

City of Brooks Recreational Floor Hockey Rules

All standard hockey rules and regulations will be followed, with the following changes:

1. Once team fee has been paid, teams may use as many players as they would like. Players may only play on one team in playoffs. Only players who have played in 2 regular season games are allowed to participate in playoffs.
2. **Co-ed Specific Rules:**

Game surface and player limitations.

 - a. 5 players per side plus goalkeeper.
 - b. 1 female **must** be on the floor at all times. If a team is missing their female, they must play 1 person short. This can only happen twice in the season before it becomes a forfeit. This excludes playoffs where a female is mandatory.
 - c. There must be at least 5 players present at the scheduled start time or team will be charged with a default and given a warning. Two defaults and the team will be removed from the league.
 - d. Anytime the ball leaves the playing surface, possession shall be given to the opposing team. At the point of exit, the team that acquires possession **must pass** the ball in. (No goal shall be scored by passing the ball in).
 - e. After a goal, the team which has been scored on puts the ball back into play by either passing, shooting or carrying the ball over the centre line. The defending team may not cross centre until one of the offensive players (or ball) crosses centre. The offensive team has 10 seconds from the ball being put into play to cross over half before the defence can make a play on the ball. If the player with the ball elects to shoot directly on net and scores, the goal counts.
 - f. Substitutions are "on the fly". The player leaving the court must be off before the sub enters the playing area.
 - g. No offensive players are allowed to make contact with the goal tender in the crease, 2 minute penalty will result.
 - h. Goalkeepers may not throw the ball forward across half with their hands, 2 minute penalty will result.
 - i. Sticks must remain below the waist at all times. Failure to do so will result in a 2 minute penalty, any (2) high sticking penalties will result in expulsion from that game.
 - j. There will be no offside.
 - k. Player serves their own penalty and number of males and females on playing surface remains same throughout penalty. If female receives penalty, and by serving the penalty, there is no female on the field, a male player will serve the penalty for her.
 - l. One female must take a shot in the case of a shoot-out. If more than 3 shots are required, the team must have a female shoot 1 of every 3.
 - m. Please refer to section called "Violations".
3. Game length: 2 – 25 minute halves. A 5 minute break will be given between halves.
4. All games will begin at scheduled game time, no exceptions. There is no scheduled warm up time as all games must start at scheduled time.

5. A default will occur if team has fewer than 5 players present at scheduled game start. All teams are asked to arrive 15 minutes prior to scheduled game start
6. **Equipment:** ALL GOALIES must wear face protection. Shin Pads must be worn.
7. Any player receiving 3 penalties or 2 stick penalties will be out for the rest of that game regardless if it's major or minor.
8. When coincidental penalties are called, the teams will play 4 vs. 4. If a second set of coincidental penalties are called (while teams are short-handed), teams will still play 4 on 4. If a second penalty is called that is not coincidental, the second penalty will not start until the first penalty is over.
9. The goalie may not cover the ball outside of the crease; this will result in a delay of game penalty.
10. Only the captain or assistant captain may address an official. When addressing an official, the captain is expected to be courteous. The penalty for any other player addressing an official, or directing remarks at him/her, will be 2 minutes.
11. No player may slide during the game except for the goalie.
12. Overtime during playoffs will occur as follows:
 1. a five minute sudden death period
 2. a 3 player penalty shoot-out
13. Play Offs: During all games in playoffs, we will run stop time for the last 2 mins of each game. If a goal is scored during this time, a faceoff at centre will take place.
14. **ALL decisions made by officials are final.**

Default score is 4-0

VIOLATIONS (Penalties)

Violations in Co-ed Floor Hockey are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. They do not result in a penalty or short-handed play unless they are repeated by the same player or team.

If the official/scorekeeper notices the same violation being repeated by a team or player, he/she is obligated to issue penalties (minor, major, game misconduct). For example, if a player repeats a violation, it may become a minor penalty.

List of Violations:

Hand Pass: Players cannot pass the ball to their teammate by directing the ball to them with their hands. Players can catch the ball, but they must drop the ball to the floor immediately. Goalies are also restricted from throwing the ball to a teammate. Officials must blow the whistle and call a face-off after any hand pass.

Ball in the Corner: When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least a stick length away. If one player does not stop, the official will blow the whistle and restart the play with the person who reached the corner first getting possession. If the player with the ball is not given 3 seconds and a stick's length to play the ball without interference, this is also a violation.

