

University of Virginia Intramural Sports Floor Hockey

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules.

The NIRSA Floor Hockey rules will govern play for any rules not mentioned in the following Intramural rules:

1. Team Requirements

- 1.1 A team shall consist of 5 players (one of which will be the goalie), but may start with a minimum of 4 players.
- 1.2 For Co-Rec Floor Hockey, possible combinations are 3m/2w, 2m/3w, or 2m/2w. A player in the penalty box still fulfills the required ratio.
- 1.3 All teams must have at least 4 players to start a game, but may continue with 3 players if an individual has to sit out for a penalty or cannot continue due to injury.

2. The Playing Area

- 2.1 The court will be marked with 5 face-off points - 1 at center court and 2 adjacent to the sides of each goal.
- 2.2 The goal crease will be 9 feet wide and 4 feet deep.

3. Equipment

- 3.1 Jerseys will be provided.
- 3.2 Court shoes must be worn by all participants. Open heel and/or toe shoes are prohibited.
- 3.3 Casts and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn during a game. A hat or bandana may be worn underneath a helmet to provide a better fit.
- 3.4 All jewelry is prohibited. *Violation - free shot.*
- 3.5 The IM Department will provide sticks; however, participants may use their own stick provided the stick consists of a wooden or composite shaft.
- 3.6 The IM Department will provide goalie equipment. All goalies **MUST** wear a goalie helmet with a full facemask or cage (A neck shield is recommended). It is also recommended that the goalie wear the provided chest protector, protective glove for their stick hand, catching glove for their non-stick hand, and shin guards. **Participants may not use Ice Hockey goalie equipment. (Exceptions: goalies may use their own stick and/or helmet.)**
- 3.7 The IM Department will provide balls.
- 3.8 All floor players **MUST** wear gloves and a helmet (the IM Department will provide gloves and a helmet for those who do not have their own). Floor players are also encouraged to wear the following equipment:
 - a) mouth guard
 - b) shin guards
 - c) elbow pads

4. Length of Game and Timing

- 4.1 A game will consist of three 12-minute periods. Intermission will be 3 minutes between each period.
- 4.2 The clock will stop for all injuries and during a penalty shot. Otherwise, the clock will run continuously until the final two minutes of the game.
- 4.3 During the final 2 minutes, the clock will stop on every whistle.
- 4.4 *Mercy rule*--if a team is winning by **5 goals** or more during the final two minutes, the game will be over.
- 4.5 Each team will be granted one time-out per game.
- 4.6 In the event of a tie score at the end of regulation, a shootout will be conducted (see *Section 12*).

5. Substitutions

- 5.1 Goalies may only be substituted for during a time-out, during intermission, after an injury to the goalie, or if an equipment change is necessary. If a team wishes to pull their goalie and add a floor player, the team relinquishes all of their goalie rights.
- 5.2 Substitutions for floor players occur "on the fly". Floor players may be changed at any time from the substitution area, provided that the player(s) leaving the court are within 5 feet of the substitution area and are not involved in the play before the change is made.
- 5.3 If, in the course of making a substitution, either player deliberately plays the ball while the retiring player is still on the court, the infraction "Too Many Players" shall be assessed. *Minor Penalty - 2 minutes*.
- 5.4 If, in the course of making a substitution, either player is accidentally struck with the ball, the play shall not be stopped and no penalty shall be assessed.
- 5.5 Substitutions for floor players may also be made following a goal.

6. Starting Play

- 6.1 A coin toss will determine choice of side. Teams will switch sides after each period.
- 6.2 When a whistle is blown, the ball will be put back into play in one of two ways:
 - a) Face-off
 - 1. Face-offs occur:
 - * at the beginning of a period
 - * after a goal
 - * when the ball is frozen between two players or by the goalie
 - * when the ball leaves the playing area
 - * after an injury
 - 2. The center face-off point will be used at the beginning of a period or after a goal.
 - 3. All other occasions will use the face-off point nearest the spot of an infraction.
 - 4. Players not involved in the face-off must be at least 10 feet away and on their defensive side.
 - b) Free shot
 - 1. Free shots occur when play is stopped due to a violation or penalty.
 - 2. Free shots are taken from the spot of the infraction. Players may pass, shoot, or carry the ball.
 - 3. Opposition players must be at least 10 feet from the ball until it is played.
 - 4. Any player of the offended team may take the free shot.
 - 5. **If time expires for the first or second period as a free shot is being administered, the offended team will be given a free shot to start the next period at center face-off spot. If time expires for the third period as a free shot is being administered, the offended team will be allowed to take one shot from the spot of the foul. Once a shot is taken, no rebounds are allowed. If the goalie stops forward motion of the ball, the play is dead.**

7. Rules Clarifications

- 7.1 Players must play the ball at all times. Any player checking another player will be penalized (see *Sections 9, 10, and 11*). Flagrant offenders will be ejected and receive a minimum 1 game suspension.
- 7.2 The ball may be advanced by the blade of the stick or by kicking the ball. However, a goal may not be scored by kicking the ball directly into the goal. Players may not bat or throw the ball at any time.
- 7.3 Goalies
 - a) The goalie may use any means possible to stop the ball.

