



## SPORTS for Exceptional Athletes Floor Hockey Rules



as of 6/19/07

The Floor Hockey Rules are based on NIRSA Floor Hockey Rules (National Intramural-Recreational Sports Association).

### 1. Number of Players

- a. 6 players on the court at any one time.
- b. No maximum roster size.
- c. Teams may be made up of athletes with developmental disabilities, families, friends and others in the community who want to play on inclusive teams. Abilities should be at least relatively close between team members.
- d. Substitutions are done at the end of each line based on the scoresheet filled out before the game.
- e. All players must play within 1 line of all other players by the end of the game.
- f. To allow late arrivals in league play, the Floor Hockey Coordinator may allow each line to be made just before the start of each line as long as all players play within 1 line of all other players by the end of the game.

### 2. Duration of the Game

- a. Each game consists of 3 periods of 9 minutes each. Each period consists of 3 lines of 3 minutes each.
- b. The game is running time. However, the 9<sup>th</sup> line of the game consists of stop-time unless both coaches want running time.
- c. In league play for round robin competition – if the game is tied at the end of 9 lines, then the game is considered a tie.
- d. Overtime – if there is no time constraint or whenever there is a need to have a winner (preliminary games or winners-losers bracket), when the game is tied at the end of 9 lines, then play resumes until the next goal is scored. Overtime play begins with the 2<sup>nd</sup> line.
- e. The Floor Hockey Coordinator may change the length of the game based on time constraints, etc.

### 3. Playing the Game

- a. Face-offs are taken at the center face-off circle at the beginning of the game, after goals & after each period. Face-offs are taken at the nearest face-off circle for stoppages of play, and after each penalty & crease violation at the offending teams' defensive end. The centers taking the face-off must have their stick on their half of the face-off circle and must 'sweep' the puck outside the face-off circle before it can be touched by another player. The centers cannot put their stick inside the puck until the puck has touched another player other than the centers.
- b. A goal is scored when the entire puck has crossed past the goal line into the goal in a legal manner.
- c. Fouls are a stoppage of play and result in a face-off at nearest face-off circle. Fouls include: goal crease violation, goalkeeper throwing puck forward to a teammate, player other than goalkeeper holding or passing puck with hands to a teammate, standing on the puck, players' sticks holding the puck at least 3 seconds or puck riding up the stick, etc.



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- d. Minor penalties result in a 1-minute penalty for the offending player. Minor penalties include: tripping, charging, charging from behind, cross-checking, holding, interference, hooking, slashing, kicking, roughing, high sticking, goalkeeper outside the goal crease with either foot, delaying the game, unsportsmanlike conduct, etc. If a goal is scored against the short-handed team, the player serving the penalty may return to the game even if the penalty time has not elapsed.
- e. Major penalties result in expulsion from the game for the offending player and a 2-minute penalty served by a teammate. The full 2-minute penalty must be served even if a goal is scored against that team. Major penalties include: fighting, deliberately throwing or swinging a stick, unsportsmanlike behavior, action intended to provoke unsportsmanlike behavior on the part of another player, committing any intentional foul that might injure another player, minor penalties which are committed deliberately and with intent to injure another person, etc.