INTRAMURAL FLOOR HOCKEY RULES

• Team Rosters
  o Players may only play on one team
  o Players must be a current fee paying ISU student or Rec Pass Holder
  o Teams will consist of 5 players on the court at a time. There will be no specified goalie. Teams may have as many subs as they wish.
  o Teams must have at least 3 players to start the game.
  o Free substitution is permitted without stoppage of play. However, the player entering the game during live action must not gain an advantage or become part of the play prior to the player leaving the game.

• Equipment
  o All floor hockey equipment will be provided for participants.
  o Tennis, running, or soft-soled non-marking shoes are required.
  o Helmets are required when playing.
  o Mouth guards are not required but encouraged.
  o Protective eyewear is not required but encouraged.
  o Any loose jewelry or items that supervisors deem as unsafe will not be allowed during competition.

• Game Time/Length
  o Game time is forfeit time!
  o Games will consist of two (2) 10 minute halves with a 3 minute halftime period (halftime may be shortened if we fall behind schedule).
  o The clock will only stop for injuries (per the referee’s discretion).
  o No timeouts are permitted.
  o Overtime: If the game is tied at the end of regulation a “sudden death” overtime will determine the winner. This will not be timed – the game will end when one of the teams score a goal.
• Game Play
  o Starting Halves/After Scores – To start each half or after a scored goal, the ball will be put into play by a pass back at the half court line. All players must be on their defensive sides to start.
  o Disallowed Goals: Goals will not be counted if the stick is held or brought above waist level. Goals will not be counted if the ball is kicked or batted by hand into the goal. Goals will not be counted if the offensive team is in the goal crease.
  o Holding the Stick: Carrying of a stick above the normal standing height of the waist is prohibited and a minor penalty will be assessed.
  o Hand Passes: If a player closes their hand on the ball, play will be stopped and the ball will be awarded to the opposing team. Players may bat the ball straight down with their hand but such action may NOT result in the ball being directed towards a teammate.
  o Kicking the Ball: Players may stop the ball with their feet, but may not use their feet to guide the ball to a teammate. Violation of this will result in the opposing team gaining possession of the ball.
  o All walls and nets are IN bounds. If the ball gets tangled in the net or goes out of bounds where through a barrier, it is a turnover.

• Penalties (Floor hockey is a NON contact activity)
  o MAJOR PENALTIES (5 minute penalty/ejection)
    ▪ Elbowing and/or Kneeing
    ▪ Cross Checking
    ▪ Slashing (slashing with their stick)
    ▪ Spearing (stabbing opponent with the point of the stick blade)
    ▪ Tripping
    ▪ Charging: jumping or intentionally runs into an opponent
    ▪ Roughing: any type of action deemed intentional contact and/or unnecessary
  o MINOR PENALTIES (2 minutes)
- Hooking: impeding progress of opponent by hooking with the stick
- Holding: Holding opponent with hands or stick
  - **Sportsmanship**
    - Any team or player this is deemed to receive an improper sportsmanship rating from the intramural staff will be dropped from the tournament and not allowed to continue playing. Sportsmanship is a priority towards the opposing team AND the referees/supervisors.
- Any rules not specified on this rules sheet will be made at the discretion of the game officials.