

# NIRSA Floor Hockey Rules

(National Intramural-Recreational Sports Association)

## RULE 1: THE GAME, COURT, PLAYERS AND EQUIPMENT

### Section 1: General Provisions

The following rules were established following specifications listed under

Section 2: The Playing Area. If your playing surface is smaller, player modifications can be made.

#### Article 1: The Game — Men & Women

The game shall be played between two (2) teams of six (6) players each, including a goalie. Four (4) players are required to avoid a forfeit.

#### Article 2: The Game — Co-recreational

The Co-recreational game shall be played between 2 teams of 6 players, 3 men and 3 women. Teams with 5 players shall be 3 women and 2 men. Four players, 2 men and 2 women are required to avoid a forfeit.

A. Any time the game is co-recreational (6 on 6); women must constitute a majority of the players when the numbers of men and women are not equal.

B. Teams who cannot meet the requirements of "A" may opt to play shorthanded with an equal number of men and women.

#### Article 3: Supervision

The game shall be played with 3 officials, 2 of which are referees, each having the same responsibilities, and a scorekeeper/timer.

#### Article 4: Team Captains

Each team shall designate to the referee the team captain(s). If more than one (1) player is designated, a speaking captain must be selected to make all decisions for their team.

#### Article 5: Persons Subject to the Rules

Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of the officials assigned to the game.

### Section 2: The Playing Area

#### Article 1: The Floor

The game shall be played on a surface the size of a standard enclosed basketball court.

However, in case of facility limitations, the distances of floor length and width can be modified.

#### Article 2: Floor Markings

A. The playing area shall consist of the entire surface, and should be divided by a center line.

B. The floor should be marked with 5 face-off points; 1 at the center of the floor, 2 adjacent to the sides of each goal.

C. The goal line shall be ten (10) feet from the end wall.

#### Article 3: Goal Area

A. The goal crease should be 9' wide and 4' deep, and should be marked by a 2" inch line.

However, at no time shall the goal crease measure less than 1 ½' wider than the goal its self on either side.

The 5 areas where face-offs occur:

Free shots are taken from the center floor face-off (Optional)

### Section 3: Game Equipment

#### Article 1: The Goal/Net

The goal shall be six (6) feet in width by four (4) feet in height.

#### Article 2: The Puck/Ball

The puck shall be a 3" by 1" air filled plastic disk or a no-bounce ball may be used.

(Hereinafter the term "puck" will be used to represent either the puck or no-bounce ball throughout the rest of the manual).

#### Article 3: The Stick

The stick shall consist of a wooden or composite shaft with a non-taped molded plastic blade. The butt-end, or top, of the stick should be covered to prevent injury.

#### Article 4: Goalie Equipment

All goalies must wear a full facemask or helmet with a cage. It is also recommended that they wear a chest protector, a protective glove or blocker on their stick hand, a catching glove on their non-stick hand, and leg guards/pads. See Rule 4, Section 2 for equipment guidelines for pulling the goalie.

#### Article 5: Shoes

All players must wear non-marking rubber soled shoes.

#### Section 4: Player Equipment-Required

##### Article 1: Jersey

Players of opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front or rear.

##### Section 5: Player Equipment-Optional

##### Article 1: Eye Protection

It is strongly recommended that all players wear some type of protective eye guards.

##### Article 2: Mouth Guards

It is strongly recommended that a mouth guard be worn by all players.

##### Article 3: Shin Guards

Players may wear non-ice hockey style protective shin guards and/or knee pads.

##### Article 4: Gloves

Players may wear non-ice hockey/lacrosse protective gloves.

##### Article 5: Elbow Pads

Players may wear non-ice hockey protective elbow pads.

##### Article 6: Helmets

It is strongly recommended that all players wear helmets approved for street or floor hockey.

#### Section 6: Player Equipment-Illegal

##### Article 1.

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee, is dangerous. Types of equipment which shall be declared illegal include, but are not limited to:

- A. Any ice hockey equipment.
- B. Jewelry.
- C. Any stick which does not meet the specifications listed in Rule 1, Section 3, Article 3.

## RULE 2: PERIODS, TIME FACTORS AND SUBSTITUTIONS

### Section 1: Timing of the Game

#### Article 1:

Playing time shall consist of 3 periods of 12 minutes each. The clock will be stopped only if an injury or penalty shot occurs, otherwise it will be a continuously running clock until the final 2 minutes of the game, at which time it will stop on every whistle, unless a team is winning by four (4) or more goals.

