

Floor Hockey Rules

Intramural Sports

Recreation and Wellness Services

University of Akron

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

Floor Hockey rules will be conducted under the NIRSA laws of the game with the following additions, exceptions, and clarifications. If you would like to review or borrow a copy of the NIRSA Floor Hockey Rulebook, or have any questions, please contact the Manager of Intramural Sports.

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid U of A ID.
- Each team should start the game with 6 players; a minimum of 4 is needed to avoid a forfeit.
- A player may play on only one team per sport.
- Each team shall designate to the Referee a player as the field captain. This person is the only player who can communicate with the officials. The captain's first choice of any penalty option shall be irrevocable. The captain is responsible for any information contained in the Intramural Floor Hockey Rules, Intramural Sport Participants Handbook, and Sportsmanship Policy.

LENGTH OF GAME:

- Playing time shall be 36 minutes, separated into 3 periods of twelve minutes each.
- Intermission shall be 3 minutes between each period.
- There will be a running clock for the first 34 minutes of the game during which time; the clock will only stop for injury time-outs or penalty shots. During the final two minutes of the game, the clock will stop on every whistle, unless a team is winning by 4 or more goals.
- Each team is awarded 1 time-out per game. Each time-out is 1 minute in length.

EQUIPMENT

- **Sticks/Pucks**-Recreation and Wellness Services will provide sticks and pucks for each game, players who chose to use their own stick must meet the requirements and approval of the supervisor including but not limited to; maximum length of 48 inches, wooden or composite shaft with a non-taped molded plastic blade. The top of the stick should be covered to prevent injury.
- **Team Jerseys** - Teams shall wear numbered shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the official shall flip a coin to determine who will change. Jerseys may not be tied in a manner that creates any type of knot.
- **Shoes** - Players must wear rubber soled athletic shoes. No sandals, boots, cleats, or bare feet will be allowed.
- **Eye Protection**- It is strongly recommended that all players wear some type of protective eye guards.
- **Mouth Guards**- It is strongly recommended that a mouth guard be worn by all players.
- **Shin Guards**- Players may wear non-ice hockey style protective shin guards and/or knee pads.
- **Helmets**- It is strongly recommended that all players wear helmets approved for street or floor hockey.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the SRWC-IM staff and their decisions shall be final.
- **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps or bandannas (including "Do-rags")
- **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.

OVERTIME (TIE GAME):

- Each overtime period begins with a face off and will be 5 minutes in length.
- The overtime period is played as sudden death, meaning that when a team scores, the period will end regardless of how much time is left.
- During regular season play, after 1 overtime period, the game will be considered a tie.
- During play-offs, a shoot out will be administered after the initial overtime period if teams are still tied. The deadlock will be broken by 3 alternating penalty shots taken by 3 different players from each team. Which ever team is ahead after these shots will win the game. If it is still tied after the penalty shots, the two teams

will choose different players, and will shoot by alternating players until one misses and the other scores.

SUBSTITUTIONS:

- Goalies may only be substituted for during a time-out, during intermission, due to injury, or if an equipment change is necessary.
- All other players may substitute at any time during play. Players entering the game must wait until the player leaving the floor is completely off the playing surface before entering.

GOALIE REGULATIONS:

- In order to have Goal Privilege (freezing the puck without penalty), a player must have:
 1. Chest protector covered by clothing
 2. Face mask or helmet with face guard
 3. Shin guards, covered by a layer of clothing
- In addition, a goalie may use a goal stick or a regular floor stick. Goal sticks may be one piece. No aluminum goal sticks will be allowed.
- Traditional goalie padding is not allowed. However, goalies can wear a goalie glove on their stick hand. Recreation and Wellness Services will provide chest protectors, masks, and shin guards for goalies to use. Teams can use their own, but they must be RWS-IM regulations.