- b) The goalie is the only player to have rights within the crease. Once the goalie leaves the crease, he/she must follow all rules that apply to floor players.
- c) Upon gaining control of the ball, the goalie has 3 seconds to play the ball to the side or behind the net. If held for more than 3 seconds, this is considered a freeze and will result in a face-off.

7.4 Crease Violations

- a) No offensive players may enter the crease or break the plane of the crease at any time. *Violation - free shot.*
- b) A goal will be disallowed if an offensive player is in the crease and the puck is shot from outside the crease. **Only an offensive player's stick may enter the crease if there is a loose puck in the crease.** If a player scores a goal, but their momentum carries them into the crease, the goal will also be disallowed.
- c) Defensive players may enter the crease to stop a shot on goal; however, they may not freeze the ball. *Minor Penalty - penalty shot for the offense.*

7.5 Penalty Shots

- a) Penalty shots result after:
 - 1. an intentional foul that stops a sure goal
 - 2. a player with the ball is fouled during a clean break at the goal
 - 3. a stick is thrown for any reason
 - 4. a defensive player freezes the puck in the crease
- b) Time will only be served after a Penalty Shot if the infraction was a Major Penalty.
- c) After a penalty shot, the game shall resume with a face-off at center court.

7.6 There will be no enforcement of the offside rule, except during a face-off.

8. Violations

8.1 When a Violation occurs, play will be stopped and a foul will be charged to the guilty player, but no penalty time will be served. The offended team will receive a free shot from the spot nearest the infraction.

8.2 Violations include:

- a) Hand Pass
- b) Kicking the ball into the goal
- c) Player in the crease
- d) Dangerous play (ie - playing the ball while on the ground or leaving their feet to play the ball)
- e) Goalie possession of the ball outside of the crease (part of the body must be touching the crease)
- f) Jewelry
- g) **High Sticking (ie - raising stick above waist at any point in time with no other players around)**

9. Minor Penalties

9.1 All Minor Penalties shall be enforced by requiring the offending player to sit out 2 minutes of play (the team must play short-handed for the duration of the penalty). The offended team will receive a free shot from the spot nearest the infraction. The "power play" ends after 2 minutes of game time have expired or the opposing team scores a goal. If both teams are at even strength (ie - both teams have players in the penalty box), a scored goal will NOT release those players.

9.2 Minor Penalties include:

- a) Tripping, holding, charging, or any other excessive contact with the body
- b) Hooking (ie - using stick to slow opponent)
- c) **High Sticking (ie - raising stick above waist at any point in time with another player in close proximity)**
- d) Too many players on the floor
- e) Defensive player freezing ball inside crease

10. Major Penalties

10.1 All Major Penalties shall be enforced by requiring the offending player to sit out 5 minutes of play (the team must play short-handed for the duration of the penalty). The offended team will receive a free shot from the spot nearest the infraction. The "power play" will only end after 5 minutes of game time have expired; it will not end if the opposing team scores a goal.

- 10.2 Major Penalties include:
- a) Unsportsmanlike conduct or fighting
 - b) Spearing (ie - stabbing opponent with the stick)
 - c) Cross Checking (ie - contacting opponent with no part of the stick on the floor)
 - d) Slashing (ie - hitting or attempting to hit opponent with stick)
 - e) Throwing the stick
 - f) **High Sticking (ie - raising stick above waist at any point in time and contacting another player with the stick)**

10.3 If a player is ejected, a bench player must serve the ejected player's penalty time.

11. Disqualification from the game

- 11.1 A player will be disqualified for accumulating any combination of 5 Violations, Minors, or Majors.
- 11.2 A player will be disqualified for accumulating 3 Minor Penalties in a game.
- 11.3 A player will be disqualified for accumulating 2 Major Penalties in a game.
- 11.4 A player will be disqualified for accumulating 2 Minor Penalties and 1 Major Penalty in a game.
- 11.5 A player will automatically be ejected for throwing their stick.

12. Shootouts

- 12.1 Four players from each team will be selected by the team to shoot (goalies may be one of the shooters).
Exception: if a player's has not completely been served their penalty time by the end of the third period, they will not be allowed to be one of the first 4 shooters.
- 12.2 Shooters *do not* have to have been on the court at the end of regulation. However, the goalkeepers *will be* the same as the goalkeepers from the end of regulation.
- 12.3 A coin flip will decide which team has the option of shooting first or last.
- 12.4 Each team has a total of 4 penalty shots and will alternate each shot.
- 12.5 The shootout occurs with the offense putting the ball into play from half court and going "1-on-1" with the goalie. The offensive player will have 5 seconds to shoot, but must wait for the Official to start the play on each attempt. The goalie must start in the crease and may not move until the ball has been put into play. The goalie may then defend the shot as they would under normal circumstances.
- 12.6 Any violation or penalty by the goalie during the shootout will result in an automatic goal. Any violation or penalty by the shooter will negate a goal that was scored.
- 12.7 Once a shot is taken, no rebounds are allowed. If the goalie stops forward motion of the ball, the play is dead.
- 12.8 If the score is tied at the end of the shootout, another shootout will be conducted. The second round can consist of any player on the team (players who shot in the first round are still eligible). During the second shootout, the game is won if, after ANY equal number of shots, the tie is broken.
- 12.9 In Co-Rec games, teams must alternate shots on goal between male and female.