#### Article 2: Intermission

Intermission will be three (3) minutes between each period.

#### Article 3: Game Timer

The scorekeeper/timer will be the official source of time for the game. The scorekeeper/timer may also be consulted by the game officials concerning penalties, violations, and goals.

#### Article 4: Time-Outs

Each team will be granted one (1) one minute time-out per game.

### Section 2: Substitutions

#### Article 1: Floor Players

Substitutions may be made 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.

*\*Note: Due to facility limitations free substitutions may be changed or omitted.*

## Article 2: Goalies

Goalies may only be substituted for during a time-out, during intermission, due to an injury, or if an equipment change is necessary.

## Section 3: Tie Game

### Article 1: Overtime Procedures

Any game ending in a tie during league play will remain a tie. During the playoffs and tournament play, a 5 minute running clock sudden death period will be played. If the score is still tied, the deadlock will be broken by 3 alternating penalty shots taken by 3 different players from each team. Whichever team is ahead after these shots will win the game. If it is tied after the penalty shots, the two teams will choose different players, and will shoot by alternating teams until one misses and the other scores. Each team will receive the same amount of shots on goal. Once every member of a team has taken a penalty shot, that team can choose anyone to take the next shot.

A. In the case of a tie after the sudden death period in a co-recreational game, the players taking penalty shots to determine the winner shall alternate male, female.

### Article 2: Coin Toss

In case of a game ending in a tie score, the officials shall bring the two captains to the center of the floor. They will discuss tie-breaker procedures and will answer all questions prior to the overtime period. After this meeting, the teams will defend the opposite goal they defended during the last period. If the overtime period ends in a tie, a coin toss will determine which team will go first in the shootout.

## RULE 3: PLAYING THE GAME

### Section 1: Starting Play

#### Article 1: Coin Toss

The referee will toss a coin at the beginning of the game to determine choice of side. The teams will switch sides after each period, including overtime, for the remainder of the game. The game will start with a center floor face-off.

#### Article 2: Putting the Puck in Play

Every time the whistle is blown, the puck is put into play in one of two ways, a face-off or a free shot (Optional)

A. Face-offs occur when:

1. A period is to start
2. A goal is scored
3. The puck is frozen between two players
4. The puck leaves the playing surface
5. A net is dislodged
6. The puck is frozen by the goalie
7. An injury occurs
8. A penalty or violation (see free shot option below)

Play is started at the beginning of each period and after a goal has been scored by a face-off at the center floor dot. All other occasions the face-off should be at the nearest face-off dot on the floor. All players (except the 2 involved in the face-off) must be at least 10 feet away from the faceoff spot, and must be on their defensive side of the face-off spot.

The individuals taking the face-off shall stand with both feet and body squared to their opponent, with the tips of their sticks no less than 2 feet apart and on the floor.

B. Free shots occur when play is stopped due to a violation or penalty (Optional).

The free shot is taken from the center floor face-off spot. Any player from the opposing team may take the free shot. Players may pass, shoot, or carry the puck. All other players must be at least 10' away from the shooter who shall have 3 seconds to play the puck after the referee's whistle. If a player plays the puck before the whistle, or delays longer than the three (3) seconds allowed, it is a turnover and the other team will get a free shot from the same spot.

### Section 2: Playing the Puck

#### Article 1: Offside

All players must be in position and onside for face-offs. The game is otherwise free of any traditional offside restrictions of player position or puck movement. The game is kept simple by

not having rules for off sides and icing. In order to allow for some flexibility, approved modifications for an offside rule are as follows. These may be used separately or in any combination.

#### Option 1

When there is a center line though the court, forwards must stay in the attacking zone and defenders must stay in their half of the court. Centers are free to play the entire surface. A player may straddle the line and reach over the line to play the puck with their stick but once they completely cross the line and contact the puck or an opponent, they are off sides and lose possession.

#### Option 2

The centerline may be used to separate the playing area in half. The puck must always precede offensive players into the attacking zone. They must either stay in their defensive zone or straddle the line, as in Option 1 above.

#### Option 3

If there are also "blue lines", the traditional rules for offsides or two line passes may be applied.

