RULES OF THE GAME
FOR
INTRAMURAL FLOOR HOCKEY
Revised May 2013

OFFICE OF INTRAMURAL SPORTS
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
THE UNIVERSITY OF ALABAMA
Intramural Sports General Information

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Rule 1: The Game

Section 1: Definition
Floor hockey is a family of indoor hockey games, usually in the style of ice hockey, that are played on flat floor surfaces, such as a basketball court. As in other hockey codes, players on each team attempt to shoot a ball or puck into a goal using sticks, usually with a curved end. Floor hockey games differ from street hockey in that the games are more structured, and from roller hockey in that players typically wear shoes rather than skates.

Section 2: The Game
Playing time shall consist of three (3) periods of fifteen (15) minutes each. The clock will be stopped only after an injury, otherwise it will be a continuously running clock until the final two (2) minutes of the game, at which time it will stop on every whistle, unless a team is winning by three (3) or more goals. Any games ending in a tie during league play WILL REMAIN A TIE. Intermission will be one (1) minute in between periods. Each team will be granted one (1) one minute timeout per game.

Section 3: Mercy Rule
Any team ahead by eight (8) goals after the end of the second period will be declared the winner.

Section 4: Overtime
There is no overtime in the regular season. Games that end in a tie after regulation will be considered a tie. A five (5) minute running clock sudden death period will be played. If the score is still tied, the deadlock will be broken by three (3) alternating penalty shots taken by three (3) different players from each team. Whichever team is ahead after these shots will win the game. If it is tied after the penalty shots, the two teams will choose different players, and will shoot by alternating teams until one misses and the other scores. Each team will receive the same amount of shots on goal. Once every member of a team has taken a penalty shot, that team can choose anyone to take the next shot.

Section 5: Forfeit Time
Game time is forfeit time. The Intramural Sports Supervisor has the correct game time. The Intramural Sports Department recommends that the team arrive at their court 15 minutes before game time. If Team A is present and ready for play while Team B is not, the following late arrival penalty administration will occur:
A. Team A will have the option to win by forfeit or to administer the 10 minute grace period for Team B.

IF THE GRACE PERIOD IS GIVEN, the following rules will be applied.
A. Team B will begin the game with a player in the penalty box for a two minute minor if Team B arrives 1-4 minutes late.
B. Team B will begin the game with a player in the penalty box for a five minute major if Team B arrives 5-9 minutes late.
C. If Team B arrives ten or more minutes late, Team A wins by forfeit.
Rule 2: The Court

Section 1: Floor Markings

The playing area shall consist of the entire surface, divided by a center line. The floor is marked with (5) five face-off spots; one (1) at the center of the floor, and two (2) adjacent to the sides of each goal. If ball is played onto seating bench, it is considered dead at that spot. Resulting in a faceoff at the nearest spot.

Rule 3: Player Equipment

Section 1: Equipment

A guard, cast, or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm. Supports/braces are permitted on other parts of the body (an elbow brace is not allowed to extend more than halfway down the forearm) if the device is approved by the Certified Athletic Trainer. Any equipment that in the judgment of the
referee increases a player’s advantage is prohibited. Hair devices made of soft material may be worn, but may not exceed two inches in width.

Section 2: Jewelry
Players are not allowed to wear jewelry. Medical alert bracelets are not considered jewelry. A medical-alert medal must be taped and must be visible.

Section 3: Required Equipment
Goals, balls and hockey sticks are provided. Players must wear sneakers. No turf-shoes, bare feet or hard soled shoes. No jewelry is allowed to be worn (see Intramural Handbook). Teams are required to wear shirts of the same color. If both teams are wearing the same color, pennies will be provided for the away team.

Section 4: Goalie Equipment
All goalies must wear a full face mask or helmet with a cage, chest protector, a protective glove or blocker on their stick hand, a catching glove on their non-stick hand, goalie stick and leg guards/ pads. If needed, this can be supplied by UA Intramural Sports.

Section 5: Optional Equipment
Eye Protection, Mouth and Tooth Protection, Shin Guards, Gloves, Elbow Pads, Helmets & Cups. It is strongly recommended that all players wear helmets approved for street or floor hockey.

Rule 4: Legal Uniform

Section 1: Players Uniforms
All players on a team must wear:
A. A uniform that is free of hard, unyielding items.
B. Shoes that are non-marking and cover the entire foot.
C. Shorts or Pants.
D. Jerseys of the same color with legal numbers (Legal numbers are defined as whole numbers 0-99).

