

## ACTIVITY RULEBOOK

**Floor Hockey**

*Floor Hockey is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.*

*All information in this rule book pertains to the facilitation of Floor Hockey contests and its season administration. For questions or concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**REMINDER:** all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).

*UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**Section 1: Starting the Contest****Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

**Facility and Contest Set Up****a. Playing Location**

Floor Hockey is played in the Mitchell Hall Gyms (112 and 114). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

**b. Court**

Courts are set up by staff only. All playing equipment is property of the Recreational Sports Department.

**c. Officiating**

All contests will be officiated by at least two (2) trained officials. All decisions made by officials are final, except for those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our [“Become an Official” website](#).

**d. Captain’s Meeting**

Captains are to meet with the contest official(s) prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

**Equipment**

Team jerseys are available for rent in the Rec Sports Office, 118 Mitchell Hall, prior to the contest

Team members must wear the same color shirts

Players must use sticks provided by Rec Sports

- Players may not bend/curve the blades of the sticks. Anyone seen doing this will receive a verbal warning for the first offense followed by a two-minute penalty for all subsequent offenses. If any sticks are damaged due to players modifying them in any way, players are subject to a meeting with the Intramural Sports Coordinator and being assessed an equipment replacement fee

Game balls/pucks will be provided

Protective eyewear and use of mouth guards is highly recommended

**Participation**

Teams will consist of six (6) players, one (1) of which will be goalie

Teams may start with as few as four (4) players

If a team is reduced to less than four (4) players at any time during the contest, a forfeit will result

**Eligibility****a. Sport Club Athlete**

- Current Hockey club (Men's or Women's) must play in the "A" league when offered (leagues are considered to be "offered" even if "A" leagues are full)
- Only one (1) club player may play on a single-gender team (Men's or Women's)
- Only one (1) male and one (1) female club player may play on the same team in Co-Rec
- The most recent available club roster will be used to filter eligibility
- There are no restrictions on the number of previous club players per team
- If an intramural participant is trying out for a club team, the participant is eligible for intramural competition as long as they were not listed on the most recent club roster used by administration for eligibility checks

**b. Intercollegiate Athlete**

There are no restrictions on intercollegiate athletes participating in Floor Hockey, although it is recommended athletes inform their coaches of their intent to participate.

Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters

When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

**Section 2: Playing the Contest****General Game Overview**

Games will consist of three (3) 10-minute periods with running clock and 1-minute intermissions. The clock will only stop for timeouts and injuries

Face-offs will be used at the beginning of each period and after each goal

- The ball/puck must touch the floor prior to contact by a player

All players must remain on their half of the court prior to the ball/puck being touched

The ball/puck may never be intentionally kicked, thrown or deliberately diverted by any means other than a stick

A goal will not count on a penalty by the offensive team

A goal scored with high sticking will result in no goal

Offense may NOT be in the free throw lane for more than three (3) seconds, similar to the 3-second violation in basketball. The result will be a faceoff from the nearest faceoff mark

Slap shots are allowed

- Forward and backward arc must be kept below the waist. If the stick breaches the waistline high-sticking will result

No player other than the goaltender may leave their feet for any reason

**Passing and Catching the Ball/Puck**

Passing the ball/puck off of the wall is legal

- If the ball/puck gets stuck in the bleachers, a face-off will commence at the nearest mark

Players are permitted to catch a ball/puck that is airborne. Only the hands may be used to catch the ball/puck, and the ball/puck must be dropped into play immediately with no intentional advancement and directional placement

- The goalie can catch the ball/puck with a glove but must immediately (at least within three (3) seconds) put the ball/puck back in play

**Scoring**

Goals are worth one (1) point in value. Any shot that is deflected unintentionally will count as a goal.

**Cancelling a Goal**

Goals will not count if:

- The stick is held and/or brought above waist level
- If the ball/puck is intentionally kicked into the goal
- Goals will not be counted if the ball/puck is batted into the goal with the hand
- If a player from the offensive team is in the goal crease

**Mercy Rule**

If a team is ahead by seven (7) or more goals with five (5) minutes or less remaining in the third period, the game will be ruled a victory for the team in the lead.

