

FLOOR HOCKEY RULES AND MODIFICATIONS

I. Equipment

- 1) The puck is a circular felt disc with a center hole.
- 2) Sticks other than goalkeepers' sticks must be a rod or dowel made of wood and/or fiberglass conforming to the following dimensions:
 - a. The non-handle end (i.e. the bottom or floor end) of all sticks other than goalkeepers' sticks must be rounded-off. The stick must be of a uniform thickness over the entire length. No tape, string, or other object is allowed that will increase the diameter on the bottom of the stick.
- 3) The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick..
- 4) Protective Equipment: The goalkeeper must wear a helmet with a facemask and protective gloves. The goaltender will be allowed to wear regulation sized ice hockey goalie pads and gloves or some reasonable facsimile thereof (*i.e. street hockey pads, cricket pads, baseball glove*). The leg guards worn by goalkeepers must not exceed 31cm (12") in extreme width when on the leg of the player. All other players are required to wear helmets with facemasks or shields that cover the entire face and shin guards to ensure safety. Proper athletic footwear such as running shoes must be worn by all persons on the playing surface during play. Black soled shoes are discouraged since they will mark the playing surface. Protective gloves and elbow pads are recommended.
- 5) Player Safety & Equipment
It is the responsibility of Special Olympics to look out for safe and well-being of all of our participants and to manage any and all potential risks, which may result or cause an injury a participant. With that in mind, Special Olympics does not allow the following in the sport of Floor Hockey:
 - Helmets of any kind
 - Wheelchairs
 - Walkers, crutches, canes
 - boots
 - Hard casts
 - Jewelry
- 6) Goals must measure 1.8m wide x 1.2m high x .6m deep {6' x 4' x 2'}. The sides and back of the goal must have appropriate netting. Regulation ice hockey goals are also permitted.

II. PERSONNEL

- 1) There must be two certified referees in appropriate and matching attire;
- 2) There must be two scorekeepers and one timekeeper; the scorekeepers also act as line monitors.

III. RULES OF COMPETITION -Team Competition

Players and Line Rotations

- 1) A team on the playing area must consist of six players;
 - a. One goalkeeper that must play from standing position, two (2) defenders, and three (3) forwards (one center and two wings).
- 2) There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9th line) when the goalkeeper may be removed for an extra forward/player. This may only be done during a face off or stoppage of play.

3) Each player must wear a shirt with distinctive team color and markings and a player number on the back of the shirt.

4) By the completion of the game, the total number of lines played by any one player, excluding a goalkeeper who is designated to play the entire game, must not exceed the total number of lines played by any other teammate by more than one line. The goalkeeper may play the entire game or may alternate playing time with another goalkeeper. If two goalkeepers are designated during the same game, by completion of the game, they must have played within one line of each other.

Note: If two goalkeepers are designated then the minimum they must be rotated is each game. They may be rotated on an equal basis within each game. In order to rotate on a shift basis then both goalkeepers must be dressed with full equipment to minimize delays.

5) Each team must submit an approved score sheet to the scorekeeper 10 minutes prior to the start of the game. Each score sheet must include team name, head coach, all players' names and individual numbers on the respective lines throughout the game reflecting the rotation of all players. The scorekeeper shall keep one copy of the score sheet; one by the coach of the opposing team, and one will be given back to the coach. If the score sheet is not turned in on time, a 2-minute bench penalty may be assessed to the late team.

6) In case of an injury, game misconduct, or other event that would alter a team's line rotation, the referee will stop play. The timekeeper will stop the game clock. The team's coach will adjust the team roster/line rotation accordingly so that each player, excluding the goalkeeper, will play within one line of each other.

7) In case of a line change during the course of a player's penalty, a player from the incoming line will serve the remaining portion of the penalty. If the penalized player is scheduled to play in the incoming line then the penalized player must be the player to serve the penalty in this incoming line. If the penalized player is not scheduled to play in the incoming line then the coach will determine which player of the incoming line must serve the balance of the penalty.

8) Only players dressed for the current game (maximum of 16) are permitted to sit on the team's bench. Players not in the current game will be listed on the bottom of the score sheet as substitutes and are out for the current game. If a team contains substitutes, the minimum they must be rotated is each game. Prior to each game the referees will check for proper equipment.

IV. TIME OF PLAY

1) Games will consist of three 9-minute periods, with a 1-minute break between each period. The last three minutes of the third period (the 9th line) shall be stop time unless waived by both coaches prior to the start of the line. One 1-minute time-out is allowed per team per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands. Time will only be granted at a stoppage of play. A time out will only be granted at a stoppage of play.

2) There will be three line shifts per period. The timekeeper will signal the time for line changes with a horn/towel/whistle. Play will resume with a face-off at the face-off circle nearest the stoppage of play.

3) Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).

4) Teams may change ends after each period of play. If a team desires to change ends the head coach must inform the referees prior to the beginning of play. If neither team requests this option the teams will remain on the side of the surface they began the game throughout the game.

