

IFC Floor Hockey Rules

Rules based on <https://www.rochester.edu/athletics/intramurals/rules/hockey.html> and adapted by Steve Juliff, IFC Athletic Chair, the University of New Orleans.

Players

Each team will consist of no less than five players and a goalie. Players shall play on only one team in a league. A player will subject both teams to forfeit all games if found violating this rule.

Equipment

1. Tennis shoes MUST be worn by all players.
2. No padding inserted in clothing or regulation hockey pads will be allowed, except for limited padding for the goalkeeper. Goalie may wear a helmet and glove ONLY (provided by his/her team). BLOCKERS AND GOALIE PADS ARE NOT ALLOWED.

Timing

1. Each game will consist of two 15 minute halves with a 5 minute break between halves.
2. Play shall be non-stop except for official time-outs.
3. Each team shall receive one 1 minute time out.
4. Substitutions may enter the game at any time as long as officials feel that their position does not result in an unfair advantage; i.e. entering a fast break or entering to stop a fast break.

Scoring

One point will be awarded for each goal scored.

Playing

1. A face off is used to begin each half, after each goal, and if a supervisor inadvertently blows a whistle and no team has clear possession of the puck. These face-offs will be at center circle.

2. Face-offs are started by having the supervisor drop the puck on the floor.
No movement is allowed until the puck is dropped.
3. The players not involved in the face-off must be at least 10 feet away from the face-off.
4. The puck may be advanced by use of the stick or by kicking it.
5. The hands may be used to knock down an airborne puck with no advancement or directional placement.
6. Shots may be taken only by shooting or deflecting with the stick when the stick blade is being held below the waist. Shots bouncing off a player and into the goal shall be legal as long as the puck contact with the person is accidental as determined by the official.
7. Shots may be taken from anywhere on the floor. However, if the shot is taken from behind the center line, it must be touched by a player (on either team) on the offensive side of the floor to be scored.
8. A goal is scored when the entire puck has crossed the goal line.
9. Goals will not be counted if:
 1. The stick blade is held above waist level.
 2. The puck is kicked in.
 3. The puck is batted in with the hand.
 4. An offensive player is in the crease.
 5. The shot is taken from the opposite side of the floor and is untouched by any player.
10. When the goalie catches the puck, he may hold it for approximately 3 seconds and have it remain in play. To keep the puck in play, the goalie

may throw the puck to either side of the goal, but not towards the opposing goal. The goalie may also drop the puck on the floor and hit it in any direction with his stick.

11. If the goalie holds the puck for more than 3 seconds or throws the puck forward a minor foul will be called and the opposing team will get the puck in the nearest offensive corner.
12. The goalie can only freeze the puck if he is in the crease. If the goalie leaves the crease he becomes a regular player. If players freeze the puck, possession is received by the other team.
13. If the puck leaves the playing area or is tied up along the wall, the team nearest to the puck receives control.
14. There will be no offsides or icing.
15. An automatic goal will be awarded if a defending player throws a stick to prevent the puck from entering an open net.
16. A penalty shot will be awarded to a player who had a clear scoring opportunity and was tripped, held, etc. by the opponent.
17. The wooden part of the stick shall be deemed part of the person and "violations of the stick" will be penalized as though directed to the person.
18. There will be no body checking. Any heavy contact, accidental or intentional, will not be tolerated.

Any behavior deemed unruly or dangerous by the supervisors will result in ejection from the game either temporarily or permanently.

