

# Princeton University Intramural Sports Floor Hockey Rules



## I. EQUIPMENT/UNIFORM/ELIGIBILITY

- a. All players must present their Princeton University ID in order to participate.
- b. The Intramural Department will provide sticks and balls.
- c. Players may wear gloves/mittens for hand protection.
- d. Each player must wear non-marking athletic shoes.
- e. Players may not wear hats with brims or jewelry during play.
- f. Goalies **MUST** wear a regulation catcher's mask/goalie mask and chest protector, which are provided, if a goalie chooses to wear their own mask – it must be inspected by IM Supervisor before game begins.
- g. Goalies may wear a baseball glove on their non-stick hand and leg pads.
- h. All players must play in at least **ONE** regular season game in order to be eligible for playoffs.
- i. Players can only play for **ONE** Open/Women's and/or **ONE** CoRec Team.
- j. Men's and Women's varsity Ice Hockey players and varsity Field Hockey players are not eligible.
- k. Only 2 Ice Hockey/Field Hockey Club players or 2 Junior Varsity players (or combination of the 2) are eligible to be on a team's roster.

## II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- a. Teams consist of 5 players on the floor at one time, four offensive players and a goalie.
- b. A minimum of 4 players is required to start and continue a game.
- c. For CoRec, the gender ratio is 3:2 with five players; and 2:2 with four players.
- d. A team that fails to have 4 players within 10 minutes after the start time of the game will forfeit/default the game. A default loss is only awarded if the teams agree to scrimmage, and utilize the space reserved for this game. If a scrimmage does not occur, the game will result in a forfeit and \$25.00 will be charged to that team.
- e. Each game will consist of 3 periods (12-minute running clock). There is a 2-minute interval that will separate each period.
- f. Each team will be allowed one (1) time-out per game, 1-minute in duration.
  - i. A team may call a time-out while in possession of the ball, or at a stoppage of play (other than an indirect free hit).
  - ii. An official time-out may be called for an injured player or for other circumstances deemed appropriate by the Intramural Supervisor.

## III. GENERAL RULES AND REGULATIONS

- a. Floor Hockey is self-officiated by players. Teams must abide by rules provided by the Intramural Office to ensure safety and consistency within the league. Intramural Supervisors are on-site to supervise game play, handle emergencies, and address concerns of participants.
- b. The game will begin with a face-off at the center of the court facilitated by the IM Supervisor on duty. Face-off for IM Floor Hockey will be conducted using a bully format. Each player faces each other and ball is placed on center line. Players must use sticks to hit floor at same time, then tap sticks, then play ball.
- c. Time will be stopped for penalties and face-offs in the last 2 minutes of the third period only.

#### **IV. PLAYING THE GAME**

- a. **A face-off is used:**
  - i. to begin each period;
  - ii. after each goal;
  - iii. IM Supervisor cannot determine which team caused the ball to go out of play;
  - iv. when both teams commit a penalty/violation; or
  - v. if the ball is tied up in the corner or along the walls.
- b. **Play is started with an indirect free hit:**
  - i. after a team time-out;
  - ii. after a missed penalty shot;
  - iii. when a player is making no attempt to advance the ball or stalling; or
  - iv. after a penalty/violation.
- c. Off side will only apply to face-offs. All players must be on their defensive side during the face-off.
- d. **HIGH STICK VIOLATIONS:** A high stick violation occurs when the stick is above waist height on the back swing and front swing. There is a 2-minute penalty for each High Stick Violation.
- e. Absolutely no unnecessary body checking or contact will be tolerated.
- f. A hand may be used to catch or touch an airborne ball. The ball must be dropped immediately within the radius of the catching player's stick.
- g. It is illegal to hold the stick horizontal to the floor at any time.
- h. A goalie may catch the ball in their glove, but must put it in play within three seconds.
- i. Goalies when clearing the ball may not throw it above waist height, or throw it past the center line. However, goalies may shoot it with their stick.
- j. Substitutions are free and can be made at any time. When the ball is alive a player can only enter the court when the other player is completely off the court.

#### **V. SCORING**

- a. A goal is scored when the ball passes completely across the plane of the goal line.
- b. Goals may be scored from anywhere.
- c. Goals will not count if a stick blade is above the waist level, kicked in, the ball is batted by the hand, or an offensive player is in the crease.
- d. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the ball from entering the net.
- e. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental.

