

MODIFIED FLOOR HOCKEY RULES

PREMISE: A game that captures the finesse and flow of hockey while minimizing physical risk. To make the game accessible to more teams and emphasize team skill and playmaking, the goalie position has been reduced to a Cut-out.

RULE 1: THE PLAYERS

- Floor hockey consists of four (4) players from each team on the court. The Goalie will consist of a “Cut-out”. The court players are allowed to play anywhere on the floor, except they cannot enter the goal creases. Four players need to be ready to play to save any forfeits. This league is open to both men and women.
- Each player must be registered on the score sheet with their jersey number.
- Substitutions may be made during any time the ball is dead. However, they must be done quickly and efficiently. Substitutions may also occur “on the fly” if done away from the area of active play.
- Illegal substitution will be enforced with a two-minute bench penalty (delay of game) to be served by any member of the offending team.
- No substitution is allowed for a player that is in the penalty box.
- All players must wear gym shoes with non-marking soles.
- Only those players properly registered on the team roster will be allowed to play. **The game will be forfeited if a non-registered player is used.**

RULE 2: EQUIPMENT

- The Intramural Department will provide the “hockey balls” and jerseys for each team.
- Only Dravson Center-provided sticks (sticks with a special non-marking, Intramural Department-approved blade) will be allowed on the gym floor.
- It is strongly recommended that all players wear knee pads/shin guards, and protective eyewear.
- Hand protection is limited to mittens, street gloves, batting gloves or hockey gloves.
- **Any other equipment not covered in these rules is prohibited.**

RULE 3: TIMING REGULATIONS

- The officials shall flip a coin at the beginning of the game for choice of side.
- The game shall consist of three periods (15 minutes each) running time. There will be a two-minute break between periods. The clock will stop at every whistle in the last two minutes of the third period only.
- During the regular season, if the game is tied at the end of regulation, a five-minute sudden death overtime period will be played. If the game ends with the score tied, it will be declared a “tie”.
- During the playoffs, if the game is tied at the end of regulation, a five-minute sudden death period will be played. Additional five-minute periods will be played until a winner is determined.
- **There are no time outs during floor hockey games.**

RULE 4: FOULS AND PENALTIES

There are three types of fouls/penalties in intramural floor hockey:

1. Running fouls – face off in the opposing team’s offensive zone.
2. Roughing fouls – player spends two-minute in the penalty box.
3. Misconduct fouls – player ejection followed by a penalty shot awarded to the other team.

A. Running Fouls - are fouls that occur when a player violates the administration of the methods he uses in advancing the ball or playing the game:

- a) raising the stick above the waist
- b) holding or throwing the ball forward
- c) ANY player (offensive or defensive) with their feet or a supporting bodypart in the goal crease
- d) any “slap shot” attempted,(only wrist or below-waist level “**SNAP**” shots are allowed).
- e) leaving his/her feet to defend the ball during a play, (this includes kneeling or sliding)

B. Roughing Fouls - are actions by the players that involve illegal contact or rule infractions that are detrimental to the game.

- a) deliberate delay of game (i.e., catching the ball and not dropping it immediately)
- b) hooking or slashing
- c) interference (preventing a player from reaching the ball)
- d) charging (running into)
- e) pushing or shoving
- f) elbowing
- g) holding
- h) tripping
- i) body checking
- j) contacting an opponent with the stick above the waist (high sticking) or slashing an opponent’s stick
- k) bench penalty -- six men on the floor; two minutes served by any player

C. Misconduct Fouls - are unsportsmanship fouls that will lead to player ejection and a penalty shot.

- a) disrespect or profanity towards an official
- b) showing physical or verbal abuse (profanity) towards another player
- c) abuse of facility or equipment (i.e., slamming or throwing their stick)
- d) actions that incite a fight or fighting
- e) deliberate roughing/checking
- f) a player who receive three roughing fouls

2 Minute Minor Fouls - are actions by the players that involve illegal contact or rule infractions that are detrimental to the game. Minor penalties are penalized by **two** minutes spent in the penalty box by the person who offended. At this time no substitutions may be made for the player who was sent out of the game.

