

CINCINNATI SPORTS LEAGUES COED FLOOR HOCKEY RULES

OVERVIEW

Plastic Floor Hockey Balls or pucks will be used – consult your ref/monitor
for your particular league

Ties during the Regular Season remain as a Tie

A running clock will be used for the entire game

Games played in (2) 20-minute halves with a two-minute half-time break

CO-ED RULES INCLUDE: NO CHECKING, HIGH STICKING ROUGHING ETC.

Sudden Death overtime/Shootout will be used in the playoffs

5 players per side: 3 men and 2 women (3 men max.)

Ex. (2 forwards, 2 defense and 1 goalie)

Only approved sticks will be allowed

Two time-outs, per team, per game

BEGINNING OF GAME

- The ball will be dropped at center court by the referee.
- Face-offs will be at center court unless otherwise noted by the referee
- The referee may stop the clock at any time if he/she feels that a team is purposefully stalling or intentionally delaying the game, or to prevent a possible injury.

TEAM SIZE

- Each team shall have no more than 5 players on the floor at all times. (2 forwards, 2 defense & 1 goalie).

FORFEITS

Teams that are unable to field the five required players will be allowed to play shorthanded with a minimum of 4 players (at least 1 female). Anything short of that must be approved by the opposing captain and ultimately the staff.

SUBSTITUTIONS

- All substitutions will occur on the fly unless the referee deems it unsafe.

PENALTIES

Time penalties are:

- Minor – 2 minutes of actual playing time
- Major – 5 minutes of actual playing time
- Misconduct – 10 minutes of actual playing time
- Game misconduct – Disqualification from the game
- The offending player shall serve the time unless otherwise specified. That player shall go directly off the court and remain there until the referee indicates the penalty time has expired. If a game disqualification penalty is also imposed on the player, that player shall be

represented by a teammate for the penalty and shall report to the referee.

- Major and Misconduct penalties do not terminate when a goal is scored.
- If the penalty time is unexpired at the end of a period the penalty carries over into the next regular period or sudden death play.
- During sudden death play a team shall not be reduced by time penalties so that it has fewer than 2 players during first overtime and one player during second overtime.
- High-Sticking - the official will call any stick raised above the waist. Depending on the situation, it will be assessed as a warning, minor, or major penalty.

MINOR PENALTY

A minor penalty shall be assessed for:

- A substitute taking the court before the departing player is off the court (too many persons on the court)
- Contacting a player who is ready to participate in a face-off
- Lifting a stick on a face-off
- Playing the ball above shoulder level
- Holding an opponent's stick
- Stalling, trapping or holding the ball/puck
- Interference
- A goalkeeper interfering with opponent who is not playing the ball
- Holding
- Dangerous play
- Intentionally displacing the goal
- Returning to the court before penalty time expires
- Tripping
- Hooking
- Boarding
- Sliding
- Unsportsmanlike conduct
- Verbal abuse of an official
- Stick checking or lifting sticks beyond blade vs. Blade

If any of the above are deemed excessive, a major penalty will be called and/or cause for removal from league

MAJOR PENALTY

A major penalty shall be assessed for:

- A. Charging
- B. Elbowing
- C. Slashing
- D. Roughing and overt aggressiveness
- E. Checking
- F. Spearing
- G. Cross-checking
- H. Refusal to obey a referee's decision

OFF-SIDES AND ICING

- ~~There is no icing.~~
- Offsides only occurs if the ball is thrown by the goaltender beyond the centerline and is touched by a teammate without first being touched by an opponent.
- Offsides will receive warnings at the monitor's discretion, followed by a 2-minute delay of game.

SCORING

- Each goal will count one point.
- A goal is scored when the entire ball:
 1. Crosses the goal line.
 2. Breaks the plane of the goal

-In cases where the net moves, it is up to the referee to determine if the ball would have gone in the net and thus been a goal. If the defense intentionally moves the goal it is up to the ref to continue play or to declare a delay of game penalty.

STOPPAGES

The following stoppages of play will be followed by a face-off

- goals-penalties
- injuries
- time-outs(two time-outs per team, per game)
- dead ball (out of play)

GOALTENDERS

- A goaltender will be allowed to handle the puck with his stick or hands within the designated zone, which will be determined by the referee for each particular venue (possible example: the free throw lane in front of the goal). If the puck is frozen by the goaltender, the goalie must be allowed a clear amount of space to put the puck back in play. If the puck is frozen outside the zone it will result in a delay of game penalty served by a teammate of the same sex. The goaltender may not pass the puck past half court.
- If the goalie is clearly delaying in putting the puck in play, the referee may stop the clock at his/her discretion and have a face-off or if it persists it will be a delay of game penalty.
- The goaltender can put the puck back in play by rolling it to a teammate on his/her side of mid-court or passing the puck with his/her stick.
- Goaltenders must be wearing comparable equipment. No oversized equipment allowed.
- Offensive players may not enter the crease without the puck or without the puck being in the crease(this is interference)

EQUIPMENT

- STICKS- blades must be non-wood (plastic OK)
- **PROTECTIVE GOGGLES-MUST BE WORN AT ALL TIMES**
Baseball mitts/catching gloves are allowed.
- Goalies MUST wear a helmet with a face mask
- Gloves, shin guards, mouthguards, elbow & knee pads are RECOMMENDED
- PROHIBITED equipment: ice hockey goalie pads, waffle gloves/blockers, shoulder pads
- Provided equipment: shin pads and mask for the goalie; sticks, nets, pucks
- *The monitor must approve any other safety equipment.*

PLAYOFF OVERTIMES

If a playoff game ends in a tie after regulation play, the following will occur:

- A 5 minute sudden death overtime in which each team drops one male player from the ice.
- If it is still tied after one overtime then a second 5 minute sudden death overtime period will follow in which each team drops a female player in addition to the missing male player.
- If it is still tied after both sudden death overtime periods then penalty shots will follow:
- Both teams will get 5 penalty shots. The teams must state which 5 players are going to shoot, however, they do not have to state in which order they will be shooting. No more than 3 men may shoot for either team. There is no male-female shooting order rule. Shooters will start at mid-ice and get one shot on goal. If the goalie, in the eyes of the referee "takes a player out" this will result in a goal.

If it is still tied after the initial 5 penalty shots, then sudden death penalty shots will follow. The same players from the initial 5 penalty shots may shoot again. The teams must state which 5 players are going to shoot. No more than 3 men may shoot for either team. There is no male-female shooting order rule. If one team scores during the round of sudden death shots and their opponent does not, then that team is the winner. During the sudden death round the same 5 players must continue to shoot until there is a winner -no substitutions.