



MIXED FLOOR HOCKEY RULES

Floor Hockey will, for the most part, follow the rules outlined by ISBHF. The following exceptions have been implemented to suit the specific needs of MacEwan University Recreation's Floor Hockey league.

POLICY

1. All players must play under our Code of Conduct. Violation of our Code of Conduct will result in disciplinary action.
2. All participants must show identification prior to each game.
3. All game equipment will be supplied by Recreation. Personal Sticks (including blades and shaft components), balls, and goalie equipment (with exception to the mask) are strictly prohibited. Players may choose to bring their own helmets, gloves, mouth guards, shin guards, goggles, and other protective equipment as approved by Recreation prior to game play.
4. Playing an ineligible participant will result in a Default.
5. **This game consists of 4 players (3 + 1 goalie) on the court per team.**
6. Each team must have a minimum of 3 participants on the court at all times; **with at least 1 of each gender**; any less is considered a default.
7. If a team does not show for their game, they will Default. If a player gives proper notification of their impending missed game, they will Forfeit.
8. If a player is injured during a game they can sub in with an individual of any gender. If an injury results in a player not being able to continue that player will forfeit their game.
9. Teams will play 1 game per day. Games will be scheduled in hour increments.
10. All footwear must be clean and have non-marking soles. Gym strip is required to play.
11. Recreation Staff will decide which pinnie colours each team will wear. Teams may create their own jerseys/uniforms if they wish to avoid wearing pinnies.

SCORING

1. There will be no extra time given once a regular season game has ended. A game can result in a tie score.
2. In the case of a playoff tie, a best of 3 penalty shoot out will occur. If the game is still tied after this shoot out period, the team with the most Spirit points from the regular season, will win the game.
3. The Default / Forfeit score is 10-0.
4. A goal is scored when the entire ball has completely passed over the goal line between the goal post and under the crossbar.

RULES AND REGULATIONS

1. The playing area will be North Court, with boundaries blocking off areas for safety concerns (e.g. around the bleachers). The boundary lines are considered in play. If any part of the ball is in contact with the line, or bleachers the ball is considered in play.
2. Games will be 40 minutes running time with (2) 20 minute halves. There is no injury or extra time. Teams switch sides at half.
3. No timeouts are permitted during games.
4. This is a non-body-contact league. Stick-to-stick contact is permitted (e.g. stealing the puck, lifting the stick). Any incidental contact will result in a change of possession at the spot of the infraction: "Free Ball."



- a. A goal can not be scored directly after a Free Ball. Opponents must give 3 metres on a Free Ball
- b. Stick-to-stick contact can only occur to a player who is in possession of the ball.
- 5. Substitutions will occur “on the fly” while play is in progress, except for goalies. Goalie substitutions may only occur when play has stopped and the referee has been informed and given their permission.
- 6. Teams are not allowed to pull their goalie for an extra attacker.
- 7. Faceoffs will occur at the start of each half. The ball must hit the ground before it can be played.
- 8. After a goal, the ball will start with the referee’s whistle, behind the net that was scored on.
 - a. The team that scored must go back to their half and cannot cross the center line until the opposing team enters their zone.
- 9. There are no icings or offsides in this league.
- 10. Players can never leave their feet to slide or block a shot. If a player is blocking a shot, they must be completely standings (no knee blocks).
- 11. At no point in the game is a player’s stick allowed to travel above their waist. This includes: shooting the ball, follow-throughs, deflections, and calling for a pass.
- 12. Participants should call their own fouls. If the player misses a call, the student referee will then proceed to assist with the call.
- 13. Any violations resulting in being short-handed will result in a team playing with 1 less person until the violation time is up or until a goal is scored (whichever happens first).
 - a. If a goal is scored during a violation (penalty) the violation immediately ends regardless of how many minutes are left in it.
 - b. If coincidental penalties occur (1 for each team) teams will play 3 vs 3 (plus a goalie).
 - c. If a team has already committed one violation that results in a time penalty and commits another violation that results in a time penalty before the time has been served the opposing team will automatically receive one point. (There will never be just 1 player plus a goalie on the court).

Goalie:

- 14. Goalies may use any part of their body to stop the ball from going into their net.
- 15. Goalies must keep at least one foot in the crease at all times.
- 16. Once a goalie covers the ball, the play is dead:
 - a. The ref will indicate ‘Goalie’s Ball’ and the goalie may drop it behind the net giving their player 3 seconds to put the ball back into play before it is live.
 - b. If a goalie opts to play the ball it is considered live and the 3 second rule doesn’t apply.
- 17. Players are not allowed to enter the goalie’s crease. Any player who enters the crease will result in a “Goalie’s Ball.”
- 18. If the net is moved during play the ref will decide whether to stop play and fix the net, or fix the net as play continues down the court. (Goalies are permitted to readjust their own nets).

Violations:

Violations will be called at the discretion of the Student Referee. Some violations may require further disciplinary action. Recreation reserves the right to suspend offending players and teams, as per our Discipline Policy. This league carries the following violations to prevent injury and/or damage to the participants and/or the facility:

Violation	Result
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High Sticking (shoulders and below)	2 minutes (running time)
High Sticking (head and neck)	5 minutes (running time)
Slapshots	2 minutes (running time)
Tripping	2 minutes (running time)
Holding (including Holding the Stick)	2 minutes (running time)
Interference	2 minutes (running time)
Slashing	2 minutes (running time)
Blocking from a non-standing position	2 minutes (running time) – sliding may result in further Code of Conduct policies being applied
Roughing / Dangerous Play	5 minutes (running time) (further Code of Conduct policies may apply)
Body checking	5 minutes (running time) (further Code of Conduct policies may apply)
Unsportsmanlike Behavior (including chirping, bullying, excessive celebrating, etc.)	5 minutes (running time) (further Code of Conduct policies may apply)
Stick Above the Waist	Free Ball (change of possession)
Incidental Body Contact (including hugging)	Free Ball (change of possession)
Delay of Game (freezing the puck, hand on the puck, cornering the puck, etc.)	Free Ball (change of possession)
Too Many Players	Free Ball (change of possession)
Pulling the Goalie	Free Ball (change of possession)
No possession player stick-to-stick contact	Free Ball (change of possession)
Slamming the Stick (on equipment, on the ground)	Game misconduct (further Code of Conduct policies will apply)
Player in the Crease	Goalie's Ball
Fighting	Suspension (further Code of Conduct policies will apply)
Spearing	Suspension (further Code of Conduct policies will apply)

GOVERNING BODY RULES

For more information on rules you can [click here](#) to view the Governing Body Rules.