Shielding the Ball: There are two types of shielding in this league:

- When a player stick-handles or advances with the ball while their back is to their opponent. This is never allowed.
- When a player is stationary, has possession of the ball, turns and has their back to their opponent. This is allowed, but for no more than 3 seconds. The defender is allowed to count out 3 seconds. After 3 seconds, the player must turn and face the play.

If a player violates either of the two shielding rules, the official will yell "turn around" and if the player does not, play will be stopped with a whistle.

Sliding: Players cannot slide at any time; this includes cutting off an opposing player or trying to block a shot. Blocking shots is permitted if the defensive player is stationary; this includes kneeling.

Reaching Around: A player cannot reach around another player with their stick while pursuing an opponent who has the ball and is moving. **Note:** if a player is stationary with their back to the play, the opposing player is allowed to attempt to gain the ball by going around the player with their stick (this does not apply to The Ball in the Corner rule – in that instance, the defender must always give 3 seconds before challenging their opponent) but if they slash or trip their opponent they will receive a penalty.

Going Over The Top: A player cannot impede an opponent's progress by hooking or slashing over top of their stick while they are carrying the ball or expecting to receive a pass.

Lifting The Stick: A player can lift their opponent's stick only one time while they are receiving a pass or in possession of the ball. An aggressive lift that results in contact with

the opponent's hands or violently lifts their stick will result in a penalty to the defensive player.

Goalies:

- Are permitted to sweep their sticks around the side of the net unless it interferes with an individual's motion or play. Aggressive sweeping will be called a slash.
- Players cannot hack at the goalie while they are trying to gain possession of the ball.
- Goalies are not penalized if their stick goes above their waist while making a save. If they are shooting, passing or batting the ball out of the air, they are subject to the same high-sticking rules as all players.

Delay of Game: Any player who purposely shoots the ball out of bounds or deliberately falls on a ball shall be called for a delay of game.

PENALTIES:

Penalties in Co-ed Floor Hockey are plays that may or may not be intentional, but they are dangerous and are considered to be serious offenses. When a penalty occurs, the play must stop and the player must serve time off.

•Penalties are categorized as **minor**, **major** or **game misconducts**.

Minor penalties result in the player sitting off for two minutes and the team is shorthanded.

Major penalties result in the player sitting off for five minutes and the team plays shorthanded.

Game misconducts result in the team being shorthanded for two minutes, the offending player is ejected from the arena and the player will be subject to a possible further suspension. A Penalty shot is also awarded.

•On all penalties, after the official stops the play, they should announce to the players why the play was stopped and who got the penalty.

•If the same penalty is being repeated by the same player(s), the official has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a major in the next incident).

If a player is ejected from the game, they must exit the arena. If a player is kicked out of a game twice in a season, they will face expulsion from the league.

All players must abide by the same guidelines.

Reckless Play

Reckless play results in a **minor** penalty and is the result of a player being overly careless or aggressive in a non-threatening manner.

•A player's first offense will result in a 2 minute **minor** penalty.

•A second offense by the same player will result in a **major** penalty.

-A third offense will result in a **game misconduct**.

.The following are examples of reckless play:

Incidental Body contact: This can occur when a player makes contact with an opponent accidentally. For example, if a player is running too fast or with their head down and brushes another player.

Tripping: Unintentional tripping occurs when a defender is pursuing a ball carrier and their stick accidentally results in the player falling.

Slashing: If a player lightly slashes an opponent with their stick while pursuing the ball and it is evident that it was an accident.

In each of the three reckless play examples above, the official has the discretion to call a **major** penalty or a **game misconduct** if they deem it was not an accident.

High Sticking

A high stick occurs when a player's stick goes above their waist - this action is dangerous and strictly prohibited especially because players do not wear protective head gear. A high stick can happen when a player is shooting the ball, deflecting the ball, waving for a pass or going around an opponent.

-Calling high sticks is difficult for the official as can they happen quickly and sometimes from a distance. An official may allow for a 'gray zone' that includes from the waist to the bottom of the rib cage. Anything above that level will be called.

-Goalies will not be penalized for a high stick while making a save. If they are shooting, passing or batting the ball out of the air, they are subject to the same high-sticking rules as all players.

-A high stick is a **major** penalty and the team will be shorthanded for five minutes.

-A second high stick by a player and the player will be ejected from the game. The ejected player is allowed to remain in the arena as long as their high sticks were unintentional and they do not argue the call with the official.