- a) If the opposition scores a goal against a team that is short-handed because of a roughing foul, the penalty is over and the player whose penalty time is most close to expiring (in the event that more than one player is in the penalty box) shall return to the floor.
- b) Players in the penalty box do not return to the game on a scored goal if both teams are at equal strength.

Discipline Action:

Any ejection from a game will be followed by an automatic one game suspension.

Referees:

Referees are encouraged to not blow a “quick whistle”. When a foul occurs, raise the hand and let the play continue until the “offending” team controls the “ball” again. All judgement of penalties are left to the discretion of the referee.

RULE 5: PLAYING THE HOCKEY BALL

The ball is to be advanced using the stick.

- a) Players may not throw the ball at any time. A running foul penalty is assessed.
 - b) Players may play the ball at anytime the stick is below the waist.
 - c) The ball may be caught with an open hand, and dropped immediately. Otherwise, a running foul penalty is assessed.
 - d) Players may direct the ball with their feet, but to ensure that stick play is the priority, no player may make more than two (2) consecutive foot contacts with the ball. A running foul is assessed. Furthermore, any goal resulting from contact with an offensive player's feet or leg will be disallowed.
 - e) There will be **no "slapshots" allowed**. A running foul penalty is assessed.
 - f) When running with stick, whether pursuing the ball or floor position, keep the stick blade below waist level at all times. Never wave stick above the head.
 - g) In front of each goal area there is a goal crease that measures 3' x 5'. It is illegal for any player to enter this area at any time, with the exception of their stick reaching in to make a play.
 - h) Players must play the ball at all times. Any player caught checking another player will be penalized.
- Helpful Note: Tell players that when going for a ball in the corners, both hands should be on the stick. This will eliminate illegal use of hands and rough corner play. Penalty: **two** minute checking; if flagrant **five** minute or expulsion. Caution: Walls are rough and skin abrasions can be expected.

Disallowed goals:

- a) A goal that was directed by any part of the body of any offensive player
- b) A goal involving a violation by the offensive team
- c) A goal where an offensive player is in the crease
- e) If the ball is played above the waist

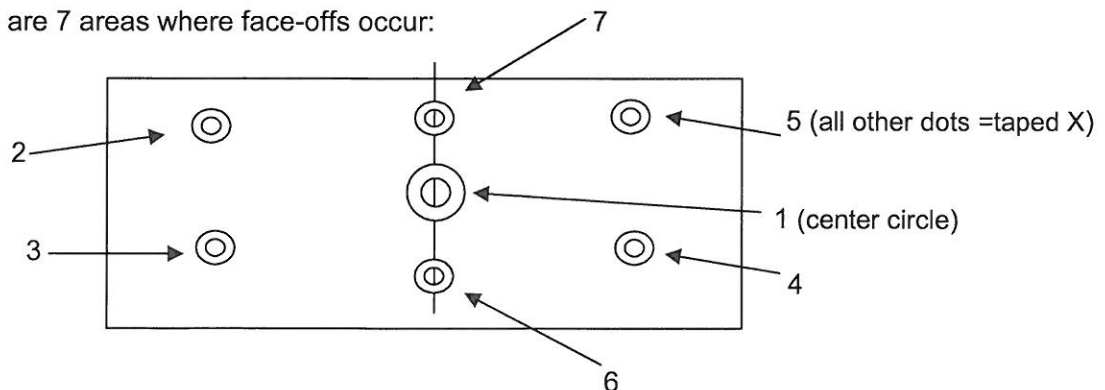
RULE 6: STARTING THE GAME & RE-START OF PLAY AFTER A FOUL

Each game will begin with a center face-off. All players must be on the defensive side of the center line for the face-off to begin. All players (except for the two involved in the face-off) must be at least ten feet from the face-off spot. The ball needs to be out of the circles before any other player can contact the ball. The game will start when the referee drops the ball during the opening face-off.

