

UW-WHITWATER INTRAMURAL SPORTS FLOOR HOCKEY RULES

Last update: August, 2021



FLOOR HOCKEY IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

TEAM CAPTAIN'S MEETING

This is a sport that requires a preseason captain's meeting. Be attentive to your email regarding either an in-person meeting date or a link for a webex meeting.

ENTRY FEE

The entry fee of \$30/team must be paid at time of registration.

LEAGUE SCHEDULES

Schedules for league play will be posted on IMLeagues and the UWW Rec Sports app.

QUESTIONS

Please feel free to contact the Office of Recreation Sports and Facilities or the Intramural Coordinator, Matt Schneider, with any questions or concerns at 472.1145.

GENERAL PROCEDURES

Please use the Captain's Handbook as a resource throughout the year. If you are team captain, please inform your players of all of the guidelines in the handbook BEFORE your first contest.

MEN AND WOMEN

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.

2. IDENTIFICATION: All participants must bring their current valid UW - Whitewater identification card to the field area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.

3. SCORING: An Intramural Sports staff member will keep official scoring at the court.

4. TEAMS: A team consists of five (5) players, one (1) goalie and four (4) floor players. Teams may play with as few as three (3) players, one must be the goalie. PLAYING THE GAME

5. GAME TIME: The game will consist of three (3) periods of ten (10) minutes each. The game time is running time. There will be a one (1) minute break between periods. The clock will stop for all charged and injury time-outs. The clock will stop on all whistles in the final 30 seconds of each period and in the final one (1) minute of overtime.

6. TIME OUTS: Each team will be permitted to have two timeouts per game. The length of each time-out shall be one (1) minute. The running clock will stop during time outs

7. STARTING THE GAME: A face-off will be utilized to begin each period and to resume play after any stoppages. All face-offs shall occur at designated locations. At the beginning of each period and following scores and penalties, the face-off shall be at CENTER COURT. During a FACE-OFF, there shall be no movement until the puck has been dropped. All players MUST be on their defensive side of the floor during face-offs. An imaginary line that bisects the face-off area determines the defensive side. The blades of the players facing off must be perpendicular to the line bisecting the face-off area.

8. SCORING: Goals are worth one (1) point. Shots that deflect off of the body of any player unintentionally will be counted as goals. Any goal that is caused by the basketball hoops shall be disallowed.

9. MERCY RULE: When a team is winning by seven (7) or more goals with less than five (5) minutes left on the game clock, the game will end by mercy rule. Or, when a team is winning by ten or more goals with less than eight (8) minutes left on the game clock, the game will end by mercy rule.

10. CANCELLING A GOAL: Goals will not be counted if the stick is held and/or brought above waist level. Goals will not be counted if the puck is intentionally kicked into the goal. Goals will not be counted if the puck is batted into the goal with the hand. Goals will not be counted if a player from the offensive team is in the goal crease.

11. CREASE PLAY: At no time is a player of the Offensive Team permitted to enter the Goalie's 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 PERMITTED 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. If this occurs, the goal will not be permitted. If the official determines that the goalie was interfered with, an interference penalty will be assessed. Goalies are permitted to leave the Crease Area to establish a better angle of defense or to play the puck. However, the goalie may not leave the Crease for purposes of freezing the puck outside the Crease Area. She/he will promptly be penalized for Delay of Game.

12. TIE GAMES: For tied games in the regular season, a three (3) minute sudden death overtime will be used to determine a winner. Tied games in the playoffs will use a three (3) minute sudden death overtime. In the event that the game is still tied then a five (5) shot shootout will occur (five different players must shoot for each team). If the game is still tied, a sudden death shootout will occur. Teams must use all available shooters before reusing any during the sudden death shootout. The order of shooters will be determined by their appearance on the scoresheet.

13. UNIFORMS: Teams must try to wear contrasting colors. Captains should try to inform their team of wearing the same color shirt for games. Pinnies will be supplied if teams don't have contrasting outfits. Hats and jewelry are prohibited.

14. SHOES: Tennis shoes must be worn by all players. Shoes with black marking soles will not be permitted. The Roseman Hall shoe policy must be followed.

15. PLAYER EQUIPMENT: Players may wear some type of commercially made eyeguard, such as those used for racquetball. Players who wear glasses during play may wear an eyeguard cage over their Glasses. Players may wear gloves. A player may wear shin pads, but long pants must cover the pads. Jewelry is prohibited.

16. **STICKS:** All players must use the sticks provided by Intramural Sports. The sticks are NOT allowed in the locker rooms. **RESULT:** 2-minute penalty to the offender. If a player is bending the stick you will be given a warning. After the warning players will receive a 2-minute penalty. Additionally, players are not allowed to excessively tap their stick on the ground!

17. **GOALIE:** Goalies shall be permitted to wear a hockey glove on his/her stick hand; however, this may not be a goalie glove with a shield. On the catching hand, the goalie may wear a baseball glove (not a goalie glove). It is a 2-minute penalty if the goalie plays the ball with their glove outside of the crease. When the goalie is playing on their knees they may not swing the stick around or go out of the crease.

