

Adult Floor Hockey Rules

Game

1. Three (3) fifteen (15) minute periods.
2. Five (5) minute breaks between periods.
3. The clock is constantly running with the exception of injuries.
4. There are no time-outs.

Players:

1. Five (5) players will be allowed for each team to be positioned at coach's discretion
2. Players are not restricted and are allowed to move throughout the entire playing area.
3. One (1) goalie: may be in the defensive zone.
4. Men may only play in the Men's League, and Women on the Women's League.

Alternates:

Alternate players can play up to 4 games during the regular season. They also may play in the play offs and finals. In the event that a team is short players, the coach will call the alternates first to fill the spots. If there are still openings, the coach may call substitutes from the Sub Pool.

Sub Pool:

Players who sign up to be in the Sub Pool will be called in after the team alternates are called. Sub pool players will be called in rotation. They will pay \$5 per game played.

Equipment Requirements

The following safety equipment is optional but recommended: Eye protection, Mouth, Hands and shins

Tie Game / Overtime / Shoot-Out

1. If the score is tied at the conclusion of the third period, a shoot-out will occur.
2. The goalies at the conclusion of the third period must be the goalies for the shoot-out, that is, a new goalie cannot be put in for the shoot-out.
3. Five (5) players from each team will be selected by their coach to participate in the shoot.
4. The players will alternate shooting at their opponent's goal with the goalie in place, starting from mid-court.
5. No rebound shots.
6. At the end of the shoot-out, if the score is still tied, three (3) players from each team will be selected by their coach to participate in the second round of the shoot-out. These three players must be different than the five that participated in the first round.
7. At the end of the second round of the shoot-out, if the score is still tied, the game shall end in a tie.

Face-offs

1. Face-offs occur when a stoppage in play occurs, the goalie covers the puck, or the puck goes out of play.
2. Players' sticks must be on opposite sides of a line parallel to the mid- court line. The puck will not be dropped until the blades of the sticks are behind this line.
3. After the referee and one player are in place for a face-off for ten (10) seconds, the referee will drop the puck, regardless of whether the second player joins the face-off.

Scoring

1. A goal occurs when the puck completely crosses the line in from the net.
2. The neutral zone shall be extended to the gray line in the defensive zone, Therefore increasing the scoring zone to the defensive side of center.
3. If the defenseman passes the puck, without the intent of scoring, and the puck rolls or slides in such a way that it is playable by other players and ends up going into the net, it will count as a goal.
4. If the puck is intentionally kicked or hit with any part of the body, the goal does not count. An unintentional ricochet that goes into the net will count as a goal.

Violations

1. A violation causes a face-off to occur in the violator's defensive zone.
3. Crease Violation: occurs when an offensive player is in the crease when the puck is not in the crease.
4. Illegally Advancing the Puck: occurs when the puck is advanced by swatting, or throwing the puck.
5. Illegally Controlling the Puck: occurs when the puck is stopped by a defenseman, forward, or center steps on or covers the puck.
6. Icing: occurs when the puck is shot on goal from the defensive zone.
7. Illegal Substitutions: occurs when the substituted player does not leave the floor in a timely manner or the substituted player interferes with the game.
8. Delay of game: Occurs when the goalie covers the puck outside the designated goal crease area. Without opposing team pressure. Or when the puck is covered behind the goal line which runs parallel to the rear of the goal
9. Checking: Deliberate contact used to remove an opposing player from the puck. Referee(s) will have final determination on this call.

Penalties

1. A penalty requires the violator to leave the floor for the set time for that particular penalty.
2. The referee will tell the coach of the player and the clock time when the player may return to the game. The coach is responsible for returning a player to the game. If the player returns earlier than allowed, the penalty is reissued.
3. If the opponents score with the power play, then the penalized player is allowed back in the game and the penalty is over.
5. **Minors** (2 minutes)
 - a. High Sticking: occurs when a player raises the blade of the stick higher than chest high. The intent is to protect other players.
 - b. Tripping: occurs when a player trips an opponent.
 - c. Hooking: occurs when a player uses the stick to control an opponent. It is not a penalty when a player uses the stick to control an opponent's stick.
 - d. Slashing: occurs when a player hits an opponent with his stick.
6. **Majors (5 minutes) After 2 Major Penalties the player must appear before the Hockey Council.**
 - a. Roughing: occurs when a player elbows, checks, or pushes an opponent.
 - b. Unsportsmanlike Conduct: occurs when a player (on or off the floor) or a coach shows disrespect to an opponent or Referee.
 - c. Checking: Deliberate contact used to remove an opposing player from possession or control of the puck.
7. **Game Misconducts:** (The violator must leave the facilities at once)
After every game misconduct, the player must appear before the Hockey Council.
Two Game misconducts are grounds for dismissal from the league.
 - a. The use of profanity.
 - b. Unsportsmanlike conduct. Being or acting contrary to fair play or the rules and spirit of the sport, including not responding to correction.

The Goalie

1. The goalie must wear all of the protective equipment.
2. Only the goalie may cover the puck and this may be done with any part of his/her body to stop play (for a face-off). The goalie may cover the puck only within the goal crease area
3. When the goalie's glove controls the puck, the puck is considered covered. Note to goalies: you cannot glove the puck in an attempt to pass it to a teammate because it will be considered covered. This is a safety issue.
4. The coach is responsible for the fit of the equipment on the goalie. Time will not be stopped for this unless the safety of the goalie is involved.

The Crease

1. The rectangular area in front of the net is off-limits to offensive players unless the puck is in that area.

Corners / Walls / Boards

1. The game will not be stopped when players are attempting to control the puck in a corner or along the boards.
2. Centers, forwards, and defensive may not cover the puck.
3. There will be no checking (contact used to remove an opposing player from the puck)

Hands

1. The puck may be grabbed from the air by hand if the puck is then immediately tossed to the same player's stick.

Substitutions

1. Substitutions may occur at anytime for centers, forwards, or defensemen.
2. Substitutions for goalies
 - a. Goalie for goalie: may only occur at period breaks.
 - b. Player for goalie may occur at any time.
3. Substituted players are to leave the floor as quickly as possible.

Clearing the Puck

1. The puck should not be shot or passed higher than chest high. (Referee discretion)
2. If the puck is forcefully shot on goal from the defensive zone, it is considered icing.

Uniforms

1. The player's uniform will consist of white (or mostly white) for Away and Dark (or mostly dark) for Home. Please make sure that all shoes have non-marking soles.
2. Hats are not to be worn, unless the entire team has matching hats.

Fans

1. Fans should exhibit good sportsmanship at all times.