

Rules for Floor Hockey*

General:

All teams will consist of 5-6 Players and 1 goalie.

All players must be over the age of 14 at the time of the tournament.

Games will be 10-15 minutes.**

Games may be 3 on 3 (half court) or 4 on 4 (full court)**

Players are not required to wear any equipment. However a cup is highly encouraged. Any type of stick is permitted.

Goalies must have: Cup, Full facemask, goalie pads, chest protector, blocker, glove and stick. Goalies are strongly recommended to bring their own equipment. Limited goalie equipment is available.

Gameplay:

A goal constitutes shooting the ball into the net.

The team to score the most goals at the end of regulation will be declared the winner.

All games will begin with a face-off at center. **The team that was scored on will begin with the puck behind their own net.** After a penalty shot a face-off will take place at center.

Note: Slap-shots are **NOT** allowed. During a shot, the player's stick must not go above his waist. If this occurs, the other team gains possession of the ball.

Sudden Death – In the event that both teams are tied at the end of regulation, a Shootout will occur. Players will have an opportunity to score a goal starting from center. Both teams will have an opportunity to win in a shootout. Each team will be allotted 3 shots on net in alternating style. Whichever team scores the most goals wins the game. Whichever team scores the most goals wins the game. In the event that there is a tie at the end of the shootout, teams will alternate shooting until a goal is scored. In this case if Team A scores (team who shot first) Team B still has an opportunity to score a goal. If Team B scores the shootout will continue. If Team A does not score (team who shot first) and Team B scores the game is over

Penalties:

All Penalties listed below will result in a **Penalty Shot**. The player who was penalized against will take the Penalty Shot. That player will begin at center and will have an opportunity to take a shot on the opposing goalie. If the player: loses control of the ball, misses the net, or the goalie

*Subject to change

** Depending on how many teams there are

makes a save, play will resume as listed above with a face-off at center. If the player scores on the goalie they will be awarded a goal and the play will also resume with a faceoff. In the event that both players commit an infraction, stoppage of play will occur and a face-off will occur at center.

Roughing – Excessive use of force against an opposing player, this includes both excessive contact that would result from either hands or the stick

- If Player A uses excessive force against Player B, player B will be awarded a Penalty Shot

Tripping – When a player causes an opposing player to fall using their stick or intentionally uses their feet to trip a player

- If Player A makes contact with the ball first and Player B trips afterwards, the contact is considered incidental and no penalty shot is awarded

Hooking – The act of using a restraining an opponent with a stick with impedes his progress to move

Slashing – The act of swinging your stick at an opposing player, regardless of contact, or breaking an opposing players stick with their own

- The only exception to this is if a player makes contact with the ball first
- This penalty is awarded at the referees discretion and how violent/intentional the act was

High Sticking – The act of making contact with the ball with the stick above the waist line.

Please note that the High Stick is ONLY called if that same player gets control of the ball after the High Stick. A penalty shot is not awarded. The other team gets the ball from the location of the high stick.

- If Player A deflects a shot with his stick above the crossbar and the ball goes in the net, the goal is not awarded. Rather the other team acquires possession behind their net.

Unsportsmanlike Conduct – In the event that a player communicates negative/violent actions towards players or referee, they will be ejected from the game, and if in excess from the tournament. **Please note swearing will not be tolerated.** A team that swears excessively may be ejected from the tournament.

Note: If any fighting does occur between two players/teams the players involved will immediately be ejected from the game. The teams may be ejected from the tournament.

Captains are required to brief their teams of the rules before the event starts. Rules will be covered quickly during the actual event.