

HOUSE-LEAGUE FLOOR HOCKEY
JUNIOR AND INTERMEDIATE

INDOOR FLOOR HOCKEY RULES

The following rules will be used during the House-League Tournament. The rules will follow closely to Ice Hockey rules with a few exceptions.

1. THE TEAM

There will be six (6) players on the floor at one time: one goalkeeper and five players.

A maximum of eight players per team is allowed and all must play equal time.

Substitutions are made "on the fly."

2. THE GAME

The game will be fourteen (14) minutes in straight time.

3. THE PLAY

Play will start on a whistle signal with a face-off at centre of gym.

Same face-off will apply after each goal is scored OR after each penalty.

4. SCORING

When the ball crosses the goal line, one goal is scored.

There will be no direct scoring from start of play.

5. OUT OF BOUNDS

Ball is played off the walls, sides and ends to maintain continuous play.

If the ball is "frozen" by two players for a period of time, a face-off will be signaled in the circle nearest where stoppage of play occurred.

6. THE GOALKEEPER

MUST NOT lay or kneel on the floor continuously to stop the ball. However, they may make a "sprawling save", if absolutely necessary.

Cannot hold the ball with hands or feet for any length of time without causing a face-off to occur.

Cannot throw the ball forward. They must drop it to the side or back of the net immediately. Goalkeeper may clear ball forward with his stick.

Under normal conditions the goalkeeper must confine himself to the "Goal Crease Area" (3m x 1.2m) (10' x 4').

No goal may be scored if an offensive player is standing with one or both feet inside the goal area (unless deliberately forced there by a defensive player) or if an offensive player has their stick in the crease.

N.B. For protection and safety, each goalkeeper MUST wear a road hockey helmet or mask (softball mask provided at school). They may not use a hockey glove or trapper but may wear winter, leather gloves to protect their hands.

7. OFF-SIDE

No off-sides will be called, except for the following:

An offensive player may NOT carry the ball over the centre line towards the offensive area. INFRACTION OF RULE: Face-off in centre-area.

8. HANDS AND ARMS

Each player must keep both hands on the stick when shooting. It is not necessary to have both hands on the stick when carrying or passing the ball.

Arms may be raised NO HIGHER THAN THE WAIST AT ANY TIME (unless deliberately forced by an opposing player).

Failure to observe either of these two rules will result in a one-minute penalty to the guilty party. The player will serve the entire penalty time.

9. PENALTIES

Penalties will be assessed for such violations as tripping, slashing, cross checking, charging, high sticking, pushing, boarding, interfering, holding, body-checking, stick-on-stick contact, holding the ball with the hand, delaying the game. Each of these infractions will be imposed pending the judgement and decision of the referee.

All penalties are one (1) minute in length. Penalty time will start once play resumes. If the opposition scores, the penalized player may NOT return to the game before his full time is served. Players will serve the entire penalty time.

N.B. All face-offs that result from the calling of a penalty will occur at centre face-off circle.

10. RULE INFRACTIONS – SERIOUS NATURE

Rule infractions of a more serious nature, such as a deliberate attempt to injure, abusive language, continuous questioning of referee's decisions, etc. will result in the banishment of that player for the balance of that game. **No substitute player will be allowed.**

11. EQUIPMENT

The equipment used will be the orange, no bounce, HOC-E-BALL and the HOC-E-BALL style blade.

Players:

- Can only use the sticks provided by the LDCSB Phys-Ed Department.
- Stick blades are to be kept straight. No curving of the sticks. Infraction: penalty.
- No shin guards, hockey gloves, etc. are to be worn.

Goalies:

- Must wear full-face protection and winter gloves on their hands.
- No knee pads, shin guards, goalie equipment, etc. may be worn.
- Goalies will use the goalie stick provided by the LDCSB Phys-Ed Department.