

# **Floor Hockey Intramural Rules**



**Facility:** MCRC MAC Courts

**Uniform:** Pinnies, sticks, and goalie equipment will be provided. Students must have athletic clothing including sneakers.

**Roster Management:** TBD

**Minimum Player:** A minimum of 4 players is required to start a game in floor hockey. However, games will be played with 6 players including the goalie. If a goalie is not provided by a team then that team will forfeit.

**Clock Management:** There will be three 10 minute periods. With stoppage time beginning in the last two minutes of the game. Each period will begin with a faceoff.

**Mercy Rule:** Up 5 after the start of the last period, Up 10 at any point.

### **Game Rules**

**General Rules:** Each team gets one time out per game. Regular season games will end in a tie. In the playoffs overtime will be a shootout. There is no icing or offsides. Substitutions can occur at stoppages in play. This includes goals and major penalties. Penalties included below:

- High Sticking
- Slashing
- Stick lifting
- Body Checking
- Tripping
- Half Court Goalie Throws

**Goalie Crease:** Only the goalie is allowed to play the ball in the crease. No player can cut through the crease unless they are avoiding contact with another player.

- An **offensive player** touching the ball in the crease results in the play being blown dead and there will be a goalie ball.
- A **defensive player** touching the ball in the crease results in the offense getting a penalty shot. The penalty shot must be taken by a player on the court. If the penalty shot does not result in a goal, it will be a face-off at center court.

**Goalie-Ball:**

- Goalies have 5 seconds to release the ball when there is a goalie-ball. Failure to do so will result in a face-off in the goalie's defensive zone.
- The opposing team must clear outside the outer arch - the 5 seconds does not begin until this happens.
- A pass from the goalie must be played by his/her teammates before it crosses half-court. If not, then the opposing team will receive a free shot at the spot where the ball crossed half-court.

Free Shots: A free shot will occur whether there is a minor penalty or if there is a goalie pass beyond half court. Below is how the free shots are administered:

1. Ball is placed at the location of the penalty or where the ball crossed half court
2. Team can pass the ball in any direction and has 3 seconds to do so
3. Can be shot directly on net (similar to direct kick in soccer)
4. Defensive team must be 5 feet from the ball

Penalty Shots: Occurs when there is a crease violation or a loss of a clear scoring chance. When taking a penalty shot the offensive player can not move backwards. The goalie can not exit the crease until the offensive player touches the ball. Below is how a penalty shot is set up:

1. Positioning
  - a. One referee (A) at half court
  - b. One referee (B) on the goal line
2. Referee A places the ball at half court and explains the rules to the shooter
3. Referee B explains the rules to the goalie
4. Referee A blows the whistle and follows behind the offensive player (ensure player does not move backwards)
5. Referee B signals whether it is a goal
6. Dead ball occurs