**Timeouts**

Each team will have one (1) timeout of 30 seconds per game which may only be taken when the ball/puck is not in-play

In the event of overtime, each team will be granted one (1) timeout of 30 seconds. Unused timeouts from regulation may not carry over

A timeout may only be called by a player on the court

**Substitutions**

Reserve players (substitutions) are to remain in the Team Box Area until they enter the game. Free substitutions (i.e. "line changes" are permitted without stoppage of play. However, the player entering the game during live game action may not gain an advantage or become part of the play.

**Goalie Rules**

The goaltender is required to wear a helmet with a facemask (provided) and may also wear shin pads, non-bulky chest protector, a goalie glove, and a blocker

- Large shin pads will not be allowed
- All plastic knee guards must be covered by pants or hockey socks as to not scratch the floor

The goalkeeper must play the ball out of the penalty area within three (3) seconds after a save

If the goaltender maintains possession longer than three (3) seconds, a faceoff will occur

The goaltender must have possession of a goalie stick in their hands at all times

Once the goaltender leaves the crease they must obey all rules applicable to the rest of the players

The crease shall be 8 feet wide by 4 feet deep and will be clearly marked on the floor

**Crease Play**

At no time is a player of the Offensive Team permitted to enter the goalie crease with any portion of the body.

- If a goal is scored while the player is illegally in the crease it shall be disallowed
- A faceoff occurring at the nearest face-off area will resume play. However, if the official determines that the goalie was interfered with, an interference penalty will be assessed

An offensive player's stick is not allowed to enter the crease at any time

- If an offensive player places the stick in the crease area, she/he will be penalized for interference. This includes breaking the plane of the crease with the follow through of a shot

Goalies are permitted to leave the crease area to establish a better angle of defense or to play the puck

- The goalie may not leave the crease for purposes of freezing the puck outside the crease area

**Overtime – Regular Season**

In the event of a tie, a 1-minute rest period is followed by a 5-minute sudden death overtime

Teams remain on the side they finished the 3rd period on

Each team is awarded one (1) timeout for the overtime session

If the score is still tied after the overtime session, the game will end in a shootout (see playoff rule on shootouts).

**Overtime - Playoffs**

In the event of a tie, a 1-minute rest period is followed by a 5-minute, sudden death overtime

If the period ends in a tie, a shootout will occur

*section continued on next page*

## Overtime – Playoffs (continued)

Shootout Regulations:

- The tie will be broken by three (3) alternating penalty shots taken by three (3) different players from each team
- The ball will be placed on the center line and each player will have ten (10) seconds to complete their attempt
- If the shootout results in a tie a second sudden death shootout period will follow
- All players on a team must shoot once before a shooter can repeat
- Co-Rec teams must alternate shots between male and female shooters

## Penalties

**Running Penalties - result in opposing team's possession from the nearest spot.**

- Player slides or dives after the puck
- A player enters the crease
- High stick with no players around you
- The goaltender throws the puck past half court

**Minor Penalties - result in the offending player sitting out for two (2) minutes of play. The offending team will play shorthanded for the duration of the penalty or until the opposing team scores.**

- High-sticking
- Too many players on the court
- Boarding, tripping, holding, pushing, checking, hooking or any other illegal contact
- Intentional lifting of an opposing players stick above the knee or placing stick between another player's legs
- Bending the blade of the stick

**Major Penalties - result in the offending player sitting out for five (5) minutes of play. The offending team will play shorthanded for the duration of the penalty regardless of how many goals the opposing team scores.**

- Use of profane language directed at another player or official
- Continued unnecessary roughness

## Section 3: Co-Rec Specifications

Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more males than females in the contest

Co-Rec teams must have one (1) male and two (2) females in the contest at all times

There are no scoring rule modifications or advantage schedules in Co-Rec

## Section 4: Winning Specifications

### Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

### Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

### Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

## Section 5: The Playing Surface