18. **SLIDING:** Players on the court cannot slide in any way. This encourages players to stay on their feet. Penalty for sliding: 2-minute minor

19. **SUBSTITUTES:** Reserve players (substitutions) **MUST** 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 ACTION MUST NOT GAIN AN ADVANTAGE OR BECOME PART OF THE PLAY PRIOR TO THE PLAYER LEAVING THE GAME BEING (IN THE TEAM BOX AREA).** Violation: Minor Bench Penalty will be assessed. If a team wishes to **PULL THEIR GOALIE**, the goalie must go to the bench and obtain a regular hockey stick. Either that player or a substitute will reenter the game without gaining an advantage in the play occurring. Violation: Minor Bench Penalty will be assessed.

20. **CATCHING THE BALL:** The hands may be used only to catch an airborne puck, which must be dropped immediately with no advancement or directional placement. A goalie may catch the puck and **MUST** immediately (within five (5) seconds) throw the puck to the side. A goalie may pick up the puck **ONLY** when it is inside the crease. Picking it up outside the crease and/or throwing the puck forward beyond the top of the crease is a violation. Penalty: Face-off at nearest area.

SPORTSMANSHIP

21. UNSPORTSMANLIKE CONDUCT: Players and nonplayers shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. ANY PLAYER/NONPLAYER SUSPENDED FROM THE GAME FOR UNSPORTSMANLIKE CONDUCT MUST LEAVE ROSEMAN GYMNASIUM IMMEDIATELY, AND WILL BE SUSPENDED FROM FURTHER PARTICIPATION UNTIL MEETING WITH THE INTRAMURAL SPORTS COORDINATOR. FAILURE TO LEAVE WILL RESULT IN IMMEDIATE FORFEITURE OF THAT CONTEST. ANY SECOND OCCURRENCE OF UNSPORTSMANLIKE CONDUCT BY A TEAM WILL RESULT IN THAT TEAM BEING ELIMINATED FOR THE REMAINDER OF THE SEASON.

22. INTRAMURAL SPORTS EQUIPMENT: Equipment provided by Intramural Sports is very expensive; therefore, any unnecessary abuse will result in the team being charged replacement costs for new equipment. This charge must be paid before the team may continue to play. See also rule "Broken Stick, #1" below.

23. CHECKING. Only incidental contact shall be permitted. Some contact, especially with the arms, must be anticipated when players and officials are placed in a confined area. However, excessive contact will not be tolerated. Players must play the puck with the stick. Using the body against another player to gain an advantage is not permitted and will be penalized with a Roughing Penalty.

CO-RECREATION

The above rules apply with the following additions or exceptions:

24. TEAMS: Teams shall consist of five (5) players. One (1) goalie and four (4) floor players. The goalie may be either male or female. The remaining players shall be two (2) males and two (2) females. Teams may play with as few as three (3) floor players. Teams playing with only three (3) floor players may have a male/female ratio of 2:1 or 1:2 and a female must be one of the floor players.

25. If a team is playing with a ratio of 3:2, guys:girls, and a female receives a penalty, the team must go to a ratio of 2:2, not 3:1

26. SCORING: In Co-Rec games a goal scored by a male or a female shall count as one goal.

SUMMARY OF PENALTIES

1. MINOR PENALTY --- Two (2) Minutes. For a minor penalty on any player, other than the goalie, the player shall be ruled off the floor for two minutes during which time no substitute will be permitted for that player.

2. MAJOR PENALTY --- Five (5) Minutes. For a major penalty on any player, other than the goalie, the player shall be ruled off the floor for five minutes during which time no substitute will be permitted for that player.

3. ALL TIME PENALTIES MUST BE SERVED FOR THE ENTIRE TIME PERIOD --- NO EXCEPTIONS, **EVEN IN THE EVENT OF A SCORED GOAL.**

4. MISCONDUCT PENALTY --- Ten (10) Minutes served by another player/nonplayer. A player/nonplayer assessed the Misconduct Penalty is ejected from the game. **ALL GAME EJECTIONS ARE ACCOMPANIED BY A MISCONDUCT PENALTY.**

5. A Goalie may receive any minor or major penalty as if he/she were a player on the floor.

6. The Team Captain shall designate a player currently on the floor when the penalty occurs to serve the penalty in place of the goalie.

7. If the Goalie receives a Misconduct Penalty, he/she is ejected from the game. A new Goalie is placed in the game and #6 above is followed to serve the penalty.

8. A Misconduct Penalty shall be assessed on any player/nonplayer for obscene, profane, or abusive language directed toward the officials, opponents, and/or Intramural Sports Supervisors.

9. A Misconduct Penalty shall be assessed on any player who intentionally knocks or shoots the puck out of the reach of an official.

10. A Misconduct Penalty shall be assessed on any player/nonplayer who deliberately throws any item or equipment prior, during, or after the game. Said player/nonplayer will be immediately ejected from participation in the game and is suspended from the next game. Reinstatement procedures must be followed. The team will be assessed a \$25.00 Fine for the players action and will not be permitted to play their next game until said fine is paid.

