

# Floor Hockey Rules

Profelt™Puck

[www.floorhockey.net](http://www.floorhockey.net)

Floor hockey is a non-contact adaptive sport. Rules of the game vary according to the age/ability of the players and the facility available. The following rules are typical of a floor hockey league playing on a regulation size basketball court:

1. A face-off at the center of the playing area starts play. A face-off can occur by:
  - a) Placing the puck at center or
  - b) Dropping the puck at center.
2. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line not less than 10cm from the puck.
3. At the face-off players must be on their own side of the face-off spot.
4. There is no offside rule (except for face-off positioning).
5. Players may be substituted at a face-off or on the move.
6. Play is resumed by a face-off when play is stopped for:
  - a) Penalties - at point of infraction
  - b) Goals - at center
  - c) Pucks held by goalie in crease or against the net - on spot on floor on that side of goal
  - d) Pucks which land on mesh of net at the back - on spot on floor on that side of goal
  - e) Puck passed using hands (except in defensive zone by defensive players) - in the area of hand pass
7. Goalies:
  - a) May assume any position, except to fall on their knees without pressure being applied.
  - b) May hold the puck in the crease or on the side of the net.
  - c) May hold the puck outside the crease but may not cause a delay in the game.
8. Goal Crease
  - a) The crease (masking tape) shall be 1 m wide and 2 m long.
  - b) Goals are disallowed if:
    - i) The player or teammate has any part of his/her body in the crease area when a goal is scored.
    - ii) If an attacking player is pushed into the crease and a goal is scored.

## 9. Equipment

- a) Plastic Sticks - wooden inserts may be placed in the plastic shaft - all sticks must have plastic blades.
- b) Profelt™ Pucks - Either an Original Profelt™ Puck or a Performance Profelt™ Puck may be used.
- c) Goalie - street hockey pads, trapper, and blocker only. Goaltender's mask must be worn. A baseball glove may be used in place of a street hockey trapper.
- d) Player - kneepads (without shin guards) may be worn.

## 10. Penalties:

- a) No more than 2 players penalized at one time per team (two players off the floor).
- b) Two minutes for minor infractions.
- c) Five minutes for major infractions.
- d) The referee determines severity of an infraction (minor vs major).
- e) Infractions:
  - i) Slashing.
  - ii) Holding.
  - iii) Roughing or body checking.
  - iv) Disputing a referee's call.
  - v) Unsportsmanlike behaviour.
  - vi) High sticking (a raised stick - tip of blade or more above waist - should be called anywhere). A goalie may also be given a penalty for a high stick if, in the opinion of the referee, it was dangerous to an opposing player.
  - vii) Freezing the puck.
  - viii) Catching the puck with hand (defensemen may catch in mid-section and hold for a face-off).
  - ix) Too many players on the floor.
  - x) An offensive player hitting the goalie's glove with the stick if the goalie has his/her glove on the puck.

## 11. Length of Game

- a) The game consists of three 20-minute periods (straight time).
- b) A 2-minute rest period between periods.
- c) Sudden death overtime will be played only in the final championship game.

## 12. Players per Team:

- a) 12 years & under - no more than six, and no less than three players on the floor, including the goalie, at any one time.
- b) 13+ years - no more than five, and no less than three players on the floor, including the goalie, at any one time.