SCORING:

- A goal will be counted when a puck completely crosses the goal line.
- Any goal in a Men's or Women's game is counted as one point.
- Goals in Co-Rec games scored by females will be worth 2 points. If a male shoots and the puck is deflected, unintentionally by a female, the goal will only count as 1 point. **Exception:** On penalty shots in overtime, all goals will be worth 1 point, regardless of who scores it.
- **MERCY RULE:** If a team (men or women) is winning by 7 or more goals with 8 minutes remaining in the third period, it will be called due to mercy. If a co-rec team is winning by 9 points with 8 minutes remaining in the third period, it will be called due to mercy.
- Players must have their sticks behind the restraining mark, perpendicular to the dividing line until the puck is dropped.
- All players must be on their defensive side of the face off spot before the puck is dropped.
- Face offs that begin periods, or after goals, penalties, or crease violations will occur at center court.
- Frozen pucks will be dropped at the nearest face off circle.
- Any puck out of play will be dropped from the point a player last touched it.

- There are no OFFSIDES! Goals can be scored from anywhere on the court.

CREASE PLAY:

- No part of any offensive player may touch the crease or its imaginary plane at any time, including a player's stick and body. Violations will result in an immediate stoppage of play, and a face off at center court.
- No goals will be counted if an offensive player is in the crease. This includes short-follow through.
- Goalies may leave the crease to play the puck. Freezing the puck outside of the crease is a Delay of Game penalty. A goalie MAY carry the puck into the crease to freeze it. A goalie is considered in the crease if any part of the goalie is in the crease.
- Only a goalie may freeze the puck. However, a puck may come to rest in the crease for 3 seconds, causing a freeze.
- A defensive player may pass the puck into the crease at any time.
- A defensive player will receive a two-minute Delay of Game penalty for CARRYING the puck into the crease in order to gain advantage.

PUCK MOVEMENT:

- The puck may be advanced by use of the stick or kicking.
- Hands may be used only to catch and drop the puck. Any advancement, movement, or covering of the puck with the hands is considered a violation, causing a face off.
- Goalies may throw the puck to the sides of the goal. Any forward pass with the hands is considered a hand pass, and a face off would occur.
- A goal may only be scored with the stick. The puck may be deflected into the goal off of another player's body, but this action must be unintentional, or the goal will be disallowed.
- A goal is scored only when the puck is completely across the goal line.
- Goals will be disallowed if any of the following occur:
 1. The stick is brought above the waist (including wind up, follow through, and is the player is sitting or laying on the floor)
 2. The puck is intentionally knocked in with something other than the stick.
 3. An offensive player is in the crease (including sticks).

GENERAL PLAYER CONDUCT:

- There shall be no body checking. Incidental or accidental contact will occur and is allowed. NO OTHER CONTACT WILL BE PERMITTED.

PENALTIES:

- **Minor Penalties:** The team will be penalized and be shorthanded for two minutes, or until an opponent scores a goal.
- **Coincidental Minors:** Both teams are short until the penalties are fully expired, regardless of goals scored.
- **Major Penalties:** The team penalized is short handed for five minutes regardless of goals scored. Teams go back to full strength after the first whistle (stoppage of play) after the five minutes has expired. Majors are called due to intent or severity.
- **Misconduct Penalties:** The player is penalized is out for ten minutes. The team is shorthanded for two minutes, regardless of goals scored. A different player may enter on the first whistle (stoppage) after two minutes have expired.

PENALTY SITUATIONS:

- Team A called for a minor penalty. Team A is short for two minutes or until Team B scores a goal.
- Teams A and B are both short a player. Since the sides are equal, scoring of goals is irrelevant to penalty time, and the duration of the penalties will be served.
- If Team A is penalized for three penalties, putting them below the four player minimum, the following may occur:
 1. If no substitutes are available, Team A loses by default.
 2. If substitutes are available (and not serving a penalty), a player will be substituted. The first two penalties will begin immediately. As soon as the first penalty is over, the player penalized may return to replace the substitute. At that time, the third penalty begins. **ONLY AFTER TWO PENALTIES HAVE ENDED MAY THE PENALIZED TEAM BE SHORT 1 PLAYER.**

GOALIE PENALTIES:

- A goalie may receive any penalty, as a floor player might.
- A designated player must serve instead of the goalie for a minor penalty.
- In the event of a major/misconduct penalty on a goalie, the goalie must serve the penalty.

