

FLOOR HOCKEY

RULE BOOK

2016

The game will be played with 4-players on each side including the goalie.

The roster size is 12, and teams can use a different roster each game.

Goalies must wear full protective gear.

Players should wear shin pads and protective eye wear.

Play the puck or ball NOT the opponent.

Sticks must be carried and used below the waist, never raised above.

No slap shots.

Checking is illegal.

FREE substitution

Play begins at the center line with a face-off.

Teams must have 3-players on the center line during the face-off.

The center line is also considered the off-side line.

As long as the player has a part of the foot on the center line he/she will not be considered off-sides.

The opposing team will take possession of the puck in their own end and the team off-sides will re-set at the center line.

Icing occurs when a team in its own end shoots the ball against the back board of the opposing team in an intentional effort to clear the puck from pressure. This will result in a face-off on the red line of the team committing the infraction.

Any player in the crease when a goal is scored will eliminate the goal.

Goalies can only stop and hold the puck while in the crease. Penalty shot

Games will consist of two 25-minute halves running time. The clock will stop for injuries only. Teams will not receive a time-out. Overtime will consist of sudden death, first team to score. 5-minute maximum, final score will result in tie.

PENALTIES:

Follow NHL guidelines when applicable.

Penalties will result in a penalty shot.

Fighting will result in the player(s) ejection and potential suspension.

TYPES:

Interference

Charging

Elbowing

Checking

Boarding

Cross-Checking

Slashing

Stick checking above blade

Holding

Butt Ending

High Sticking (blade above waist)

Tripping

Hooking

Disputing a referee's call

Unsportsmanlike behavior

Freezing the puck

Too many players on floor

Body or stick contact with the goalie in possession of puck

Illegal substitution

Illegal Goalie stoppage