Floor Hockey Rules FALL 2015

UPDATED AUGUST 2015

All additions/changes to the rules from 2014-15 are selected in GRAY. Please read carefully.

Click on the following links to visit specific areas of the rule book:

- Section 1: General Overview
- Section 2: General Procedures/Reminders
- Section 3: Activity-Specific Rules
- Section 4: REC*IT – Intramural Sports’ Mobile App

General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Floor Hockey is $35 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
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<tbody>
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General Procedures/Reminders
Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. No ID, No Play
Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. Team Roster
All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. No roster add sheets will be made available at the site of the contest.

No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. Roster additions are allowed up until postseason brackets are published.

3. Apparel
Each participant must wear appropriate apparel and non-marking athletic footwear.

4. Injuries/First Aid
First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. Jewelry
For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. Sportsmanship/Participant Conduct
Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. Refunds
Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uw lax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. Team Names
Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. Playoffs
Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. Communication Efforts
Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

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 sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. **Game Time**
   GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. **Game Set Up**
   a. **Courts**
      All contest courts will be set up by Rec Sports Staff.
   b. **Officiating**
      All contests will be officiated by two (2) trained Intramural Sports Officials. Decisions made by officials are final and all staff members are to be treated with respect. To become an official, click [here](#).
   c. **Pre-Game Captain's Meeting**
      Captains will meet with game officials at center court for a brief overview of game rules and to ensure all participants are eligible/properly equipped.

3. **Game Equipment/Sticks**
   a. Team jerseys are available for rent in the Rec Sports Office, 118 Mitchell Hall, prior to the contest.
   b. Team members must wear the same color shirts.
   c. 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.
   d. Game balls/pucks will be provided.
   e. Protective eyewear and use of mouth guards is highly recommended.

4. **Participation**
   a. Teams will consist of six (6) players, one (1) of which will be goalie.
   b. Teams may start with as few as four (4) players.
   c. If a team is reduced to less than four (4) players at any time during the contest, a default will result.

5. **Eligibility**
   a. **Sport Club Athlete**
      - Current Hockey club (Men’s or Women’s) must play in the “A” league (if available).
      - 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 2014-15 club rosters will be used for eligibility in the fall; the 2015-16 rosters will be used in the spring.
      - There are no restrictions on the number of previous club players per team.
Playing the Game

6. General Game Overview
   a. 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.
   b. 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.
   c. All players must remain on their half of the court prior to the ball/puck being touched.
   d. The ball/puck may never be intentionally kicked, thrown or deliberately diverted by any means other than a stick.
   e. A goal will not count on a penalty by the offensive team.
   f. A goal scored with high sticking will result in no goal.
   g. 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.
   h. Slap shots are allowed.
      • Forward and backward arc must be kept below the waist. If the stick breaches the waistline high-sticking will result.
   i. No player other than the goaltender may leave their feet for any reason.

7. Passing and Catching the Ball/Puck
   a. 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.
   b. 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.

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

9. Canceling a Goal
   Goals will not count if:
   a. The stick is held and/or brought above waist level.
   b. If the ball/puck is intentionally kicked into the goal.
   c. Goals will not be counted if the ball/puck is batted into the goal with the hand.
   d. If a player from the offensive team is in the goal crease.

10. 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.

11. Timeouts
    a. 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.
    b. In the event of overtime, each team will be granted one (1) timeout of 30 seconds. Unused timeouts from regulation may not carry over.
    c. A timeout may only be called by a player on the court.

12. Substitutions
    Reserve players (substitutions) are to remain in the Team Box Area until they enter the game. Free substitutions shall be 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.
13. Goalie Rules
   a. 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 coved by pants or hockey socks as to not scratch the floor.
   b. 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.
   c. The goaltender must have possession of a goalie stick in their hands at all times.
   d. Once the goaltender leaves the crease they must obey all rules applicable to the rest of the players.
   e. The crease shall be 8 feet wide by 4 feet deep and will be clearly marked on the floor.

14. Crease Play
   a. 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.
   b. 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.
   c. 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.

15. Overtime – Regular Season
   a. In the event of a tie, a 1-minute rest period is followed by a 5-minute sudden death overtime.
   b. Teams remain on the side they finished the 3rd period on.
   c. Each team is awarded one (1) timeout for the overtime session.
   d. If the score is still tied after the overtime session, the game will end in a tie.

16. Overtime – Playoffs
   a. In the event of a tie, a 1-minute rest period is followed by a 5-minute, sudden death overtime.
   b. If the period ends in a tie, a shootout will occur.
   c. 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.

17. Penalties
   a. 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.
b. **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.
   - Intentional placing of a stick between another player’s legs.
   - Bending the blade of the stick.

c. **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.

18. **Co-Rec Specifications**
   a. 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.
   b. Co-Rec teams must have one (1) male and two (2) females in the contest at all times.
   c. There are no scoring rule modifications in Co-Rec.
   d. There is no “advantage” rule in Co-Rec.

19. **Protests**
    Teams are permitted to protest. If you wish to protest in-game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwla.edu or visit the online protest form here.

**The Playing Surface**

**Drink Policy**
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

**Drug and Alcohol Policy**
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

New to 2015-16, users can now create and pay for teams and add themselves to rosters! Anything you can do on IMLeagues you can now do straight on your smartphone via REC*IT!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

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Follow us on Twitter
@UWLRecSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu

Click the logo to return to the Intramural Sports website