



Floor Hockey - Game Play Rules & Guidelines

General

1. All players are on the team's roster.
2. Players must have signed Intramural Waiver form prior to participation.
3. All players must present their valid Sask. Polytech ID card to participate.
4. Respect of others and enjoyment of the game is the priority.
5. Have fun!

Players

1. Maximum number of players on the court is five. Minimum of four players are needed to begin an official game.
 - a. A roster of 6-10 people is encouraged.
 - b. Each team is encouraged to have at minimum one female on the roster, though it is not mandatory.
2. If a team has fewer than four players at match start time they will be granted five minutes (after scheduled start time) to wait for rostered players to show up. After the five minutes is elapsed, the match is defaulted.
 - a. Exhibition match can take place following default if teams want to share players and play for fun.

Game Play

1. Teams should be assembled and ready to begin play at least 5 minutes prior to the scheduled start of their game.
2. Only sticks supplied by the Wellness Coordinators will be allowed.

Games will be three, 10 minute periods.

 - a. Two-minute break between periods.
 - b. Team switch sides at the end of each period.
 - c. League games will end in ties; playoff games will go to 3-on-3 shootout
3. To begin play, a face-off will take place at the center of the gym.

4. This is non-contact league. Body checking or intentional body contact will not be tolerated.
 - a. First infraction will be a warning; a second infraction will result in ejection from the game.
5. Slapshots will not be allowed. The stick blade shall NOT be raised above the knee on the wind up.
 - a. First infraction will be a warning; a second infraction will result in loss of ball possession
6. A player may catch the ball providing he drops it immediately to the floor. No advantage over an opponent may be gained by holding the ball.
 - a. Infraction of this rule will result in a turnover.
7. Major penalties will be assessed for the following offences: cross-checking, high sticking, spearing and butt ending. A major penalty may also be assessed for other offences which the Wellness Coordinator deems necessary.
8. The goaltender is NOT allowed to pick the ball up unless part of his body is inside his crease.
 - a. He may not leave his crease to pick up the ball. If he is out of his crease in a normal action of playing the angles and the ball is shot at the net, he can catch it or freeze it without penalty.
9. When the goaltender picks up the ball legally, he shall play it to a teammate by dropping it behind his net. The opposition will remain in front of the goal line extended and shall allow the goaltenders' teammate to have the ball, gain full control and have an opportunity to run or pass.
10. "Free Play"
 - a. If the puck goes into a corner, under bleachers and doorways the first player into the corner or area will be permitted a "Free Play" out of the corner or area meaning opposing players need to give the at least 5 feet of space to put the puck into play. The player will only shoot or pass the puck. The player is not to stick handle the puck down the floor.
 - b. Players are NOT to purposely take the puck into "Free Play" areas and can be penalized by loss of possession if this happens.
11. Playoffs to be determined and posted at a later date.

Notes

1. Defaulted games will receive a score of 10-0 on the scoresheet.
2. Games cancelled or postponed due to conflicts with gym times will be rescheduled if possible. If a game cannot be rescheduled, the game will be officially recorded as a tie.

3. Extra players are encouraged to keep score. Wellness Coordinators can help if teams are short extra players.
4. If Wellness Coordinators feel at any time your footwear is not suitable for the gym, they will ask you to change footwear or ask you to leave the gymnasium floor area.
5. Wellness Coordinator will ensure:
 - Game Play Rules and Guidelines are being followed
 - Captain responsibilities are maintained
 - Safe play

6. **Unacceptable/Unsportsmanlike Conduct enforced.**

Behaviour displayed by the players and spectators is expected to be encouraging, sportsman like, cooperative, fair, honest and inclusive. Any behaviour that endangers others and/or is considered disrespectful will not be tolerated. If a team or a player has displayed offensive behaviours or unsportsmanlike behaviour endangering others such as:

- Discrimination of any kind
- Violence and/or abuse; physical, sexual, or verbal
- Profane or obscene language
- Defamatory, inflammatory, insulting, or disrespectful comments
- Argumentative, Intimidating, Demonstrative
- Deceitful or Unfair

Player(s) and/or spectators who choose to display unacceptable and/or unsportsmanlike conduct will be subject to the league rules and guidelines, which include a procedure of ejection from the sport for the remainder of the season.

The procedure is as follows:

- *1st offence:* The team or player will be warned by a Wellness Coordinator.
- *2nd offence:* The team or player will be ejected from the game and asked to exit the facility. The incident will be on record.
- *3rd offence:* The team or player will be ejected from the game and suspended until the incident report is reviewed by league management. At this point there is a possibility of being suspended or discontinued for the remainder of the season pending the extremity of the incident(s).