#### Article 2: Advancing the Puck

The puck may be advanced by the blade of the stick or by kicking the puck. However, no goal may be scored by kicking the puck directly into the opponent's net. (See Violations)

Players may not bat or throw the puck at any time. (See Violations)

#### Article 3: Playing the Body

Players must play the puck at all times. Any player checking another player will be penalized. (See Minor Penalties)

## RULE 4: GOALIE RIGHTS AND RESPONSIBILITIES

### Section 1: Rights

#### Article 1: Designating a Goalie

One (1) player may be designated as the goalie for each team. This player is required to wear a mask, and is the only player to have goalie rights within the goal crease.

#### Article 2: Stopping the Puck

The goalie may use any means possible to stop the puck with their body, glove, or stick. This includes leaving their feet to play a puck. Goalies may not throw equipment to stop the puck. If a goalie throws any piece of equipment to try to stop the puck, play will be stopped and a penalty shot will be awarded to the opposing team.

#### Article 3: Possession of the Puck

Upon gaining control of the puck, the goalie has 3 seconds to play the puck to the side or behind the net.

If the goalie does not distribute the puck, a face-off will be called. The goalie may not throw the puck forward, or a violation will occur.

#### Article 4: Leaving the Crease

The goalie may leave the crease at any time, however, once out of the goal area, they must follow all rules that apply to court players.

#### Article 5: Dislodged Net

In the case that the net becomes dislodged, but is not involved in the ensuing play, the referee shall allow play to continue and will replace the net. If it is dislodged and is in the play, the referee shall blow the play dead and a face-off will restart play at the nearest face-off dot. An intentionally dislodged net will result in a penalty, or a penalty shot. A referee may award a goal if the shot was headed into the net when the net was dislodged.

### Section 2: Pulling the Goalie

#### Article 1: Adding a Floor Player

If a team wishes to pull their goalie and add a floor player, this team relinquishes all of their goalie rights. Defensive players may enter the crease to stop a shot on goal; they may not however freeze the puck. If a defensive player freezes the puck, the result shall be a 2 minute delay of game penalty. Note: if the defensive player freezes the puck in the crease, the result shall be a penalty shot.

#### Article 2: Equipment

No extra equipment may be placed on the net. If the player designated as the goalie chooses to use and then discard a glove or other goalie equipment, this equipment must be discarded out of play and not into or onto the net or playing surface. If discarded equipment, not including a broken stick, comes into play, it will result in a two (2) minute minor penalty for delay of game.

## **RULE 5: SCORING**

### **Section 1: Goal Scored**

#### **Article 1: Goal Awarded – Men and Women**

All goals shall be worth one (1) point. A goal is scored when the puck completely crosses the goal line before time expires.

#### **Article 2: Goal Awarded – Co-recreational**

All goals scored by males will be worth one (1) point. All goals scored by females will be worth (2) points. During the playoffs, overtime goals and all overtime penalty shots scored by females will be worth one (1) point.

#### **Article 3: Goal Disallowed**

No offensive player may score a goal by kicking or throwing the puck into the net. A goal will be disallowed if an offensive player is in the crease and the puck is shot in from outside the crease. Only an offensive player's stick may enter the crease if there is a loose puck in the crease.

#### **Article 4: Mercy Rule**

If a team is ahead by ten (10) goals at any point in the game, the game will immediately end, with that team being declared the winner.

## **RULE 6: VIOLATIONS AND PENALTIES**

If any of the following acts are malicious and with the intent to injury another player, the official holds the right to immediately disqualify the player for the remainder of the contest.

### **Section 1: Violations**

#### **Article 1: High Sticking (Also see Minor Penalties**

#### **Article 2; Section 16)**

High Sticking shall be defined as raising the stick above the WAIST at any point during play, including the shot.

#### **Article 2: Hand Pass**

A hand pass shall be defined as passing the puck directly to a teammate with your hand. Catching an airborne puck is considered legal provided the player drops the puck in a straight line down to the floor to his or her stick.

#### **Article 3: Kicking the Puck**

The puck may not be intentionally kicked into the offensive goal. However, the puck may be played with the foot to another player.

#### **Article 4: Player in the Goal Crease**

No offensive player may enter the goal or break the plane of the crease at any time during the course of play except their stick may enter the goal crease if there is a loose puck in the crease. If a player scores a goal, but their momentum carries them into the crease, the goal will be disallowed and a violation will occur.

#### **Article 5: Dangerous Play/Sliding**

Playing the puck from your knees and sliding lead to dangerous play, and shall be defined as either playing or attempting to play the puck while not being on your feet. This shall include a floor player leaving their feet in an attempt to stop a play or the puck.

