

## FLOOR HOCKEY RULES

### TEAMS:

1. Teams consist of six (5) players on the floor at one time, two defensive players, one centre, two offensive players and a goalie.
2. A minimum of 4 players is required to start and continue a game.

### GAME TIME:

1. Each game will consist of 3 periods (12 minute running clock).
2. A two-minute interval will separate each period.
3. In the last two (2) minutes of the third period, the time will be stopped for penalties and face-offs. Unless there is no more than a three (3) goal difference.
4. Each team will be allowed one (1) time-out per game, one (1) minute in duration. No time-outs in the last four (4) minutes of the game or in overtime. A team may call a time-out while in possession of the puck, or at a stoppage of play (other than an indirect free hit).
5. An official time out may be called for an injured player or for other circumstances deemed appropriate by the officials.
6. All ties will remain as such except during playoffs.
7. During the playoffs, if the game is tied at the end of regulation, a 5-minute sudden death period will be played. Additional 5-minute periods will be played until a winner is determined.

### PLAYING THE GAME:

1. A face-off is used: to begin each period, after each goal, an inadvertent whistle, an official cannot determine which team caused the puck to go out of play, when both teams commit a penalty/violation, or if the puck is tied up in the corner or along the walls. Sticks must be on the floor for a face-off.
2. Play is started with an indirect free hit: after a team time-out; after a missed penalty shot; when a player is making no attempt to advance the puck or *stalling*; or after a penalty/violation.
3. Offside will only apply to face-offs. All players must be on their defensive side during the face-off.
4. Absolutely no unnecessary body checking or contact will be tolerated.
5. A hand may be used to catch or touch an airborne puck. The puck must be dropped immediately within the radius of the catching player's stick.
6. It is illegal to hold the stick horizontal to the floor at any time.
7. A goalie may catch the puck in their glove, but must put it in play within three (3) seconds.
8. Goalies when clearing the puck may not throw it above waist height, or throw it past the center line. However, goalies may shoot it with their stick.
9. Substitutions are free and can be made at any time. When the puck is alive a player can only enter the court when the other player is completely off the court.

### SCORING:

1. A goal is scored when the puck passes completely across the plane of the goal-line.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in, the puck is batted by the hand, or an offensive player is in the crease.
4. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
6. No goal can be scored while an offensive player's feet are in the crease.

### MAJOR PENALTY:

1. All major penalties will result in the player serving a FIVE- minute penalty. Play will start with an indirect free hit awarded to the offended team. **These include:**
  - Tripping - intentional tripping with the stick or any body part.
  - Elbowing - use of the elbow to impede an opponent.
  - Throwing the stick - intentional throwing of the stick to gain an advantage.
  - Hooking - wrapping the stick around a player.
  - Checking/Roughness - any unnecessary body contact.
  - Intentional holding of a player from scoring on a breakaway.
  - Intentional delay of game not applicable to the goalie 3- second rule.
2. Two major penalties results in an ejection.