- 5) Time of play must be running time. However, when a penalty is called, the clock will be stopped until play is resumed. Play is resumed with a face-off and the sound of the referee's whistle. The clock will also be stopped for time-outs, line changes, and whenever the referee so designates.
- 6) A time-out may only be permitted during an official stoppage of play.

V. FACE-OFFS

- 1) A face-off shall occur at the following times:
 - a) to begin the game and each period at the center floor face-off circle;
 - b) after each stoppage of play during a period, except after a goal, at the nearest face-off circle;
 - c) after each goal at the center floor face-off circle;
 - d) after each minor or major penalty at the offending team's defensive end;
 - e) when an unsafe condition exists due to a cracked or broken stick(s) in the vicinity of play or at any other time deemed appropriate by the referee. A face-off must take place at the nearest face-off circle to the position of the puck when play was stopped.
- 2) For all face-offs, all players must stand with their sticks and bodies completely to their team's side of the face-off line. Only two players participate in a face-off. Both players who are facing off may place the tips of their sticks on the same side of the face-off circle as long as the tip of each player's stick is in the respective half of the face-off line/circle. During the face-off players must play the puck. They are not allowed to interfere with the other players stick during the face-off.
- 3) The players facing off must stand completely outside of the face-off circle. Their sticks must be equal distance from the puck in the face-off zone. Their sticks must be "on-sides". (on their team's side of the centerline of the face-off circle). For face-offs from the center circle, only the players facing off are allowed in the face-off zone until the whistle is blown.

Note: Team A player can be positioned anyplace on their side of the zone, team B player can be positioned anyplace on their side of the zone.

- 4) Play starts when the referee blows the whistle.
 - a) In a case where there is a hearing-impaired player, the referee shall raise his arm to indicate that play is about to start. The referee must then simultaneously blow the whistle and drop the arms toward the puck to indicate the start of play.
- 5) The puck must be swept out of the face-off circle in a manner such that the stick does not make contact with the center of the puck. Contact with the puck outside of the face-off circle must be made by a player other than those facing off before the players facing off can place their sticks in the center of the puck. The players who are facing off may continue to sweep at the puck until the puck is swept out of the face-off circle. After the initial sweep, the players who are facing-off may kick the puck out of the face-off circle.

VI. GOALS

- 1) The entire puck must pass over the goal line to count as a goal scored. The puck needs to be in the goal before the signal sounds to end the line or period for the goal to count. One point counted for each goal scored.
- 2) The offensive player must put the puck into the goal with the stick from outside the goal crease area. Kicking or throwing the puck into the goal is not allowed. It is legal to kick the puck during play, but it is illegal for an offensive player to kick it into the goal. If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, a goal must be allowed.

- 3) A goal is scored anytime the puck is put into the goal in any way by a defending player.

VII. MINOR FOULS

- 1) The following events shall result in a stoppage of play and a face-off at the nearest circle:
 - a) The goalkeeper throws the puck forward to a teammate. The goalkeeper may throw the puck to the side (at a 45-degree angle) to a teammate as long as the puck is behind the center spot for the defensive side face-off circles.
 - b) Any player other than the goalkeeper who holds the puck in his hands or passes the puck with his hands to a teammate.
 - c) A player stands on the puck.
 - d) A player(s) holds the puck longer than 3 seconds.
 - e) A stick is cracked or broken.
 - f) A player falls in the immediate area of the puck.
 - g) A goal crease violation. A goal crease violation has occurred anytime an attacking player breaks the plane of the goal crease with his body or stick, which includes the goal crease line. Or when a defensive player breaks the plane of the goal crease with his body. The only time a defensive player may reach into the crease with their stick is for the purpose of clearing the puck out of the goal crease area. The resulting face-off shall occur in the offending player's side of the court.
- 2) In the event a crease violation [f.1)g) above] is called against a defensive player whose team does not have control of the puck, the referee will indicate a "delayed foul" by raising his arm. Play will not stop until the defending team gains control of the puck at which time a face-off shall occur at the nearest face-off circle.

VIII. MINOR PENALTIES

- 1) Minor penalties shall result in a 1-minute penalty for the offending player. The resulting face-off must be taken in the face-off circle of the offending team's defensive end. Minor penalties include the following:
 - a) Holding (impeding progress of an opposing player).
 - b) Tripping.
 - c) Charging (running, jumping into, or charging opponent who has a clearly established position).
 - d) Interference (impeding the progress of an opponent who is not in possession of the puck).
 - e) Deliberately delaying the game by lying or standing on the puck or shooting it out of the playing area.
 - f) Hooking, slashing, or kicking.
 - g) High sticking (a player's stick must be held shoulder level at all times).
 - h) Roughing (using any part of the body such as an elbow to hit an opponent or modify, by contact, the opponent's direction).
 - i) Goalkeeper outside the goal crease (both feet must stay inside the goal crease area). Delayed penalty if the goalie comes out of crease and the other team has possession of puck.
 - j) Charging from behind.
 - k) Cross-checking (occurs when a player holds his stick horizontally and shoves a player with it).
 - l) The goalkeeper sits, lies down, kneels on the ground, or holds the stick horizontally along the floor during play. A goalkeeper may go to the ground while making a save or to smother the puck. The goalkeeper will be warned the first time.
 - m) Abuse of officials or unsportsmanlike conduct committed by team members on the bench. A player who is on the court at the time of the call will serve the penalty. The coach will make the decision as to which player serves the penalty.
 - n) A team does not submit its score sheet ten minutes prior to the scheduled start of the game or coaches other than the designated "head coach" try to discuss rules and rules interpretation with the referees during the game. Again, the coach will decide which player shall serve the penalty.