#### **Article 6: Goalie Possession of the Puck**

A. The goalie may not gain possession of the puck outside of the crease unless part of his body is touching a portion of the crease.

B. The goalie may not gain possession of the puck within the crease, drop the puck outside of the crease to put it in play, and intentionally bring it back into the crease without another player first touching the puck.

### **Section 2: Minor Penalties**

#### **Article 1: Too Many Players on the Floor**

Too many players on the floor shall be defined as having more than the legal number of players on the floor. This penalty may be served by any member of the offending team.

#### Article 2: Interference

Interference shall be defined as checking or making intentional contact with an opponent who is not in possession of the puck in an effort to impede them from getting to the puck or play.

#### Article 3: Playing with a Broken Stick

Playing with a broken stick shall be defined as any player who continues to use a stick which is broken. When a stick breaks it should be dropped immediately, and should be removed from the playing surface at the next stop in play.

#### Article 4: Boarding

Boarding shall be defined as ramming an opponent into the boards or walls, whether they have the puck or not.

#### Article 5: Tripping

Tripping shall be defined as using or attempting to use any part of your body or stick to cause an opponent to fall.

#### Article 6: Holding

Holding shall be defined as grabbing an opponent or an opponent's stick/jersey with your hand, arm, or leg to gain an advantage.

#### Article 7: Elbowing

Elbowing shall be defined as hitting or attempting to hit an opponent with your elbow.

#### Article 8: Kicking

Kicking shall be defined as kicking or attempting to kick an opponent.

#### Article 9: Kneeing

Kneeing shall be defined as hitting or attempting to hit an opponent with your knee.

#### Article 10: Pushing

Pushing shall be defined as pushing your opponent to gain an advantage.

#### Article 11: Illegal Use of the Hands

Illegal use of the hands shall be defined as using hands to gain an advantage over an opponent.

Example: Grabbing the stick or jersey.

#### Article 12: Body Checking/Roughing

Body checking/roughing shall be defined as excessive body contact with another player.

#### Article 13: Delay of the Game

Delay of the game shall be defined as any action that hinders the completion of the game under its normal time. This shall include, but not be limited to, floor player deliberately freezing the puck, discarding goalie equipment onto the playing surface to stop a puck or player, intentionally dislodging the net, intentionally taking a violation to stop a play, or deliberately lying on or pulling the puck into your body.

#### Article 14: Hooking

Hooking shall be defined as using your stick to slow an opponent, usually from behind. When only the sticks come in contact, NO penalty shall be called.

#### Article 15: High Sticking (Also see Violations Section 1; Article 1)

High sticking shall be defined as raising the stick above your waist at any point during a play when the stick is within a foot of another player. Lifting the stick of another player in the air above their waist is also a penalty.

### Section 3: Major Penalties

#### Article 1: Personal Misconduct

Personal misconduct shall be defined as any of the following: Disrespect to an official, excessive profanity, abuse of facility or equipment, or actions that incite a fight.

#### Article 2: Spearing

Spearing shall be defined as stabbing at an opponent with the tip of the blade end of the stick.

#### Article 3: Butt-Ending

Butt-ending shall be defined as stabbing at an opponent with the butt-end of the stick.

#### Article 4: Cross Checking

Cross checking shall be defined as thrusting your stick shaft across an opponent with no part of the stick on the floor.

#### Article 5: Slashing

Slashing shall be defined as hitting or attempting to hit your opponent with your stick in a chopping or swinging motion.

#### Article 6: Fighting

Fighting shall be defined as any acts of aggressive physical violence towards another player or official.

#### Section 4: Penalty Enforcement

In reference to penalty enforcement, the term shorthanded will mean: the offending team will be at least 1 player below the number of players of their opponent. At no time may a team have more than 2 floor players fewer than their opponent.

A. When a team has eligible substitutes, those players are required to be used to serve any penalty which would result in that team being more than 2 players shorthanded.

B. If a team has no substitutes, the third penalty will be served by the offending player. In this instance, the player who receives the third penalty will also serve the remaining time on the first penalty in addition to the time of his/her own penalty. The player who he/she replaces in the penalty box will return as an eligible floor player.

#### Article 1: Violations

When a violation occurs, play will be stopped immediately and a violation charged to the guilty player. The offended team will receive a free possession from the center floor face-off (Optional) or face-off at the nearest spot. No additional penalty will be assessed.