Every time the whistle is blown, the ball is put into play with a Face-off:

1. Face-offs occur whenever:
 - a) a period is to start
 - b) after a goal is scored or a disallowed goal
 - c) when the ball leaves the playing surface
 - d) generally "following and play stoppage"
 - e) when a penalty is committed

On the floor there are 7 areas where face-offs occur:



for Sec. 1 a and b, the face-off is in face-off circle #1.

for Sec. 1 c and d, the face-off shall occur at the nearest spot (X) to where the ball became dead.

for Sec. 1e shall occur in the penalized team's defensive zone.

Face-off circles #6 and #7 are used when the ball leaves the playing surface from the offensive zone, last touched by an offensive player.

Anytime the ball is off a defensive player in the defensive zone, ball remains in the defensive zone.

RULE 7: GOALKEEPING

Goals are scored when the entire ball crosses the goal line.

The goalie will consist of a goalie cut-out. Goals will be counted only when the ball goes through one of the cut-outs into the goal.

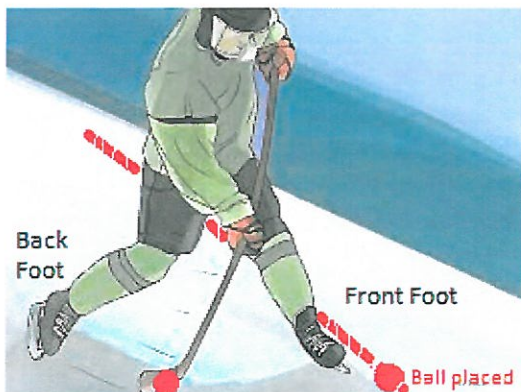
There is no traditional goaltending allowed, as no player may enter the crease or leave their feet while engaged in play. As such, defensive efforts are limited to non-foul positioning outside the crease and other non-penalizable play.

RULE 8: PENALTY SHOTS

The penalty shot is a single shot opportunity for a member of an offended team that has been awarded a penalty shot, which may result from:

- a) a player throwing the stick for any reason
- b) if a player has a clean break with the ball and is moving towards the opponent's goal and is illegally played or fouled while attempting to score.
- c) if a defensive player covers the ball inside the crease.
- d) for any "Player Ejection" penalty, (see Player Ejection section)

During a penalty shot, the ball is placed halfway between the center circle and goal line. The player who was obstructed (or any player as a result of throwing the stick) shall be given one opportunity to score on the cutout goalie; this is to be achieved by taking a single shot with the player's front foot remaining behind the plane of original ball placement at all times. In other words, the player may stickhandle the ball prior to shooting, but their front foot cannot be in front of where the ball was originally placed at any time during their shot attempt. Failure to follow this results in forfeiture of the penalty shot.



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

Custom Stick Guide, Drayson Center Rec Floor Hockey Edition

- Drayson Center provides hockey sticks for those who want to participate in intramural floor hockey; however, it's recognized that experienced players may want to play with custom sticks whose attributes (flex, length, curve, etc.) accommodate their personal preferences and playstyle.
- As such, the Intramural Department will allow the use of custom (i.e. player-provided) shafts, which *MUST be equipped with a Drayson Center-approved, non-marking Gopher blade that is purchased from the Intramural Department.*
- Taping the blade of any stick will not be allowed as it defeats the purpose of the non-marking blade
- The overall stick length and blade curvature must fall within the specifications outlined in Rule 10.1 of the NHL 2014-2015 Rulebook: (<http://www.nhl.com/nhl/en/v3/ext/rules/2014-2015-rulebook.pdf>) None of you are likely to be Zdeno Chara, and we're not playing lacrosse.
- The rest of this guide consists of tips to construct a custom stick, and presupposes that anyone who wants to assemble a custom stick is experienced and generally familiar with hockey stick terminology and construction.

Parts you'll need:

- Drayson Center-approved Gopher blade (\$10.00)
- Hockey shaft (adult standard, adult tapered, intermediate standard, or intermediate tapered)
- Phillips screwdriver

Parts you'll probably want:

- Hack saw
- Heat gun or heat source
- Electric drill with ~3/32" drill bit

Optional parts (recommended for non-Adult Standard shafts):

- Hot melt glue sticks, and/or
- Foam sealant or a severed blade tenon.