PENALTY DESCRIPTIONS:

ANY PENALTY MAY RESULT IN MISCONDUCT/EJECTION, AT THE DISCRETION OF THE REFEREE

- Delay of Game: 2 minute minor
 - Penalty assessed to any player who deliberately freezes the puck the goalie privilege. Players may fall to block shots and land on the puck without penalty.
 - Penalty assessed to any players who deliberately dislodges the goal. If a player is injured and trying to stop the game, there shall be no penalty.

- If puck hits the nets, rafters, goes over the stage or leaves the visible confines of the playing area.
- Elbowing: 2 minute minor, 5 minute major
 - Using the elbow to gain advantage over another player
- Tripping: 2 minute minor, 5 minute major
 - Gaining advantage by tripping the opponent
 - This includes tripping while playing the puck
- Hooking: 2 minute minor, 5 minute major
 - Gaining the advantage by hooking with the stick
 - “Holding with the stick”
 - This includes holding an opponent’s stick to the ground, as well as hooking the body with the stick pointed down
- Interference: 2 minute minor, 5 minute major
 - Impeding the progress of an opponent
 - Deliberately knocking a stick away from an opponent’s grasp or reach
 - Throwing of equipment to prevent clean play of the puck
 - Intentional disruption of play through body contact
 - THERE ARE NO PENALTY SHOTS. A MAJOR/MISCONDUCT MAY BE ASSESSED WHEN A BREAKAWAY CHANCE HAS BEEN TAKEN AWAY.
- Holding: 2 minute minor, 5 minute major
 - Impeding of an opponent by using the hands
- Butt-ending: 2 minute minor, 5 minute major
 - Using the handle of the stick to gain advantage
 - Any motion of “butt-ending” at an opponent may be penalized
- Cross-Checking: 2 minute minor, 5 minute major
 - Using the stick parallel to the ground to gain advantage, any motion of cross-checking may be penalized
- Charging: 2 minute minor, 5 minute major
 - Running, Jumping, or otherwise charging at an opponent
- Broken Stick Play (Delay of Game): 2 minute minor, 10 minute Game Misconduct
 - A broken stick must be dropped immediately. Otherwise, a broken stick Delay of Game will be called, 2 minutes.
 - A goalie may use a broken stick to defend shots until there is a stoppage of play.
 - Immediate ejection for using any part of a broken stick to threaten or injure any participant, spectator, or employee.
- High Sticking: 2 minute minor, 5 minute major
 - Any time a player’s stick comes above his or her waist. This includes shooting the puck, running with the stick, stopping the puck, or calling for the puck.
 - A goal will be disallowed if a high stick is use to shoot the puck (including wind up and follow-through)
- Unsportsmanlike Conduct: 10 minute misconduct/game misconduct ejection
 - In an official’s judgment, any behavior that is unsportsmanlike in nature. This includes, and is not limited to: verbal abuse, taunting, trash talk, or inciting another player into a penalty or fight.
 - Game Misconduct results in automatic game ejection. If the team has a substitute, they must play short handed for 10 minutes before the substitute can enter.

OFFICIAL'S AUTHORITY: An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the court. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final, unless ruled otherwise by the supervisor on duty or the Intramural Sports Manager. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

Co-Rec Modifications:

PLAYERS: A game is played between two teams of 6 players, 3 men and 3 women. Teams with 5 players shall be 3 men and 2 women or 2 men and 3 women. To avoid a forfeit, 4 players, 2 men and 2 women are required.

SHOOT OUTS: In the case of a tie after the sudden death period, players taking penalty shots to determine a winner shall alternate male and female.

All final decisions to eligibility rules will be at the discretion of the Manager of Intramural Sports.

Any further questions can be directed to the Manager of Intramural Sports at 972-7443.

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