Rule 5: Teams

Section 1: Number of Players
The game shall be played between two (2) teams of five (5) players each, including a goalie. Four (4) players are required to avoid a forfeit. Co-Rec requires 2 women on court at all time, excluding goalie.
Section 2: Participation
Participation is limited to currently-enrolled, fee-paying U of A students, faculty members, and full-time staff. All participants must have a valid Action Card to participate in the competition.

Section 3: The Captain
A playing captain shall be designated by each team; this is the only player who may communicate with the officials.

Section 4: Club Participation
There may be no more than two (2) Club Ice Hockey players per team.

Rule 6: During Play

Section 1: Team Benches
All non-playing team members must be seated on the designated team bench during the game.

Section 2: Starting The Game
Each team will defend the net closest to their bench in the first period. The teams will switch sides after each period, except for the overtime. The game will start with a center-floor face-off. In case of a game ending in a tie score in the playoffs, the officials shall bring the two captains to the center of the floor. They will discuss tie-breaker procedures and will answer all questions prior to the overtime period. After this meeting, the teams will defend the same goal they defended during the last period. If the overtime period ends in a tie, a coin toss will determine which team will go first in the shootout.

Section 3: Putting The Puck In Play
Every time the whistle is blown, the puck is put into play by a face-off:
1. Face-offs occurs at center floor dot when:
   a. A period is to start
   b. The puck lands in the bench area by the offensive team
   c. The puck gets stuck in the rafters
   d. A goal is scored
   e. The puck caught in curtains
   f. After a penalty shot is taken
2. Face-offs occur at nearest face-off dot on floor when:
   a. The puck is frozen between two players
   b. A net is dislodged
   c. Hand pass directly to a teammate
   d. An injury occurs
   e. The puck is frozen by the goalie
   f. Kicking puck for an offensive goal
The Rules of the Game for Intramural Floor Hockey

Section 4: Playing The Puck
A. Offside - There are no offsides, except during a face-off.
B. Advancing the Puck - The puck may be advanced by the blade of the stick or by kicking the puck. However, no goal may be scored by kicking the puck directly into the opponent’s net. Players may not bat/throw the puck at any time.
C. Playing the Body - Players must play the puck at all times. Any player checking another player will be penalized. (See minor penalties)
D. Goal Awarded - A goal is scored when the puck completely crosses the goal line before time expires. An offensive player can go into the crease for the puck if it’s not covered up by the goalie.

Section 5: Goalie Rights and Responsibilities
A. Designating a Goalie - This player is required to wear a mask, and is the only player to have goalie rights within the goal crease.
B. Stopping the Puck - This includes leaving their feet to play a puck.
C. Possession of the Puck - The goalie has three (3) seconds to play the puck to the side or behind the net. If the goalie does not distribute the puck, a face-off will be called.
D. Leaving the Crease - The goalie may leave the crease at any time, however, once out of the goal area, they must follow all rules that apply to court players.
E. Dislodged Net - An intentionally dislodged net will result in a penalty, or a penalty shot. A referee may award a goal if the shot was headed into the net when the net was dislodged.

Section 6: Pulling The Goalie
If a team wishes to pull their goalie and add a floor player, this team relinquishes all of their goalie rights. Defensive players may enter the crease to stop a shot on goal, they may not, however, freeze the puck. If a defensive player freezes the puck, the result shall be a penalty shot.

Rule 7: Penalties

Section 1: Penalty Enforcement
At no time may a team have more than two (2) floor players fewer than their opponent.
Section 2: Major Penalties
Major penalties shall be enforced by requiring the offending player to sit out five (5) minutes of play. The team of the offending player must also play shorthanded for the duration of the penalty, regardless of the number of goals their opponent scores.