- 2) In case of a line change during the course of a player's penalty, a player from the incoming line shall serve the balance of the penalty.
- 3) If a goal is scored against the team, which is short-handed, the player serving the penalty may return to the game even if the penalty time has not elapsed. A team shall not be required to play with fewer than four players. If more than two players are penalized during the same time, penalties shall be served in succession.
- 4) If the goalkeeper commits a minor penalty, a teammate playing on the court at the time of the penalty can serve the 1-minute penalty for the goalkeeper.
- 5) In the event a penalty is called against a player whose team does not have control of the puck, the referee will indicate a "delayed penalty" by raising his arm. Play will not stop until the defending team gains control of the puck. The full duration of the penalty shall be enacted at the time play is stopped.
- 6) The team's conduct before, during, and after the game is the responsibility of the head coach. If the referee determines that a team's play is too rough or inappropriate the referee will give the head coach one warning, and then the head coach may be subject to a two-minute Penalty for unsportsmanlike conduct. If the Problem persists the head coach may receive a one-minute major Penalty and be removed from the game.

IX. MAJOR PENALTIES

- 1) The following events must result in expulsion from the game for the offending player. The referee will stop play. The timekeeper will stop the game clock. The head coach will adjust the roster/line rotation so that each player, excluding the goalkeeper, will play within one line of each other. The player shall be substituted for by a teammate who shall serve the 2-minute penalty. The resulting face-off shall be taken in the offending team's defensive end. Even if a goal(s) is scored while the team is short-handed for the major penalty, the player serving the 2-minute penalty may not return to the game before the two minutes have elapsed. Again, the head coach will decide which player shall serve the penalty. Major penalties include the following:
 - a) Unsportsmanlike behavior (e.g. profane or offensive language).
 - b) Committing any intentional foul that might injure another athlete.
 - c) Fighting.
 - d) Any action on the part of a player which is intended to provoke or incite unsportsmanlike behavior on the part of another player.
 - e) Minor penalties which, by the discretion of the referee, are committed deliberately and with intent to injure another player, coach, or referee.
 - f) Deliberately throwing or swinging a stick at the puck or another player.(i.e. Off-Sides - There will be no off-sides in the game. The only time during a game players must be on their side of the playing surface is during a face off.

X. OVERTIME

- 1) Overtime shall consist of one additional period of nine minutes with regular rotation of lines continued. The first team to score a goal shall be declared the winner. If, at the end of the overtime period, the score is still tied and no winner is needed for the competition to be completed, the game shall result in a tie. If a winner is needed then the game continues until a goal is scored.

XI. Misc.

- 1) Team NAME must be the SAME name used through the season.
- 2) Teams within the same Local Program may NOT share the same team name even with designated numbers or head coach name attached. FINAL registrations (team rosters) from a Local Program with two or more of those teams having the same name will be considered as a single, combined roster.
- 3) Unified Sports Teams. An athlete to partner ration of 50:50 or 60:40 is preferred. However, under no circumstance will a team be allowed to play whereas the number of unified partners exceeds the number of athletes

XII. ROUND ROBIN FORMAT

- 1) The competition format at the State Tournament will be ROUND ROBIN.
 - a. Each team will play all other teams in their division at least once
- 2) Awards will be awarded based on points
 - a. 3 points will be awarded to a team for a win
 - b. 1 point will be awarded to a team for a tie
 - c. 0 points will be awarded to a team for a loss

XIII. TIEBREAKER FOR AWARDS

- 1) In the case that two teams end up with the same amount of points:
 - a. The team that won in the head-to-head match-up wins the tiebreaker.
 - b. In the case that the head-to-head match up was a tie, the differential between points scored and points scored against will determine the winner. *A cap of 5 points per game played will be used towards a team's total points to determine a winner to eliminate the incentive to run up the score during competition.*
- 2) In the event the teams are still in a tie situation, or more than two teams are tied with the same record, the team that scored more game points during the tournament wins the tiebreaker. *(Using the 5 points per game cap).*
- 3) If two or more teams scored the same amount of game points during the tournament, a penalty shot shoot-out will ensue. Each team will pick three (3) players (two athletes, one partner, if applicable) to shoot one (1) penalty shot each. The team with the most out of three will be declared the winner.
 - a. If after the three penalty shots teams are still tied, a sudden death, one-to-one format will be used. Each team must use all players on the team before beginning the order again. The first to be successful when the other team is not will be declared the winner.
- 4) All forfeits count as a loss and the winning team will record a winning score of 3-0. If a team that has a forfeit in their record is tied with another team(s) that team with the forfeit will automatically lose the tiebreaker.