Lifting the Stick –

·If a player lifts an opponent's stick, and the player's stick does not go above their waist, but the opponent's stick does, there is no penalty to either player.

·If a player lifts an opponent's stick, and the player's stick goes above their waist, this is a high sticking penalty to the player who lifted the stick. The opponent would not be subject to a penalty.

The following actions may not result in an automatic high sticking (**minor**) penalty, but if the player repeats the action, it will lead to a **major** penalty.

- Running down the floor: If a player is running down the floor and is not directly involved in the play and their stick is slightly above their waist. The official should yell a warning to the player to lower their stick.

- Celebrating after a goal: If a player raises their stick accidentally in celebration, they will receive a warning from the official. This is strongly discouraged.

Unsportsmanlike Play

Unsportsmanlike play is not tolerated in the Co-ed Floor Hockey league and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items will result in a **major** penalty.

- A player's first offense will result in a 5 minute **major** penalty.

- A second offense by the same player will result in a **game misconduct**.

Unsportsmanlike play includes:

- Showing displeasure at a play by: throwing equipment in a non-threatening manner, slamming a stick or swearing out loud (not directed at another person).

- Players attempting to make calls during a game: this can include players on the bench or floor trying to make calls against their opponent or petitioning the official to make calls.

- Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two players gaining position of the ball and one player pushes against their opponent with their back, hip or shoulder – it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any use of the hands or more aggressive action will result in a **game misconduct**.

- A defensive player using their hand to smother a ball that is on the ground and in their own crease.

Threatening behaviour towards an opponent

Threatening behaviour is a serious offense in the Co-ed Floor Hockey leagues and will result in a **game misconduct** and possible further suspension upon review by the Recreation Program Coordinator.

A player's first offense will result in a **game misconduct**.

Threatening behaviour towards an opponent includes:

- Aggressive reaction to a play: throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.

- Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.

- Physically threatening an opponent:

- Slashing, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.

- Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.

Disrespecting an official or scorekeeper

The officials and scorekeeper are valuable assets to the recreation programs and without them, there would be no leagues. As with all other participants, officials should be treated with respect. Players may disagree with the way an official is calling their game, but must refrain from challenging an official during the game.

A player's first offense will result in a **minor** or **major** penalty or a **game misconduct** depending on the severity of the actions. An automatic review will be done by the Recreation Programmer and further action may be taken.

Disrespecting the official and scorekeeper includes:

- Challenging calls: any player that disagrees with a call and tries to make the official change their call. Once an official has made a call, the play will resume with no further discussion.

- Players on the sidelines discussing the official/scorekeeper in a negative manner.

- Players who ignore or disrespect the scorekeeper in any way.

- Players questioning the integrity of the official: all officials are trained in the same manner and do not favour one team over another.

- Swearing at an official and/or scorekeeper: this will result in an automatic game misconduct.

- Physically threatening or confronting an official/scorekeeper: this will result in a **game misconduct** and automatic further suspension upon review by the Recreation Programmer.

- Ignoring an official/scorekeeper as they are giving feedback or having a discussion: these conversations can happen before, after or during a game.

PENALTIES AND PLAYERS ON THE FLOOR

Any time a player receives a **minor** or **major** penalty, they must stay off for the full time of penalty, even if a power play goal is scored.

- When a power play goal is scored, the team that was penalized can bring on a replacement player but it cannot be the player who is serving the penalty.

- The exception to this is if the team would be short players if the player serving the penalty does not return to the floor.

- If a team has only one female player at the game and she receives a **minor** penalty, she will not serve the penalty because the team would be shorthanded, a male will serve the penalty for her.

-Anytime a female or male player receives a **major** penalty, they will serve it and the team will be shorthanded. The one exception to this is if the team only has one female playing; if she gets a penalty a male player would serve it for her.

-No team will be forced to play 2 players short due to **minor** or **major** penalties. Any penalties that would result in the team playing two players short will be served one after another.

-If a player receives a **game misconduct**, they will always serve the misconduct, even if the team has to play shorthanded for the rest of the game. This applies even if the team is forced to play more than one player short.

-If a team has only the minimum amount of players to field a full team on the floor and one of their players receives a **minor** penalty, that player will serve the penalty and the team will play shorthanded.

-If a goalie gets a major penalty, a player on the floor at the time will serve the penalty. If a goalie receives a game misconduct, he/she will leave the arena and play must resume without a timeout to warm-up or equip a new goalie.