

MORAVIAN COLLEGE  
DEPARTMENT OF INTRAMURALS  
RULES AND REGULATIONS  
FLOOR HOCKEY

**STARTING OUT**

1. Roster Size-The minimum number on a roster is 5 players. The maximum number of players is 8 players.
2. The forfeit fee will be \$15.00

**PLAYING AREA**

1. Center line – mid court of the basketball court.
2. Center circle – basketball mid-court jump circle. Play always starts in the center circle and resumes from this point after goals, roughing fouls and misconduct calls

**THE TEAM**

1. Each team consists of four (4) players, 3 court players and a goal keeper.
2. The goalkeeper is able to stop the ball with his/her hands, feet, or stick.
3. All 3 court players are allowed to move full court.
4. A mix of male and female players on the court at all times is required.

**THE GAME**

1. The game consists of three (3) periods of 10 minutes each with a two (2) minute rest period between periods.
2. A face off determines possession of the ball at the start of each period. The ball is given to the team who just got scored on after a goal is scored on that team.
3. All players (except the centers on each team) must be outside the 10' restraining circle for face offs and free ball possessions. There is no direct scoring for the middle circle.
4. If the score is tied at the end of regulation, a 5 minute "sudden victory" overtime period will be utilized. If still tied, another 5 minute period will be added. If still tied, the game shall be determined by shootout. The shoot-out consists of three players selected by the team captain. The players will take a penalty shot. The teams will alternate shooters until the game is decided.

**THE PLAY**

1. The clock starts when the ball is put into play by the official on the face off. The clock will stop when a goal is scored or a penalty is called.
2. Play is continuous unless a goal is scored or a roughing foul or misconduct call is made.

3. Any player who accumulates 4 fouls must be substituted for immediately and stay out of the game for 5 minutes. Free substitution may be made during a stop in play
4. When ball goes out of bounds, it is possessed by the team who did not touch it last before going out (if a team touches the ball last as its going out of bounds, that results in a loss of possession). A team can not score from an out of bounds shot.
5. Throughout the game, each team has two (2) time-outs per game.

### **GOALTENDING**

1. The goaltender may use his/her hands, feet, or stick to clear the ball away from the goal, but he/she may not hold it more than three (3) seconds, or throw the ball towards the other end of the playing area. A misconduct call will be made for holding or throwing the ball resulting in loss of possession.
2. The goaltender may wear any of the following equipment:
  - a. Glove-any ice or street/roller hockey glove, or baseball glove is permitted
  - b. Leg pads-any ice or street/roller hockey leg pads are permitted, but must not exceed 12 inches wide
  - c. Blocker-any ice or street/roller hockey blocker is permitted; a regular glove may be a substitution
  - d. Cheat protector-any ice, street/roller hockey or baseball catcher/lacrosse goalie chest protector is permitted, but no shoulder pads of any kind are acceptable
  - e. Helmet-any ice or street/roller hockey helmet is permitted, any helmet being used **MUST PROTECT ENTIRE FACE**; neck guard is optional
  - f. Stick-only ice or street/roller hockey goaltender sticks are permitted

### **FOULS**

#### **ROUGHING**

1. Slashing; whether contact with an opponent is made or not.
2. Contact with an opposing player when stick touches him/her above the waist.
3. Contact with the goalie while in the crease.
4. Pushing, charging, cross checking, and hooking.
5. Blocking with the body.
6. Tripping or any other action considered dangerous to other players.
7. A flat or horizontal swing.

#### **HIGH STICKS**

1. The carrying of sticks above the normal height of the cross bar is prohibited. The referee may assess a minor or major penalty on any player violating this rule.
2. A major plus a game misconduct penalty shall be imposed on any player who injured an opponent by the use of a high stick.
3. A goal scored from a stick so carried shall not be allowed.
4. Batting the ball in the air is prohibited; a bunt-like motion or deflection is permitted as long as it is done under the height specification in section 1.

## BENCH

1. Unsportsmanlike contact by anyone on the bench (or balcony). Penalty is the same as a roughing or misconduct call; that is, a player must sit out for 2 minutes. The team must play short handed during this period of 2 minutes. The team must choose which position is to be left vacant.
2. Too many players on the floor.

## MISCONDUCT

1. Anytime play is stopped by holding the ball, lying on it, or placing a foot or feet on it.
2. Players may not deliberately leave their feet, lie down, take a knee or any action that puts the players face at the same or lower height as the cross bar to slide and block the ball.
3. Offensive players cannot be in the crease or play the ball from the crease with their stick. However, if an offensive player is running across the court in order to get to the other side and happens to go through the crease, it is not a penalty since it has no bearing on the play.
4. Fighting – automatic ejection plus a one game suspension will be called on the initiator. A second penalty for fighting will result in a suspension for the rest of the season.

## ADMINISTRATION OF FOULS

1. A player, who is charged with a roughing foul or a misconduct foul, must sit out 2 minutes. The team must play short handed for this period of time. The position to be left vacant should be decided upon by the team.
2. If a goal is scored by the opposition before the 2 minute period has elapsed, the player or players who were penalized may return to the floor, providing it is not the 4<sup>th</sup> foul.
3. When roughing or misconduct is charged against the goalie, he/she may remain in the game, but the team must play shorthanded; the position to be left vacant is optional.
4. Any player charged with five (5) fouls (combination of roughing and misconduct) must be removed for the duration of the game. The scorekeeper will keep track of player's fouls and will immediately inform officials of any player who has accumulated five (5) fouls.

**\*THE DIRECTOR OF INTRAMURALS RESERVES THE RIGHT TO INTERPRET ALL FLOOR HOCKEY RULES, AND INSTITUTE ANY RULE HE/SHE FEELS WITH MAKE PLAY FOR THE PARTICIPANTS SAFER AND MORE ENJOYABLE.**