

FLOOR HOCKEY Rules & Regulations

The University of Akron Student Recreation & Wellness Services Intramural Sports

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game as well as the Site Supervisor.

Current National Intramural-Recreational Sports Association rules shall apply, with the following clarifications and modifications in effect:

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid, physical copy, University of Akron ZipCard. **NO ID, NO PLAY!**
- All games will be played in the 2-court gymnasium of the Student Recreation & Wellness Center.
- Following three (3) weeks of regular season play teams will advance to a single elimination playoff bracket, provided they meet sportsmanship requirements.
- Each team will consist of five (5) players; a minimum of three (3) is required to avoid a forfeit.
- A player may only play on one (1) team in any given league (i.e.: one single-gender team, and one co-rec team).
- Each team shall designate to the Officials a player as the floor captain. This person is the only player who may communicate with the Officials.

EQUIPMENT:

- Sticks and balls will be provided by Intramural Sports on-site.
- Teams shall wear jerseys that are of like color with numbers on the back. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the **Visiting Team** on the game sheet will wear the provided scrimmage jerseys.
- Jerseys may not be tied in a manner that creates any type of knot.
- A team member shall not remove the jersey and/or pants/shirt within the visual confines of the playing area during the game.
- Players must wear non-marking athletic shoes. No sandals, boots, cleats, or bare feet will be allowed.
- Eye protection, mouth guards, shin guards, and helmets are recommended but not required or provided.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- **All jewelry must be removed, and can NOT be taped over.**
 - Only Medical Alert bracelets and/or necklaces are permitted if the loose chain is taped to the body.

TIMING:

- All games shall consist of three (3) - 12 minute periods.
- Intermissions will be three (3) minutes in length.
- The first 34 minutes will be a running clock. The clock will only stop for injury time-outs and penalty shots. During the last two (2) minutes of the third period, the clock will stop on every whistle.
- Each team will receive one (1) time-out per game. Only a **captain** may request a time-out from an official, and only when the ball is dead.

OVERTIME:

- Only applies during bracket play, **NOT in the regular season.**
- In the event of a tie, one (1) overtime period of three (3) minutes will occur.
- If the game remains tied, a three (3) player per team shootout will take place, alternating between teams.
 - If a team is ahead after these shots, they will be declared the winner.
 - If it is still tied after the initial three (3) penalty shots, the teams will alternate players (everyone on the roster must shoot before someone can shoot twice) until one team misses and the other scores.

SUBSTITUTIONS:

- Goalies may only be substituted for during a time-out, during intermission, due to injury, or if an equipment change is necessary.
- All other players may substitute at any time during play. **Substitutes must take place on that team's defensive half of the court.**
- Players entering the game must wait until the player leaving the floor is completely off the playing surface before entering.

GOALIE REGULATIONS:

- In order to have Goalie Privilege ("freezing" the ball without penalty), a player must wear the required equipment provided:
 - Chest protector
 - Face mask and/or helmet with face mask
 - Shin guards
- In addition, a goalie may use a goal stick or a regular floor stick.
- Gloves are not required, but certainly recommended. A goalie may choose to wear a baseball/softball-style glove instead if they wish.
- Intramural Spots will provide chest protectors, helmets, shin guards and gloves for goalie use. Teams may use their own but it must meet intramural regulations, per the discretion of staff on-site.

SCORING:

- A goal will be counted when a ball **completely** crosses the goal line.
- **Mercy Rule:** If a team is ahead by the following points at or inside the corresponding times, the game shall be over:
 - 8 goals at or inside the final five (5) minutes.
 - 5 goals at or inside the final two (1) minutes.

FACE OFFS:

- Face offs begin periods, or after goals, penalties, or crease violations and will occur at center court.
- Players must have their sticks behind the restraining mark, perpendicular to the dividing line until the ball is dropped.
- After a ball has been "frozen," it will be dropped at the nearest faceoff "circle" according to intersecting lines on the basketball court.
- Any ball out of play will be dropped from one of the faceoff circles nearest where it went out.

OFFSIDES:

- There will be no offside penalty in intramural floor hockey.

CREASE PLAY:

- No part of any offensive player may touch the crease or its imaginary plane at any time, including a player's stick and body. Violations will result in an immediate stoppage of play, and a face off at center court.
- No goals will be counted if an offensive player is in the crease. This includes shot-follow through.
- Goalies may leave the crease to play the ball. Freezing the ball outside of the crease is a Delay of Game penalty. A goalie MAY pull/dribble the ball into the crease to freeze it. A goalie is considered in the crease if any part of the goalie is within the crease.
- Only a goalie may freeze the ball. However, a ball may come to rest in the crease for 3 seconds, causing a freeze.
- A defensive player may pass the ball into the crease at any time.