#### Article 2: Minor Penalties

A. Minor penalties shall be enforced by requiring the offending player to sit out 2 minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty. A minor penalty is over when the two (2) minutes has expired or the opposing team scores a goal.

B. If both teams commit minor penalties at the same time, both players committing the penalties will sit out for the full length of their penalties, but neither team will play shorthanded. Players may only return to the bench at the first stoppage of play after their penalty time has expired. If either team does not have an eligible substitute remaining, both teams will play a player short for the duration of the penalty.

C. If team A commits a minor penalty and shortly after team B commits a minor penalty, both teams must play shorthanded for the duration of team A's penalty. If team A's penalty expires and then they score a goal, team B's player will then be allowed back on the floor.

D. If Team A has 2 players in the penalty box, and Team B has only 1, a goal by Team B will result in the first penalty against Team A ending.

EXCEPTION: If two players receive coincidental penalties and then a third player is penalized, a goal by the team with the advantage would result in the penalty on the third player ending.

E. During a co-recreational game any minor penalty committed by a male against a female will result in a four (4) minute penalty.

F. There will be a face-off at the nearest spot or offended team will receive a free shot from the center floor face-off (optional).

#### Article 3: Major Penalties

A. Major penalties shall be enforced by requiring the offending player to sit out five (5) minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty, regardless of the number of goals their opponents score.

Penalties which also involve an ejection shall be served by any individual on the offending team. If the major penalty was due to a personal misconduct penalty, the team will not be shorthanded, only the offending player will have to serve the penalty.

B. If team A commits a major penalty and shortly afterwards team B commits a minor penalty, both teams will have to serve the full time of their penalties.

C. Major penalties committed by males against females will result in a seven (7) minute penalty.

D. There will be a face-off at the nearest spot or offended team will receive a free shot from the center floor face-off (optional).

#### Section 5: Penalty Shot

##### Article 1: Definition

A penalty shot is a one-on-one opportunity against the goalie for the individual of the opposing team which was obstructed.

##### Article 2: Penalty shots result from:

- A. A player throwing the stick for any reason.
- B. If a player has a clean break with the puck and is moving towards the opponent's goal and is illegally defended or roughed during their attempt to score.
- C. An intentional violation or penalty that stops a sure goal.
- D. If the goalie throws any piece of equipment to try to stop the puck.
- E. If a defensive player freezes the puck in the crease.
- F. If a defensive player intentionally moves the goal.

#### Article 3: Process

- A. The clock shall stop on all penalty shots.
- B. During a penalty shot, the puck is placed on the center dot and the player who was obstructed (or any player as a result of throwing the stick) shall be given the opportunity to score on the goalie one-on-one.

The rush on the goalie will start with the referee's whistle and end with a goal, a save, or a shot wide of the goal.

C. Only the player designated as goalie may defend against the penalty shot. The goaltender must remain in the crease until the player taking the penalty shot first moves the puck. The goalie may then defend the shot as they would under normal circumstances. A goalie violation shall result in another penalty shot. A deliberate penalty by the goalie during a penalty shot will result in a goal being awarded on the penalty shot.

D. No additional penalty will be assessed except when a major penalty has been called, time shall be served.

E. Co-recreational: A goal scored by a female will be worth 2 points except during overtime penalty shots.

#### Article 4: Resuming Play

After the penalty shot, the game shall resume with a center floor face-off.

#### Section 6: Disqualification from Game

##### Article 1: Combination of Five (5) Violations

An individual player shall be disqualified from the game by accumulating any combination of 5 violations, minor, or major penalties during a single game.

##### Article 2: Combination of Minor Penalties

An individual player shall be disqualified from the game by accumulating three (3) minor penalties during a single game.

##### Article 3: Combination of Major Penalties

An individual player shall be disqualified from the game by accumulating 2 major penalties during a single game.

##### Article 4: Combination of Major and Minor

An individual player shall be disqualified from the game by accumulating one (1) major penalty and two (2) minor penalties in a single game.

##### Article 5: Throwing the Stick

Throwing the stick is a dangerous act that can cause serious injury. For this reason when any player throws their stick (for any reason), the other team will receive an automatic penalty shot and that individual will be ejected from the game.

##### Article 6: Other Examples of Disqualifications

- Three (3) violations and two (2) minor penalties.
- Four (4) violations and one (1) minor penalty.
- Five (5) violations.
- Three (3) violations, one (1) minor penalty and one (1) major penalty.