

# Floor Hockey



## Rules and Regulations

The following rules will be used during the House-League Tournament. The rules will follow closely to Ice Hockey rules with a few exceptions.

### **1. THE TEAM**

There will be six (6) players on the floor at one time: one goalkeeper, one centre, two defense, and two forwards. A maximum of seven players per team is allowed and all must play equal time.

### **2. THE GAME**

The game will be fourteen (14) minutes in duration, i.e., two seven (7) minute straight time halves.

### **3. THE PLAY**

Play will start on a whistle signal with a face-off at centre of gym.

Same face-off will apply after each goal is scored OR after each penalty.

### **4. SCORING**

When the ball crosses the goal line, one goal is scored.

Awarding of a possible Penalty Shot.

No direct scoring from start of play.

## **5. OUT OF BOUNDS**

Ball is played off the walls, sides and ends to maintain continuous play.

If the ball is “frozen” by two players for a period of time, a face-off will be signaled in the circle nearest where stoppage of play occurred.

## **6. THE GOALKEEPER**

**MUST NOT** lay or kneel on the floor continuously to stop the ball. However, he may make a “sprawling save”, if absolutely necessary.

Cannot hold the ball with hands or feet for any length of time without causing a face-off to occur.

Cannot throw the ball forward, but must drop it to the side or back of the net immediately. Goalkeeper may clear ball forward with his stick.

Under normal conditions the goalkeeper must confine himself to the “Goal Crease Area” (3m x 1.2m) (10' x 4').

No goal may be scored if an offensive player is standing with one or both feet inside the goal area (unless deliberately forced there by a defensive player).

N.B. For protection and safety, each goalkeeper **MUST** wear a mask (softball mask provided at school). He may not use a hockey glove or trapper but may wear winter, leather gloves to protect his hands.

## **7. OFF-SIDE**

No off-sides will be called, except for the following:

An offensive player may **NOT** carry the ball over the centre line towards the offensive area.

**INFRACTION OF RULE:** Face-off in centre-area.

## **8. HANDS AND ARMS**

Each player must keep both hands on the stick when shooting. It is not necessary to have both hands on the stick when carrying or passing the puck.

Arms may be raised **NO HIGHER THAN THE WAIST AT ANY TIME** (unless deliberately forced by an opposing player).

Failure to observe either of these two rules will result in a two-minute penalty to the guilty party.

## **9. PENALTIES**

Penalties will be assessed for such violations as tripping, slashing, cross checking, charging, high sticking, pushing, boarding, interfering, holding, body-checking, holding the ball with the hand, delaying the game. Each of these infractions will be imposed pending the judgment and decision of the referee.

A penalized player will serve a one (1) minute penalty (straight time) for any of the above infractions. Not more than two (2) players from the same team may be penalized at any one time. If the opposition scores, the penalized player may return to the game before his full time is served. (Only one player is returned per goal scored.)

N.B. All face-offs that result from the calling of a penalty will occur at centre face-off circle.

## **10. RULE INFRACTIONS – SERIOUS NATURE**

Rule infractions of a more serious nature, such as a deliberate attempt to injure, abusive language, continuous questioning of referee's decisions will result in the banishment of that player for the balance of that game.

No substitute player will be allowed.

## **11. EQUIPMENT**

The equipment used will be the orange, no bounce, HOC-E-BALL and the HOC-E-BALL style blade.

# INDOOR FLOOR HOCKEY LAYOUT

