



Truman State University
Intramural Recreational Sports
Floor Hockey Rules

Rules:

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site at least ten (10) minutes prior to the scheduled start time. **GAME TIME IS FORFEIT TIME.**
2. **IDENTIFICATION:** All participants must bring their current valid Truman identification card to the playing area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with an official before entering the game.
3. **SCORING:** An intramural sports staff member will keep official scoring at the court.
4. **TEAMS:** A team consists of five (5) players, one (1) goalie and four (4) floor players. One player must be the goalie. The goalie may be either male or female. The remaining players shall be two (2) males and two (2) females. Teams may play with as few as three (3) floor players. When on the playing surface, one gender cannot outnumber the opposite sex by more than one.

PLAYING THE GAME

5. **GAME TIME:** The game will consist of three (3) periods of ten (10) minutes each. The game time is running time. There will be a two (2) minute break between periods. The clock will stop for all charged and injury time-outs.
6. **TIME OUTS:** Each team will be permitted to have two timeouts per game. The length of each time-out shall be thirty (30) seconds. The running clock will stop during time outs.
7. **STARTING THE GAME:** A face-off will be utilized to begin each period and to resume play after any stoppages. All face-offs shall occur at designated locations. At the beginning of each period and following scores and penalties, the face-off shall be at **CENTER COURT**. During a **FACE-OFF**, there shall be **no movement** until the puck has been dropped. All players **MUST** be on their defensive side of the floor during face-offs. An imaginary line that bisects the face-off area determines the defensive side. The blades of the players facing off must be perpendicular to the line bisecting the face-off area.
8. **SCORING:** Goals are worth one (1) point. Shots that deflect off of the body of any player unintentionally will be counted as goals.
9. **MERCY RULE:** When a team is winning by seven (7) or more goals at any time in the 2nd period or later, the game will end by mercy rule.
10. **CANCELLING A GOAL:** Goals will not be counted if the stick is held and/or brought above waist level. Goals will not be counted if the puck is intentionally kicked into the goal. Goals will not be counted if the puck is batted into the goal with the hand. Goals will not be counted if a player from the offensive team is in the goal crease.
11. **CREASE PLAY:** At no time is a player of the Offensive Team permitted to enter the Goalie's Crease with any portion of the body. If a goal is scored while the player is illegally in the Crease it shall be disallowed. A face-off occurring at the

nearest face-off area will resume play. However, if the official determines that the goalie was interfered with, an interference penalty will be assessed. An offensive player's stick is NOT PERMITTED to enter the CREASE at any time. If an offensive player places the stick in the crease area, she/he will be penalized for interference. This includes breaking the plane of the CREASE with the follow through of a shot. If this occurs, the goal will not be permitted. If the official determines that the goalie was interfered with, an interference penalty will be assessed. Goalies are permitted to leave the Crease Area to establish a better angle of defense or to play the puck. However, the goalie may not leave the Crease for purposes of freezing the puck outside the Crease Area. She/he will promptly be penalized for Delay of Game.

12. TIE GAMES: Tied games in the playoffs will use a three (3) minute sudden death overtime. In the event that the game is still tied then a four (4) shot shootout will occur (five different players must shoot for each team). If the game is still tied, a sudden death shootout will occur. Teams must use all available shooters before reusing any during the sudden death shootout. The order of shooters will be determined by players currently on the field.
13. UNIFORMS: Contrasting color jerseys MUST be worn. The Team Captain is responsible to check out the jerseys from the scorer at the court. Failure to return the jerseys may result in a fine to the person checking them out. Hats and jewelry are prohibited.
14. SHOES: Tennis shoes must be worn by all players. Shoes with black marking soles will not be permitted.
15. PLAYER EQUIPMENT: Players may wear some type of commercially made eye guard, such as those used for racquetball. Players who wear glasses during play may wear an eye guard cage over their Glasses. Players may wear gloves. A player may wear shin pads, but long pants must cover the pads. Jewelry is prohibited.
16. STICKS: All players must use the sticks provided by Intramural Sports.
17. GOALIE: Goalies shall be permitted to wear a hockey glove on his/her stick hand; however, this may not be a goalie glove with a shield. On the catching hand, the goalie may wear a goalie glove (as provided by Intramurals).
18. SLIDING: Players on the court cannot slide in any way. This encourages players to stay on their feet. Penalty for sliding: 2-minute minor
19. SUBSTITUTES: Substitutions must be made on dead ball situations only. NO FREE SUBBING.
20. CATCHING THE BALL: The hands may be used only to catch an airborne puck, which must be dropped immediately with no advancement or directional placement. A goalie may catch the puck and MUST immediately (within five (5) seconds) throw the puck to the side. A goalie may pick up the puck ONLY when it is inside the crease. Picking it up outside the crease and/or throwing the puck forward beyond the top of crease is a violation. Penalty: Face-off at nearest area.