Five Minute Penalties:
- a. Spearing - Stabbing an opponent with the point of the stick blade while the stick is being carried in one or both hands.
- b. Body fouls: Butt-Ending, elbowing, kneeing, cross checking, leg checking, charging, cross checking, avoidable checking, checking opponent above shoulders with forearm, checking opponent after whistle.
- c. Stick fouls: slashing, high-sticking, hooking, stick thrown out of playing area, throwing stick at player
- d. Fighting & game misconduct
- e. Personal Misconduct - Disrespect to an official, excessive profanity, abuse of facility/equipment, or actions that incite a fight.
- f. Touching or holding referee
- g. Continuing altercation after warning

Section 3: Minor Penalties
Minor penalties shall be enforced by requiring the offending player to sit out two (2) minutes of play. A minor penalty is over when the two (2) minutes has expired or the opposing team scores a goal. If both teams commit minor penalties at the same time, both players committing the penalties will sit out for the full length of their penalties, but neither team will play shorthanded. The players can only return at the first stoppage after their penalty time expires.

Two Minute Penalties:
- a. Too Many Players on the Floor
- b. Playing With a Broken Stick
- c. Tripping
- d. Elbowing, kneeing
- e. Illegal Use of the Hands
- f. Body Checking/ Roughing
- g. Interference - Illegal body contact with an opponent who is not in possession of the puck, or knocking an opponent's fallen stick out of his reach.
- h. Boarding - Checking (shoving) an opponent so that he is thrown violently against the boards.
- i. Holding
- j. Persisting conduct after minor or being warned
- k. Kicking
- l. Pushing
- m. Charging/ Checking from Behind - Taking more than three skating strides prior to checking an opponent.
- n. Delay of the Game - This shall include, but not limited to, floor player
deliberately freezing the puck, discarding goalie equipment onto the playing surface to stop a puck or player, intentionally dislodging the net, or deliberately lying on or pulling the puck into your body.

o. Hooking - Hooking shall be defined as using your stick to slow an opponent, usually from behind.

p. High Sticking - High sticking shall be defined as raising the stick above your waist at any point during play when the stick is within a foot of another player. Lifting the stick of another player in the air above their waist is also a penalty.

q. Unsportsmanlike conduct
r. Instigator of fight and/or first to intervene in an altercation

s. Leaving bench too early
t. Obscene, profane, abusive language of players and fans from bench area: including but not limited to racial/ethnic slurs, profanity, personal attacks.
u. Article/item thrown onto playing area

v. Sliding: ex. Blocking shot or pass

**Section 4: Misconduct**

10 minute removal of the game but not shorthanded.

**Section 5: Game Misconduct**

Ejection, team is not short-handed, with review of suspension and consequences determined by the Intramural Coordinator.

**How to earn a Game Misconduct:**

a. 2nd major in same game
b. 3 minor penalties to same player
c. Persisting in unsportsmanlike conduct
d. Obscene gesture
e. Fighting

**Section 6: Penalty Shots**

As a Result of:

a. Deliberately displace goal on break away
b. Thrown stick on break away
c. Illegal entry on break away
d. Defensive player falling on ball in crease or picking up ball from crease
e. Stick thrown at ball in defending zone
f. Fouled from behind on break away

**Process:**

The clock shall stop on all penalty shots.

b. During a penalty shot, the puck is placed on the center dot. The rush on the goalie will start with the referee’s whistle and end with either a goal, a save, or a shot wide of the goal.

c. Only the player designated as goalie may defend against the penalty shot.

d. No additional penalty will be assessed except when a major penalty has
been called, time shall be served. 
e. The shooter must continue moving forward or from side to side and they 
cannot move backwards. 
3. Resuming Play: After the penalty shot, the game shall resume with a center 
  floor face-off.

**Rule 8: Co-Rec Rules**

**Section 1: Number of Players**
A Co-Rec team consists of 2 men and 2 women. The goalie can be of either sex. The 
minimum to begin a game is four. You may then have one man and two women as 
players, or two women and one man. The goalie will not be factored into the co-rec 
rules.

**Section 2: Goals**
Goals scored by women will count as two goals. Goals scored by men will count as one 
goal.

**Rule 9: Sportsmanship**
Sportsmanship is an important part of intramural sports. Any player who uses foul 
language, violently protests a call, or curses an official or staff member, will be removed 
from the game and will automatically be suspended from his/her team's next game. In 
addition, he/she will have to meet with the Coordinator of Intramural Sports during office 
hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to 
participate again. Any player who touches an official or staff member will be placed on 
suspension from all Intramural activities for a minimum period of one calendar year from 
the time of the incident.

*University Recreation makes every effort to protect all participants, however volleyball is a sport and 
injuries are a possibility. The University of Alabama, the Division of Student Affairs, University 
Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for 
injuries. Basic First-Aid will be available for participants.*