads are optional - no large NHL-type pads!
- * If you are playing Goalie and plan to bring your own equipment, it must be approved by the official and/or supervisor (i.e. No plastic goalie pads that can mark the gym floor surface)*

GAME:

Each game will consist of three 12-minute periods with a 3-minute break between periods. The clock will run continuously until the final two minutes of the game, at which point the clock will stop on all whistles (goal differential of three or less only). Teams will switch goals at the end of each period. Each team will receive one time out per game. A time out can only be called during a stoppage of play. A face-off will be used to begin play each time play is stopped or to begin a period. Players must be outside the restraining circle on a face-off. Officials may stop play for injuries or extenuating circumstances.

SUBSTITUTIONS:

Free substitution is allowed as long as the floor player is within one foot of the team's bench. First violation of this rule will result in a warning for the offending player - after

the first warning the next violation will result in the offending player receiving a two-minute penalty.

NO OFFSIDES PENALTIES (exception on Face Offs).

NO HIGH STICKING- High sticking is defined as the forward or backward arc of the stick going above waist level. A player must carry the stick at waist level or below. A goal scored from a high stick will not be allowed. **ANY TIME THE STICK IS ABOVE THE WAIST YOU WILL BE CALLED FOR HIGH STICKING.**

NO BODY-CHECKING- Contact should be minimal. Any moderate to heavy contact with the body or stick will be penalized by the official. Any contact with the intent to harm will warrant the official to eject the player in question. Most contact penalties are two minutes unless a player is doing them often or flagrantly which will result in a five-minute penalty or ejection.

SCORING:

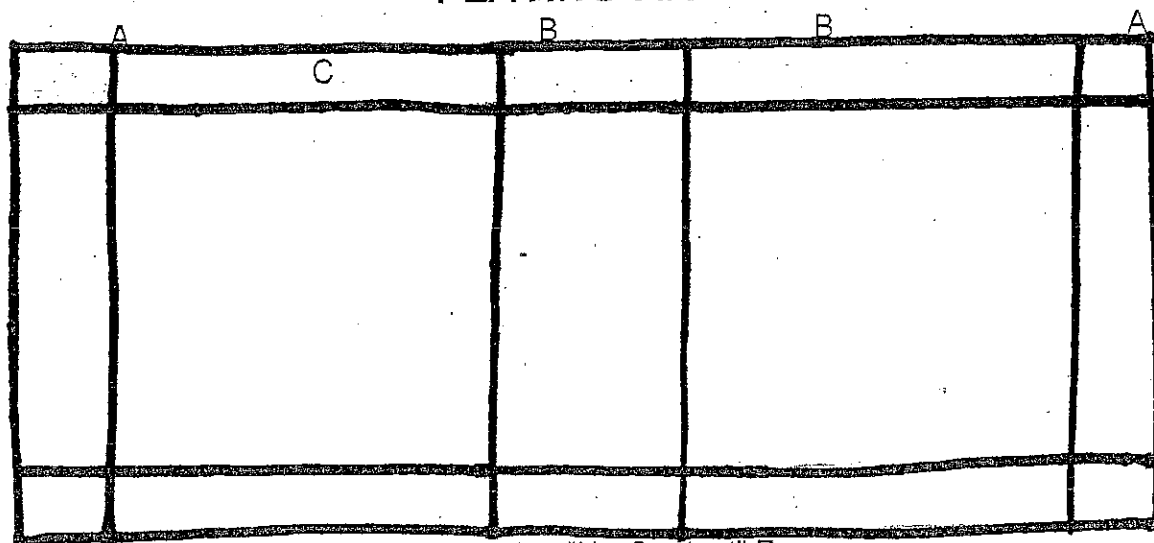
A goal shall be scored when the entire puck has completely crossed the back plane of the goal. The puck may deflect off a player or a piece of equipment but cannot be kicked, thrown, or deliberately diverted into the goal by means other than the stick. No offensive player's body may be in the goal crease area, and no offensive players stick may be in the goal crease area unless the puck has already entered the crease. Contact between the goalie and offensive player (when the goalie is in the crease area) will result in a penalty to the offensive player.

TIE GAME:

If the game is tied at the end of regulation time then the game will go into a five-minute sudden death period.

The first team that scores a goal ends/wins the game.

PLAYING AREA



A = "Icing" Line B = "Offside" Line C = "No Contact" Zone