SPORTSMANSHIP

21. UNSPORTSMANLIKE CONDUCT: Players and non-players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. ANY PLAYER/NONPLAYER SUSPENDED FROM THE GAME FOR UNSPORTSMANLIKE CONDUCT MUST LEAVE THE STUDENT RECREATION CENTER IMMEDIATELY, AND WILL BE SUSPENDED FROM FURTHER PARTICIPATION UNTIL MEETING WITH THE INTRAMURAL SPORTS DIRECTOR. FAILURE TO LEAVE WILL RESULT IN IMMEDIATE FORFEITURE OF THAT CONTEST. ANY SECOND OCCURRENCE OF UNSPORTSMANLIKE CONDUCT BY A TEAM WILL RESULT IN THAT TEAM BEING ELIMINATED FOR THE REMAINDER OF THE SEASON.
22. INTRAMURAL SPORTS EQUIPMENT: Equipment provided by Intramural Sports is very expensive; therefore, any unnecessary abuse will result in the team being charged replacement costs for new equipment. This charge must be paid before the team may continue to play. See also rule "Broken Stick, #1" below.
23. CHECKING. Only incidental contact shall be permitted. Some contact, especially with the arms, must be anticipated when players and officials are placed in a confined area. However, excessive contact will not be tolerated. Players must play the puck with the stick. Using the body against another player to gain an advantage is not permitted and will be penalized with a Roughing Penalty.

SUMMARY OF PENALTIES

1. MINOR PENALTY --- Two (2) Minutes. For a minor penalty on any player, other than the goalie, the player shall be ruled off the floor for two minutes during which time no substitute will be permitted for that player.
2. MAJOR PENALTY --- Five (5) Minutes. For a major penalty on any player, other than the goalie, the player shall be ruled off the floor for five minutes during which time no substitute will be permitted for that player.
3. ALL TIME PENALTIES MUST BE SERVED FOR THE ENTIRE TIME PERIOD --- NO EXCEPTIONS, **EVEN IN THE EVENT OF A SCORED GOAL.**
4. MISCONDUCT PENALTY --- Ten (10) Minutes served by another player/non-player. A player/non-player assessed the Misconduct Penalty is ejected from the game. ALL GAME EJECTIONS ARE ACCOMPANIED BY A MISCONDUCT PENALTY.
5. A Goalie may receive any minor or major penalty as if he/she were a player on the floor.
6. The Team Captain shall designate a player currently on the floor when the penalty occurs to serve the penalty in place of the goalie.
7. If the Goalie receives a Misconduct Penalty, he/she is ejected from the game. A new Goalie is placed in the game and #6 above is followed to serve the penalty.
8. **A Misconduct Penalty shall be assessed on any player/non-player for obscene, profane, or abusive language directed toward the officials, opponents, and/or Intramural Sports Supervisors.**
9. A Misconduct Penalty shall be assessed on any player who intentionally knocks or shoots the puck out of the reach of an official.
10. A Misconduct Penalty shall be assessed on any player/non-player who deliberately throws any item or equipment prior, during, or after the game. Said player/non-player will be immediately ejected from participation in the game and is suspended from the next game. Reinstatement procedures must be followed.
11. A Misconduct Penalty shall be assessed on any player/non-player who persists, after a warning by the official, in any conduct (including threatening or abusive language or gestures) designed to intimidate an opponent into obtaining a penalty.
12. **The official has final say with all penalties. Body checking, roughing, slashing, and interference are either 2 minute or 5 minute penalties, it is the officials and/or intramural supervisor's decision in the severity of the infraction and there is no possibility of protest.**

