**Floor Hockey Rules**

**General Information**

1. A floor captain must be designated for each team. They alone may discuss problems with the officials. Remember, "zero tolerance" for harassing officials. Clear up any problems prior to the start of each game particularly questions concerning eligibility of players.
2. Players may use their own sticks or check out sticks with ID card. If personal sticks are used, officials will check curve. If curve excessive, the stick will be declared illegal.
3. Goalies can wear helmet with facemask. Goalie can use baseball mitt, a hockey glove on other hand, NO BLOCKERS and small shin guards. No other goalie pads will be allowed.

**Rules**

1. 5 players on floor plus goalie.
2. Game begins with face off at centerline and resume there after each goal.
3. Face off is called when ball is out of play, thrown or caught by any player other than goalie. Official will drop ball during face off.
4. Ball may be stopped by hand, but not held, passed or advanced by hand.
5. Games are played with two 12 halves and no timeouts.
6. Ties will stand except during playoffs.  If a playoff game ends in a tie after regulation time, sudden death tie breaker will be played.   Teams will change sides every 5 minutes until tie is broken.
7. Goal is scored when player hits, sweeps or pushes the ball into the net directly off stick or it is deflected off one of their teammates or defensive player into net.
8. A player may advance ball with their feet, but MAY NOT kick it directly into net to score. If a player kicks ball, ball defects off defensive player into net - goal counts.
9. A ball CANNOT be thrown into the goal to score.
10. When a goalie catches or stops the ball, they must be given room to release it to one of their players by hand or stick. If a goalie falls onto a ball and is unable to release it, face is called to the front of the goal.

**Penalties with 1-minute first offense and two minutes for repeat violations**

* HIGH STICKING: anytime the stick is raised above normal shoulder height.
* SLASHING: intentional or unintentional hitting with stick.
* INTERFERENCE AND CHARGING: anytime opposing player pushes a player out of position.
* ELBOWING: using one's elbow to hit an opponent
* CROSS CHECKING: use of stick to push opponent out of the way
* TRIPPING AND HOOKING: use of stick to trip or hold back an opponent from playing the ball

**Penalties of Unsportsman conduct**

* Immediate removal from game and/or game suspensions for player and five minute penalty.
* Repeated violation of above, unnecessary roughness, unwillingness to play within the spirit of intramurals or deliberate intention to hurt someone.