



# Recreational Athletics Intramural Sports



## **FLOOR HOCKEY RULES**

*All other rules, refer to NIRSA*

### **A. PLAYERS**

1. Games are 4 on 4 plus a goalie (5 players total).
2. Teams may start the game with 4 players but must have a goalie.
  - a. Co-Rec legal on court player formations:
    - I. 2 females, 2 males, goalie of either gender
    - II. 2 females, 1 male, goalie of either gender
3. Players can substitute at approximately half court (Line changes at any time or on the fly).

### **B. EQUIPMENT**

1. IM Office provides goals, game balls.
2. IM Office provides goalie equipment as follows- helmets, chest protector, gloves & leg pads. Goalies may use their own helmets and sticks but no personal chest protectors, gloves or leg pads may be used.
3. Sticks are provided but players may use their own.
4. Sticks must be approved before game play. ALL STICK DECISIONS MADE BY SITE SUPERVISOR.
5. Players are encouraged to wear protective equipment such as athletic cups & mouth guards, but they are not required.
6. Hats and jewelry are prohibited.
7. Colored pinnies w/ numbers required & will be provided. Team jerseys are allowed as long as all member of the team are wearing the same color and as long as the colors are significantly different than the opposing team.
8. Borrowed equipment will be returned after use.
9. All other equipment decisions will be decided by the supervisor on site if unspecified in the equipment rules.

### **C. GAME PLAY**

1. Time/Timeouts
  - a. Three 12-minute periods, running clock except for last 2 minutes of game play. Clock will always stop for team timeout, official's time out, or injury.
  - b. In the last 2 minutes, clock stops for whistle, team timeout, injury or other as approved by ref.
  - c. Intermission is 2 minutes.
  - d. Teams have 1 timeout **per game**, timeout do not carry over to overtime periods.
    - i. Timeouts are one minute in length.
  - e. Teams get no additional timeouts in overtime.
2. Overtime/Shootout
  - a. Overtime is sudden death 5 minute running clock except for last minute.
  - b. Game ends in a tie after one overtime period, except for playoff games when teams play one overtime then go to a shootout.
    - i. For shootout, 3 players from each team will alternate to break tie. If score still tied, 1 shooter from each team will shoot until winner is determined.
    - ii. In co-rec games, a team must have a minimum of 1 female participate in the first round of the shootout.
  - c. Games will end if one team leads another by ten goals.
  - d. The clock will continuously run if one team leads another by five goals at the final two minutes of the third period.
3. General Rules
  - a. Face-offs will be handled by an official at the beginning of every period and after every goal.
  - b. When a player takes a shot, if there is another player within five feet of the ball the shooter's blade may not go above the shoulders of the shortest player or there will be a high sticking penalty called. If there are no other players in the area the closest official may use their discretion on whether or not to call a penalty.

- c. Consistently (Three or more times in a row) clearing the ball out of bounds to run out the clock in a game will be considered a Delay of Game penalty for hindering game play.
- d. When a ball is being passed in bounds by a player, they have ten seconds to pass it in before a delay of game penalty is enforced. Defending players must stay behind volleyball court perimeters as offensive team is passing ball in bounds.
- e. When a ball leaves play at a great enough distance to interrupt game play another ball will replace the previous ball and the team responsible for the leave of the first ball will be responsible for having another teammate retrieve that first ball.

4. Penalties

- a. 2-minute running clock penalties are called for the following violations
  - a. HIGH STICKING- stick blade over shoulder height.
  - b. TRIPPING
  - c. HOOKING
  - d. TOO MANY MEN
  - e. CHECKING- defined as any intentional physical contact to take a player off the ball. THIS IS A NO CHECK LEAGUE.
  - f. SLASHING- hitting player with stick or hitting their stick without making a play
  - g. ROUGHING- any overaggressive play
  - h. HOLDING- opposing players clothing, body, stick.
  - i. UNSPORTSMANLIKE BEHAVIOR
  - j. GOALIE CONTACT/INTERFERENCE
  - k. DELAY OF GAME – falling on ball or holding ball in hand
- b. ANY OF THE ABOVE MAY BE INTERPRETED AS A MAJOR PENALTY WITH A 5-MINUTE PENALTY TIME SERVED, EJECTION OR TEAM DISQUALIFICATION AS APPROPRIATE.

5. Penalty Shots

- a. Defensive hand pass in front of net, deliberate movement of net by defense while offense is playing ball in front of net results in a penalty shot.
- b. Penalty shot will result if a player has a clear breakaway & scoring opportunity and is violated by a defender from behind

6. Handpasses

- a. No hand passes allowed. You can “catch & drop” ball.
- b. A player other than goalie cannot stop play by putting hands on top of ball (delay of game penalty).
- c. Players can advance the forward ball with their hand, but they cannot intentionally direct the ball out of play with their hands or into the net. This will result in a delay of game penalty for either infraction.
  - i. You cannot intentionally kick a ball in to the opponent net for a goal. If that is done, it will be on the discretion of the referee to decide if it was done intentionally

7. Offsides

- a. Offsides is not called. However, teams must be aligned properly on the correct sides for face-offs.

8. Goalie Play

- a. There is no crease.
- b. Whistle stops play as soon as goalie holds ball, if being pressured or if referee can no longer see the ball
- c. The goalie must play the ball if there is no pressure on him/her.

D. **SPORTSMANSHIP**

- 1. All individuals participating in intramural sports are subject to the Drexel University Office of Student Conduct and Community Standards handbook. Issue of harassment, violence, disorderly conduct or detrimental behavior will be reported and handled according to university protocol.
- 2. Fighting/Unsportsmanlike Behavior
  - a. Games end if a fight begins.
  - b. A player will be ejected immediately for fighting or any unsportsmanlike behavior as decided by game officials.
  - c. Teams will be suspended from the league and will have to have a meeting with the Intramural Coordinator.
- 3. Ejections

- a. Player ejected after 2<sup>nd</sup> violation.
  - b. Player ejected from league after 3<sup>rd</sup> violation.
  - c. Team is ejected from league upon 4<sup>th</sup> violation issued to team.
4. Mercy Rule
- a. Games will end if one team leads another by ten goals.
  - b. The clock will continuously run if one team leads another by five goals at the final two minutes of the third period.

**Remember the Sportsmanship Policy!**

*Consult with IM Sports Office.*