BALL MOVEMENT:

- The ball may be advanced by use of the stick or kicking.
- Hands may be used only to catch and drop the ball immediately, this cannot be thrown or rolled more than three (3) feet forward.
 - Any advancement, movement, or covering of the ball with the hands is considered a violation, causing a face off.
- Goalies may throw the ball to the sides of the goal. Any forward pass with the hands is considered a hand pass, and a face off would occur.
- A goal may only be scored with the stick. The ball may be deflected into the goal off of another player's body, but this action must be unintentional, or the goal will be disallowed.
- Goals will be disallowed if any of the following occur:
 1. The stick is brought above the waist (including wind up, follow through, or player is sitting/laying on the floor)
 2. The ball is intentionally knocked in with something other than the stick.
 3. An offensive player is in the crease (including sticks).

GENERAL PLAYER CONDUCT:

- There shall be no body checking. Incidental or marginal contact may occur and is allowed.
- NO OTHER CONTACT WILL BE PERMITTED.

PENALTIES:

- Minor Penalties: The player will be penalized and team shorthanded for two (2) minutes, or until an opponent scores a goal.
- Coincidental Minors: Both players penalized and both teams shorthanded until the two (2) minute penalty has fully expired, regardless of goals scored. Teams go back to full strength after the first whistle (stoppage of play) after the two (2) minutes has expired.
- Major Penalties: The player is penalized and team shorthanded for five (5) minutes, or for a minimum of two (2) minutes if a goal is scored. In the case of the latter, the player may re-enter at the first whistle (stoppage of play) after the minimum two (2) minutes has expired. Majors are called due to intent or severity of the penalty.
- Misconduct Penalties: The **player** penalized is out for ten (10) minutes. The team is shorthanded for five (5) minutes, regardless of goals scored. A different player may enter on the first whistle (stoppage) after five (5) minutes have expired.
- Delayed Penalty: In the event that a penalty has occurred, but the offended team maintains possession of the ball, a delayed penalty will result. Provided the offended team continues to keep possession, the penalty will not be enforced until the *offending* team touches/secures the ball. In the case that a goal is scored during a delayed penalty, the standard two (2) minute minor will not be served.

GOALIE PENALTIES:

- A goalie may receive any penalty, as a floor player might.

- A designated player must serve instead of the goalie for a minor penalty.
- In the event of a major/misconduct penalty on a goalie, the goalie must serve the penalty.

PENALTY DESCRIPTIONS:

- Any penalty may result in misconduct and/or ejection, based on discretion of the game Officials.
- Delay of Game: two (2) minute minor
 - Penalty assessed to any player who deliberately freezes the ball without the goalie privilege. Players may fall to block shots and land on the puck without penalty.
 - Penalty assessed to any player who deliberately dislodges the goal. If a player is injured and trying to stop the game, there shall be no penalty.
- Elbowing: two (2) minute minor, five (5) minute major
 - Using the elbow to gain advantage over another player
- Tripping: two (2) minute minor, five (5) minute major
 - Gaining advantage by tripping the opponent
 - This includes tripping while playing the ball
- Hooking: two (2) minute minor, five (5) minute major
 - Gaining the advantage by hooking or holding with the stick
 - This includes holding an opponent's stick to the ground, as well as hooking the body with the stick pointed down.
- Interference: two (2) minute minor, five (5) minute major
 - Impeding the progress of an opponent
 - Deliberately knocking a stick away from an opponent's grasp or reach
 - Throwing of equipment to prevent clean play of the ball
 - Intentional disruption of play through body contact
 - THERE ARE NO PENALTY SHOTS. A MAJOR/MISCONDUCT MAY BE ASSESSED WHEN A BREAKAWAY CHANCE HAS BEEN TAKEN AWAY.
- Holding: two (2) minute minor, five (5) minute major
 - Impeding of an opponent by using the hands
- Butt-ending: two (2) minute minor, five (5) minute major
 - Using the handle of the stick to gain advantage
 - Any motion of "butt-ending" at an opponent may be penalized
- Cross-Checking: two (2) minute minor, five (5) minute major
 - Using the stick parallel to the ground to gain advantage, any motion of cross-checking may be penalized
- Charging: two (2) minute minor, five (5) minute major
 - Running, jumping, or otherwise charging at an opponent
- Broken Stick Play (Delay of Game): two (2) minute minor, 10 minute Game Misconduct
 - A broken stick must be dropped immediately, otherwise, broken stick Delay of Game will be called
 - A goalie may use a broken stick to defend shots until there is a stoppage of play.
 - Immediate ejection for using any part of a broken stick to threaten or injure any participant, spectator, or employee.
- High Sticking: two (2) minute minor, five (5) minute major

- Any time a player's stick comes above his or her waist. This includes shooting the ball, running with the stick, stopping the ball, or calling for the ball.
- A goal will be disallowed if a high stick is used to shoot the ball (including wind up and follow-through)
- Unsportsmanlike Conduct: 10 minute misconduct/game misconduct ejection
 - A misconduct penalty is, in an official's judgment, any behavior that is unsportsmanlike in nature. This includes, and is not limited to: verbal abuse, taunting, trash talk, inciting another player into a penalty or fight, dismissing an official's call whether verbally or otherwise.
 - A **Game Misconduct** results in automatic game ejection. If the team has a substitute, they must play short-handed for 10 minutes before the substitute can enter.

AWARDS:

- The winning team in each division will receive Intramural Sports Champion T-shirts.

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