



UNIVERSITY OF SOUTH FLORIDA CAMPUS RECREATION – INTRAMURAL SPORTS

FLOOR HOCKEY Revised 1/14/09

PLAYERS AND ATTIRE

Each team is allowed to have five (5) players max on the floor, including the goalie.

A team can have a maximum of ten (10) players on a roster.

You must have at least three (3) players, including the goalie to start a game.

Players may move wherever they wish on the hockey floor.

NO JEWELRY!!!

GAME, FIELD, AND EQUIPMENT

The equipment to be used consists of plastic hockey sticks (provided by Intramural Sports) and lightweight street hockey balls. Intramural Sports will provide all other equipment necessary for the game. Players may not bring their own sticks.

Since the floor hockey games will be played in the gymnasium, it is required that all players wear rubber-soled tennis or basketball shoes.

Goalies are **required** three (3) additional equipment variations. They must wear a **MASK** or **GOGGLES** to protect his/her face and eyes. The goalie also must provide a baseball glove on his/her hand opposite his/her stick hand. The goalie must wear a **CHEST PROTECTOR**.

Hockey gloves will be allowed.

Helmets for protection are optional.

Kneepads and shin pads are allowed, all other equipment not mentioned in this section is prohibited.

The goal box or crease is a restraining line 4'x 8' around the goal for the protection of the goalie. No player other than the goalie may enter the goal box at any time.

LENGTH OF GAME AND TIME CONSTRAINTS

A game of floor hockey will consist of three (3) periods of ten (10) minutes each with a running clock. During the last two (2) minutes of the 3rd period, the clock will stop on each whistle. There will be a two (2) minute break between.

There are no time outs, except for injury or emergencies.

The referee will start the game and each period with a face off at center court.

On a face off, all players must be on the side, with no player within six (6) feet of the centering players.

The centering players and their sticks must be one (1) foot from the ball, and six (6) inches from the center of the face off spot.

Play is put in motion when the referee blows the whistle.

The puck must be swept out on the face off. Any member of either team including the center players then may play it.

SUBSTITUTIONS AND TIEBREAKERS

Substitution is on the fly.

Tiebreakers will consist of a five (5) minutes running clock, sudden death.

If after five (5) minutes the score is still tied the teams will go into a shoot out. A shoot out will consist of three (3) players from each team.

If score is still tied after the shoot out, teams will go into a sudden death shoot out. For the sudden death shoot out players will start at mid court and will consist of three (3) players from each team.

MINOR FOULS (Face off only)

For the goalie to throw the puck to a member of his own team past the centerline. **Penalty:** Face off in own zone.

To stand on the puck. **Penalty:** Face off in own zone.

For any players, other than the goalie, to hold the puck in his hands (wrapping fingers around the puck), a puck in the air must be batted to the floor. **Penalty:** Face off in own zone.

Puck out of play (out of bounds) shall be brought back to the zone from which it was shot.

Puck Holding: against wall or by too many players – allow three (3) seconds. **Penalty:** nearest face off spot.

For a goalkeeper to hold puck longer than three (3) seconds. **Penalty:** Face off in own zone.

Any offensive player entering goal box. **Penalty:** Face off in own zone.

MINOR TIME PENALTIES (Duration 2 minutes)

Tripping: a player trip an opponent with his stick or part of his body. **Penalty:** 2 minutes.

Hooking: A player attempting to impede the motion of another player by hooking him with the blade of his stick. **Penalty:** 2 minutes.

High-sticking: A player has checked an opponent with his stick above the normal height of his shoulder. (Carrying the stick) **Penalty:** 2 minutes.

Butt endings: A player puts the end of his stick into his opponents' body. **Penalty:** 2 minutes.

Holding: A player holding onto or wrapping his arms around an opponent to impede his progress. **Penalty:** 2 minutes.

Interference: A player attempting to impede the motion of another player not in possession of the puck. **Penalty:** 2 minutes.

Deliberate delay of the Game: A player falling on the puck, or handling the puck with the hands, except by the goalie, is a minor penalty. **Penalty:** 2 minutes. A player cannot fall on the puck or gather it to his body or close his hand around it deliberately to a teammate; if he does so, the whistle will blow and there will be a penalty followed by a face off.

MAJOR TIME PENALTIES

Three (3) minutes duration even if goal is scored

Two (2) major penalties result in automatic ejection

Ejected players time will be served by another player plus two (2) minutes.

Charging: A player who runs, jumps into or charges an opponent (more than one step or stride is taken towards the opponent). **Penalty:** 3 minutes.

Cross-Checking: A player stick-checks an opponent with both hands on his/her stick and no part of the stick on the floor. **Penalty:** 3 minutes.

Boarding: A player violently thrusts an opponent into the boards by body-checking, cross-checking, elbowing, or tripping. **Penalty:** 3 minutes.

Charging from behind. **Penalty:** 3 minutes.

Charging or Cross-checking the goalkeeper. **Penalty:** 3 minutes.

Slashing: A player swings his stick in a slashing motion at an opponent to impede his motion. **Penalty:** 2 minutes.

Throwing your stick at the puck or players. **Penalty:** 3 minutes. (Exception; when such an act is done to hurt someone. **Penalty:** Automatic Ejection.

SCORING A GOAL

Whenever the puck passes **completely across the goal line, including while in the air**, a goal is scored and it counts one point.

The puck may deflect off a player or equipment but **cannot be kicked, thrown, or deliberately** diverted into the goal by any other means than his/her stick.

Under no circumstances can a goal be counted on a foul by the offensive team.

A goal scored from a high stick shall not be allowed. A goal shall be scored if the puck is put into the goal in any way by defending player.

PLAYER CONDUCT

A slap shot forward or backward must be kept below the waist. The same applies to the follow-thru of a slap shot or any other kind of shot. **Penalty:** 2 minutes.

If any player on the defending side, including the goalie, deliberately throws the stick at the puck in their defensive zone, a **Penalty Shot** is awarded. If a goal is scored from the penalty shot, puck is faced off at centerline. If a goal is not scored from the penalty shot, puck shall be faced off in the center zone.

Two Hands on Stick. Immediately after a player takes possession of the puck, he must have two (2) hands on the stick. Should a player obtain possession of the puck with one hand, his next motion immediately after he has the puck must be towards placing his free hand on the stick. No additional maneuvering with one hand on the stick is permitted. **Penalty:** Face off in own zone.