DESCRIPTION OF PENALTIES

1. DELAY OF GAME: Delay of game is considered a MINOR PENALTY, and shall be called if:
 - Any player falls on the puck. A minor penalty shall be assessed on the player other than a goalkeeper who deliberately fall on or gathers a puck into his/her body. Any player who drops to his/her knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment. Any use of the hand to make the puck unplayable will be penalized promptly.
 - Any player, other than the goalkeeper, who is on the floor (defined by either having one knee and/or arm/hand touch the floor, as determined by the officials) and attempts to play the puck with any body part or his/her stick. Diving is permitted to play the puck, but once on the ground, playing/shielding the puck is illegal
 - A goalkeeper who (when his/her body is entirely outside the boundaries of his/her own crease line) deliberately falls on or gathers the puck into his/her body, which is not a shot on the goal.
 - Any players (including goalkeeper) who delays the game by deliberately displacing a goal from its normal position. The Official shall stop play immediately when a goal has been displaced.
 - Any player, including the goalkeeper, who holds or freezes the puck with his/her stick, feet, or body along the wall in such a manner as to cause a stoppage of play.

2. **ELBOWING:** Elbowing and kneeing is considered a MAJOR PENALTY and shall be called on any player who uses his/her elbow or knee in such a manner as to foul an opponent in any way. **Floor Hockey is a Non -Contact Activity --- No Intentional Contact!**
3. **SLASHING:** Slashing is considered a MAJOR PENALTY and shall be called on any player who impedes or seeks to impede the progress of an opponent by slashing with the stick. Flagrant slashing will constitute a Misconduct Penalty. Any player who swings his/her stick at another player in the course of any altercation shall be subject to a game Misconduct Penalty.
4. **SPEARING:** Spearing is considered a MAJOR PENALTY and shall be called on any player who spears or attempts to spear an opponent. **SPEARING** shall be defined as stabbing at an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.
5. **TRIPPING:** Tripping is considered a MAJOR PENALTY and shall be called on any player who shall place his/her stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause an opponent to trip or fall.
6. **HOOKING:** Hooking is considered a MINOR PENALTY and shall be called on any player who impedes or seeks to impede the progress of an opponent by "HOOKING" with his stick.
7. **INTERFERENCE:** Interference is considered a MINOR PENALTY, and shall be called on any player who:
 - Interferes with or impeded the progress on an opponent who is not in the possession of the puck.
 - Deliberately knocks a stick out of an opponent's hand.
 - Prevents an opponent from regaining his/her stick once it has been dropped.
 - Throws the stick towards an opposing player with the puck in a manner that would distract said opponent. Also, a MISCONDUCT PENALTY will be assessed.
 - Who intentionally fouls from behind thus preventing a reasonable scoring opportunity. The violating player shall be automatically ejected with a designated player from the floor serving a five - minute MAJOR PENALTY. There are No Penalty Shots.
8. **HOLDING:** Holding is considered a MINOR PENALTY and shall be called on any player who holds an opponent with hands or stick or in any other manner.
9. **CROSS CHECKING:** Cross Checking is considered a MAJOR PENALTY and shall be called on any player who "cross checks or butt-ends" or attempts to "butt-end" an opponent. **NOTE:** Attempts to butt end shall include all cases where a "butt end" gesture is made regardless whether body contact is made or not.
10. **CHARGING:** Charging is considered a MAJOR PENALTY and shall be called on any player who runs or jumps into or charges an opponent.
11. **ROUGHING:** Roughing is defined as any type of unnecessary and/or intentional contact. Players must play the puck with the stick at all times. Using the body to gain an advantage, or playing against an opponent's body and not the puck, is not permitted. A MAJOR PENALTY will be assessed for a Roughing Violation.

BROKEN STICK

1. A player whose stick is broken may not participate in the game until the broken portions are dropped and a new stick obtained. A Minor Penalty shall be imposed for an infraction of this rule. **Note:** Any player/non-player that slams stick down in disgust, as judged by the officials, will be assessed a MAJOR PENALTY, regardless if the stick breaks in the process. If the stick breaks as a result of the player/non-player action, said player/non-player will be charged a replacement fee to be determined by the Intramural Sports Coordinator.
2. A goalkeeper may continue to play with a broken stick until stoppage of play provided the broken stick is placed in the back of the goal until stoppage of play.

HIGH STICKING

1. The carrying of a stick above the normal standing height of the waist is prohibited and a MINOR PENALTY shall be assessed.

2. A Minor Penalty shall be assessed any time the stick rises above the waist level. During the process of a shot, including the follow through, the goal will be disallowed.
3. A player may lift an opponent's stick. However, if a player causes the opponent to lift a stick above the waist then the player that caused the high stick will be penalized.