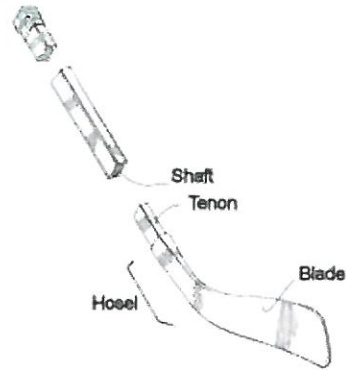
Tips for choosing a hockey shaft:

- It's recommended that an Adult Standard shaft be used, as this will best fit the special Gopher blade mandated by the Drayson Center.
- Custom sticks made with Adult Tapered, Intermediate Standard, and Intermediate Tapered shafts were playtested successfully in intramural games. Although played without incident, these other sticks' durability and performance (due to an imprecise fit with the Gopher blade) are theoretically not as good as Adult Standard shafts, even with the use of mitigating products like glue and foam. Junior sticks have not been playtested.

Tips for preparing a hockey shaft:

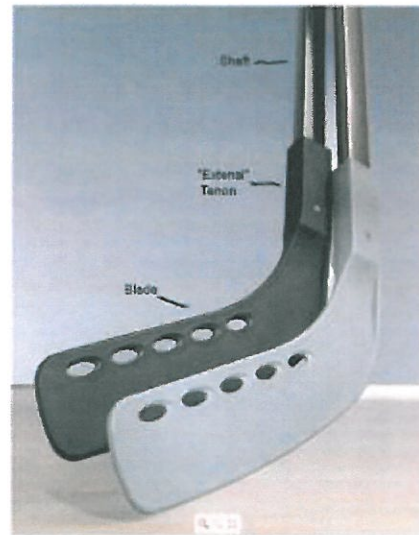
- If using an shaft that is part of a used 2-piece ice hockey stick, it's best to hack-saw it the blade off where the shaft meets the hosel, leaving the severed tenon inside the shaft. (The tenon part of the pre-existing blade will provide solid material for the screws used with the Gopher blade to bite into). Of course, if you intend to use the pre-existing blade again, you would remove it in the usual manner with a heat gun/source.
- The use of foam sealant inside a shaft as added material didn't make an appreciable difference when playtested, but a used/severed blade tenon inserted into the shaft did provide a more secure attachment for the Gopher blade's screws.

Note: Because most foam sealants are flammable, filling the Gopher blade's "external" tenon with foam sealant and then jamming the shaft into it was NOT tried, due to the necessity of also heating the external tenon to fit the shaft. I was using an open flame and didn't want to, oh say, *ignite* everything.



Tips for attaching a hockey shaft to the Gopher blade

- If using an Adult Standard shaft:
 - Heat the Gopher external tenon evenly with a heat gun or heat source till it's hot to touch without melting plastic. (Using a gas burner on a stove at medium flame, turning the external tenon like a rotisserie 4 inches above the flame for about 2-3 minutes, would be a method no one in Risk Management would ever endorse because of the use of an open flame, so don't do this)
 - Insert your shaft into the heated external tenon of the Gopher blade as far as possible.
 - There are 2 Phillips screws that come with each Gopher blade, one for each side of the external tenon, that further fasten the blade to the shaft. Note: Using a drill to create a path for each screw made this a lot easier.
- If using a non-Adult Standard (i.e. Adult Tapered or Intermediate) shaft:
 - ~~Seriously, get an Adult standard shaft and see the above section~~
 - When these types of shafts are inserted into the Gopher blade's external tenon, there are gaps on the sides because of imprecise fit; these gaps may be filled with other material, like hot melt glue. Note: Using a heat source, soften the hot melt glue and thickly smear it along the sides of the shaft. Then heat the Gopher external tenon as described in the section above, and insert the glue-coated shaft into the heated external tenon as far as possible.
 - There are 2 Phillips screws that come with each Gopher blade, one for each side of the external tenon, that fasten the blade to the shaft. Note: Using a drill to create a path for each screw made this a lot easier.



Only fully assembled custom sticks with cooled and completely screwed-in Gopher blades may be used in game play. Remember, if you set yourself on fire, just blame the smoking person you see in the mirror.