#### **VI. PENALTIES**

- a. Teams cannot play with fewer than 3 players. If more than 2 players are penalized during the same time, penalties shall be served in succession.
- b. Minor penalties will expire if a goal is scored by the team playing with the advantage. Penalty minutes will carry over into the next period. If 2 or more players are penalized, only 1 player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
- c. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the ball and has a clear opportunity to score.
- d. Player fouls shall be recorded as in the game of basketball. A player who receives 5 fouls of any combination shall be disqualified from the remainder of the game. In addition, any player who receives 2 major fouls shall be disqualified.
- e. Any player ejected from a game must make an appointment to discuss the situation with the Assistant Director of Intramurals before they will be allowed to participate in any intramural activity.

## VII. PLAYER MISCONDUCT

- a. Misconduct penalties will result in player ejection
- b. Misconduct penalties include:
  - i. Excessive use of profanity.
  - ii. Extensive abuse of the facility and/or equipment
  - iii. Slashing
  - iv. Unnecessary rough play
  - v. Fighting
  - vi. Deliberate roughing/checking
  - vii. Verbal or physical abuse towards an opponent or supervisor
  - viii. Any unsportsmanlike conduct that in the opinion of the IM Supervisor warrants ejection.

## VIII. MAJOR PENALTY

- a. All major penalties will result in the player serving a **5-minute penalty**. Play will start with an indirect free hit awarded to the offended team.
- b. Major penalty fouls include:
  - i. Tripping – intentional tripping with the stick or any body part.
  - ii. Elbowing – use of the elbow to impede an opponent.
  - iii. Throwing the stick – intentional throwing of the stick to gain an advantage.
  - iv. Hooking – wrapping the stick around a player.
  - v. Checking/Roughness – any unnecessary body contact.
  - vi. Intentional holding of a player from scoring on a breakaway.
  - vii. Intentional delay of game not applicable to the goalie 3-second rule.
- c. Two major penalties result in a game ejection.

## IX. MINOR PENALTY

- a. All minor penalties will result in the player serving a **2-minute penalty**. Play will start with an indirect free hit awarded to the offended team.
- b. Minor penalties include:
  - i. High sticking – above the waist (on shot, and/or in traffic)
  - ii. Holding
  - iii. Habitual minor fouls
  - iv. Interference – inhibiting the progress of an opponent who is not in possession of the ball, or knocks the stick out of the opponent's hand, or who prevents a player from regaining possession of a dropped stick.
  - v. Illegal substitutions
  - vi. Moving the net by defensive team with no shot at net (if intentional act with shot on goal, it will result in a penalty shot).
  - vii. Contact with goalie inside the crease whether accidental or not.
- c. All minor penalties may be considered major if flagrant.

**Note:** Players can be held responsible to pay for damage to equipment not associated with the normal wear and tear from playing.

## X. MINOR FOUL

- a. Results in the loss of the ball and an indirect shot at the point of infraction. An **INDIRECT SHOT** is an uncontested shot taken by a player with all players at least 10 feet away in all directions.
- b. The shooter may touch the ball only once.
- c. A goal cannot be scored off an indirect shot until touched by another player other than the goalie. If the non-fouling team retains possession and has a clear advantage, a play-on signal will be given by the official.
- d. Minor fouls are:
  - i. Offside or interference on a face-off.
  - ii. Hand pass.
  - iii. Goalie throwing balls past center line (may be shot with the stick) and/or throwing balls above waist height.

- iv. High sticking – blade comes above the waist (on an open shot or just carrying the stick down the floor).
- v. Body contact – incidental or accidental body contact.
- vi. Goalie violation – playing balls forward, holding balls for more than 3 seconds.
- e. A player, who continuously fouls, will receive a minor penalty.

## **XI. PENALTY SHOT**

- a. Opportunity to shoot on goal and was prevented from doing so by an opponent.
- b. A penalty shot will be awarded to a player who, in the players' judgment had a clear tripping, holding, etc.
- c. A goal will be awarded if a player stops a clear opportunity to score a goal by throwing their stick, entering the crease, etc.
- d. All players except the goalie and player attempting the shot will move to the opposite half of the floor.
- e. The shooting player will place the balls anywhere on the penalty line. The shot must be taken within 5 seconds, following the IM Supervisor's whistle. If the balls is moved from the prior to the shot a face-off will be called by the IM Supervisor.
- f. The goalie must be stationary inside their crease, with both feet on the goal line until the balls is played.
- g. If the shot is missed, play will immediately be dead and a face-off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.

## **XII. TIE GAMES (DURING PLAYOFFS ONLY)**

- a. First play two 5-minute periods, not sudden death. If still tied...
- b. Play one 5-minute sudden death period. If still tied...
- c. Penalty shots - 3 players per team, alternate shooting. If still tied...
- d. Match penalty shots, going through rest of team and if necessary, through again, shoot one pair at a time. If one team makes a goal, and the goal is unanswered, the game is over.