11. A Misconduct Penalty shall be assessed on any player/nonplayer who persists, after a warning by the official, in any conduct (including threatening or abusive language or gestures) designed to intimidate an opponent into obtaining a penalty.

12. The official has final say with all penalties. Body checking, roughing, slashing, and interference are either 2 minute or 5 minute penalties, it is the officials and/or intramural supervisor's decision on the severity of the infraction and there is no possibility of protest.

DESCRIPTION OF PENALTIES

1. DELAY OF GAME: Delay of game is considered a MINOR PENALTY, and shall be called if:

- any player falls on the puck. A minor penalty shall be assessed on the player other than a goalkeeper who deliberately fall on or gathers a puck into his/her body.
- Any player who drops to his/her knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment. Any use of the hand to make the puck unplayable will be penalized promptly. Any player, other than the goalkeeper, who is on the floor (defined by either having one knee and/or arm/hand touch the floor, as determined by the officials) and attempts to play the puck with any body part or his/her stick. Diving is permitted to play the puck, but once on the ground, playing/shielding the puck is illegal
- a goalkeeper who (when his/her body is entirely outside the boundaries of his/her own crease line) deliberately falls on or gathers the puck into his/her body, which is not a shot on the goal.
- any players (including goalkeeper) who delays the game by deliberately displacing a goal from its normal position. The Official shall stop play immediately when a goal has been displaced.
- any player, including the goalkeeper, who holds or freezes the puck with his/her stick, feet, or body along the wall in such a manner as to cause a stoppage of play.

2. ELBOWING: Elbowing and kneeing is considered a MAJOR PENALTY and shall be called on any player who uses his/her elbow or knee in such a manner as to foul an opponent in any way. **Floor Hockey is a Non - Contact Activity --- No Intentional Contact!**

3. SLASHING: Slashing is considered a MAJOR PENALTY and shall be called on any player who impedes or seeks to impede the progress of an opponent by slashing with the stick. Flagrant slashing will constitute a Misconduct Penalty. Any player who swings his/her stick at another player in the course of any altercation shall be subject to a game Misconduct Penalty.

4. SPEARING: Spearing is considered a MAJOR PENALTY and shall be called on any player who spears or attempts to spear an opponent. SPEARING shall be defined as stabbing at an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.

5. TRIPPING: Tripping is considered a MAJOR PENALTY and shall be called on any player who shall place his/her stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause an opponent to trip or fall.

6. HOOKING: Hooking is considered a MINOR PENALTY and shall be called on any player who impedes or seeks to impede the progress of an opponent by "HOOKING" with his stick.

7. INTERFERENCE: Interference is considered a MINOR PENALTY, and shall be called on any player who: interferes with or impeded the progress on an opponent who is not in the possession of the puck. deliberately knocks a stick out of an opponent's hand. prevents an opponent from regaining his/her stick once it has been dropped. throws the stick towards an opposing player with the puck in a manner that would distract said opponent. Also, a MISCONDUCT PENALTY will be assessed. who intentionally fouls from behind thus preventing a reasonable scoring opportunity. The violating player shall be automatically ejected with a designated player from the floor serving a five - minute MAJOR PENALTY. There are No Penalty Shots.

8. HOLDING: Holding is considered a MINOR PENALTY and shall be called on any player who holds an opponent with hands or stick or in any other manner.

9. CROSS CHECKING: Butt Ending and Cross Checking is considered a MAJOR PENALTY and shall be called on any player who "cross checks or butt-ends" or attempts to "butt-end" an opponent. NOTE: Attempts to butt end shall include all cases where a "butt end" gesture is made regardless whether body contact is made or not.

10. CHARGING: Charging is considered a MAJOR PENALTY and shall be called on any player who runs or jumps into or charges an opponent.

11. ROUGHING: Roughing is defined as any type of unnecessary and/or intentional contact. Players must play the puck with the stick at all times. Using the body to gain an advantage, or playing against an opponent's body and not the puck, is not permitted. A MAJOR PENALTY will be assessed for a Roughing Violation.

BROKEN STICK

1. A player whose stick is broken may not participate in the game until the broken portions are dropped and a new stick obtained. A Minor Penalty shall be imposed for an infraction of this rule. Note: Any player/nonplayer who slams stick down in disgust, as judged by the officials, will be assessed a MAJOR PENALTY, regardless if the stick breaks in the process. If the stick breaks as a result of the player/nonplayer action, said player/nonplayer will be charged a replacement fee to be determined by the Intramural Sports Coordinator.

2. A goalkeeper may continue to play with a broken stick until stoppage of play provided the broken stick is placed in the back of the goal until stoppage of play. HIGH

STICKING

1. The carrying of a stick above the normal standing height of the waist is prohibited and a MINOR PENALTY shall be assessed.

2. A Minor Penalty shall be assessed any time the stick rises above the waist level. During the process of a shot, including the follow through, the goal will be disallowed.

3. A player may lift an opponent's stick. However, if a player causes the opponent to lift a stick above the waist then the player that caused the high stick will be penalized.