



GUELPH GRYPHONS

INTRAMURALS

Floor Hockey Rules

REFEREES

At least one referee/monitor will be provided for all matches. Officials are responsible for checking eligibility, attendance, controlling the game and keeping score. If an official fails to show, the teams will be responsible for scoring and calling their own games. Officials must be treated with respect. Each match is controlled by an official who has full authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed to. The decisions of the officials concerning the play are final there will be NO NEGOTIATIONS made between teams.

EQUIPMENT/ATTIRE

Appropriate gym attire must be worn at all times. All equipment for play will be provided INCLUDING all protective gear for goalies. Goalies cannot wear any equipment that is larger than the equipment we provide. Players are encouraged to wear safety goggles during play (not provided). No hats are permitted. NO JEWELRY IS PERMITTED FOR ANY INTRAMURAL SPORT.

DEFAULTS/FORFEITS

A 10 minute default rule will apply. If the minimum numbers of players are not present 5 minutes after the scheduled game time the opposing team will be awarded one goal. After the 5 minute mark the opposing team will be awarded a goal every second minute up until the 10 minute mark (so at minute 7 and 9) at which point the game will then be officially a default and the official score will be 4-0. *No Added Time Will Be Given*

TEAM REQUIREMENTS

The number of players on the court at a time is five players for co-ed and four for men's divisions, one of which is the goalie. Teams must have a minimum of four players for co-ed and three players for men's' to avoid defaulting the game (this includes the goalie). In co-ed floor hockey, you must have a minimum of 2 of each sex to avoid a default.

THE GAME

Format

Each game consists of 2 x 20 minute halves, with one minute between halves and four minutes of warm up at the beginning of the game. All games, regardless of start time, will be finished no later than the scheduled time slot. Teams can switch ends after the half if they want.

The ball will be dropped in the middle of the center court at the start of the game as well as the beginning of each half, after each goal and after every penalty.

Play cannot start until the whistle is blown. Penalty for starting before the whistle is loss of possession.

There are no time outs, unless both teams and the refs are in agreement.

No overtimes will be played, regular season games will end in a tie.

The clock starts when the ball is put in play at the center circle. Play is continuous.

If a call resulting in a goal or the return of a goal is extremely close and debatable, the captain may ask the referee to debate the call with the other referee. If this occurs in the last 2 minutes of the game, the clock will be stopped.

General Play and Scoring

Standard rules of hockey apply at all times. Free substitution is allowed. Change of goalies can only take place during the half. Goalies cannot switch gear with another goalie during the game.

Officials may stop play for injuries of extenuating circumstances.

Players may catch the ball if it is in flight, but then must drop it from where they caught it.

Players not in the game must stand in the designated area only. These will be clearly marked.

A goal is scored anytime the ball fully crosses the goal line.

On shots where the ball is deflected off a player or equipment into the goal, the goal counts.

Goals do not count if the ball is kicked or hit with the hand or foot into the goal by the offensive team.

Goaltending

The goalie may use their hands, stick or glove to clear the ball from the goal.

A misconduct foul is assessed if the goalie throws the ball past the centerline. The ball must hit the ground or be touched by a player before the half line in order to be legal.

The goalie may use their stick to clear the ball any distance down the court.

The goalie may give the ball to a teammate to clear as long as they stay behind the red line. Opposing players may not cross the yellow foul line until the ball does. The goalie or player clearing the ball has 5 seconds from the time the whistle is blown to do so and these seconds must be counted out loud by the opponent before he or she crosses the foul line.

Penalties

No more than two players on the same team can serve a penalty. If a third member of the same team receives a penalty, the time will not start until one of the first two penalties is served.

The captain of the team is the only member who can argue a call to the referee(s) in regards to a penalty. If another member argues, the referee has the right to issue a minor penalty

COED - If the goalie gets a penalty, a teammate of the same gender must serve the penalty

Minor Penalty (Two Minutes)

NOTE : If a player gets three minor penalties in one game, they will be immediately ejected and will have to attend a protest & appeals meeting.

High Sticking - Any player that lifts their stick past their waist and hits another player at any point.

Holding - Any player who holds onto an opponents body and/or stick to impede their progress

Hooking - Any player who impedes the progress of the opponent by hooking any part of the opponent's body with the blade of their stick

Interference - Any player who attempts to impede the motion of an opponent not in possession of the puck, deliberately knocks a stick away or impedes the goalie around the net area

Slashing - Any player who deliberately swings their stick at an opponent, whether or not contact is made

Tripping- Any player who uses their stick, or any part of their body, under or around the feet or legs of an opponent, causing them to lose their balance

Boarding - Any player who uses any method (body check, elbow, or tripping) to throw an opponent into the boards

Elbowing - Any player who uses their elbow in any way to foul an opponent

Too Many Men - When one team has an excessive amount of players on the floor at one time (Mens: 4+, Coed: 5+)

Un-Sportsmanlike Conduct - Any player who, in the referee's judgement, does something un-sportsmanlike. This includes swearing excessively at the other team or referee, throwing the stick after a call, or any general harassment.

Major Penalty (Five Minutes)

Roughing - Any player who subjects an opponent to intentional and unnecessary roughness or uses excessive force to push or hit an opponent. *NOTE: If there is intent to injure, or if the players do not stop when whistle is blown, both participants will be automatically ejected from the game and will have to attend a protest and appeals meeting.*

Penalty Shot

A penalty shot may be issued if:

An attempt to hook or trip occurs as the opposing player has a breakaway

Any player attempts to block a shot to the net by going down on one or more knee

Change of Possession

A change of possession occurs when:

A player uses their blade of their stick past their waist to retrieve the ball (when no harm occurred)

If a defensive player shoots, or lets the ball roll intentionally (with little to no effort) out of bounds. This will be up to the official's discretion.

Hand Pass -Any player who passes the ball using their hands. A player can catch the ball, but must immediately drop it at their feet or stick.

Any player that lifts their stick past their waist during a slapshot

Playoffs

Players must have played one-third (2) of their team's regular season league games to be eligible for playoffs.

All competitive teams are guaranteed at least one playoff match after the regular season. Playoff games are played in the same format as regular season games.

IF tied, the game goes to a 3 player shootout. Higher seed chooses to shoot first or second. Everyone on team must shoot before players can shoot again. Coed must alternate male/female.

TIE in Finals - Five minutes of overtime. If no team scores, the game goes to a shootout

Each playoff game is one hour (opposed to 45 minutes). Each half is 25 minutes.