



Intramural Sports Floor Hockey Rules

Last Updated: May 2022

GENERAL RULES:

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff)**. All expired memberships must be updated before the individual may play in any game.
2. Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
3. All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
4. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers, or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
5. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
6. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
7. National Federation of State High School Association rules apply except where NIU Intramural Sports has made adaptations.

The Game

1. All games shall be played on the date and hour scheduled.
2. The game shall be played between two teams of **five (5)** players, which includes a goalie. A team can play with a minimum of **four (4)** players. A team's roster shall have a maximum of **ten (10)** players.
3. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
4. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.

The Court

1. All games will be held in the Chick Evans Field House on the North and South Soccer Courts. *NIU OneCard* must be presented to gain access to the facility.
2. Limited space for spectators.

The Players

1. A team shall consist of five (5) players (four (4) field players and a goalie). Teams must have a minimum of three (3) field players and a goalie (four players all together) for the start and duration of the game.
2. Co-Rec acceptable combinations are, 3 men/2 women, 3 women/2 men, and 2 men/2 women on the court at all times.
3. **Captain** - A speaking captain must be designated for each team. He/she alone may appeal to the official, and then only on interpretations of the rules and player eligibility. Judgment calls may not be protested. Protests must be filled immediately with the on-duty supervisor.

Game Equipment - Required

1. Intramural Sports will provide sticks, pucks, and goalie equipment.
2. Players must use sticks, pucks and goalie equipment provided by Intramural Sports.
 - a. Players may **not** bring/use their own stick
3. All goalies must wear a full facemask or helmet with a cage, chest protector, a protective glove on their stick hand, a catching glove on their non-stick hand, and (baseball/softball) type leg guards/pads. Leg guards and chest protector must be covered by clothing to prevent damage to the floor. **Traditional Ice/Street Hockey equipment is not allowed.**

Game Equipment - Optional

1. It is strongly recommended that all players wear some type of protective eye guards.
2. It is strongly recommended that a mouth guard be worn by all players.
3. Players may wear non-ice hockey style protective shin guards and/or knee pads.
4. Players may wear protective gloves.
5. Players may wear non-ice hockey protective elbow pads.
6. It is strongly recommended that all players wear helmets approved for street or floor hockey.

Player Equipment

1. A player is required to wear a shirt, shorts/pants, and footwear (athletic attire). Footwear that is permitted must be made of canvas or soft-leather training or gymnastic shoes with rubber soles. SHIN GUARDS ARE STRONGLY RECOMMENDED.
2. Each player must also have a permanent number on their shirt (no tape). Failure to wear the similar color shirt or to have a number on the shirt will result in a player being ineligible to play.
3. Pants/short without pockets-**exception: pocketed pants for the goalie only!**
4. All jewelry must be removed before participating, including bracelets.
5. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
6. Players may not wear pads or braces above the waist and may not wear casts anywhere on the body.
7. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.

8. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.

Game Time

1. Games will consist of three 10-minute periods with a 2-minute intermission between each period.
2. The clock will run continuously unless stopped by an official.
3. Each team is allowed (1) one timeout per game. A team may call a timeout while in possession of the puck, or at a stoppage of play. An official time out may be called for an injured player or for other circumstances deemed appropriate by the officials.
4. In the last two (2) minutes of the third period, the time will be stopped for penalties and face-offs.

Substitutions

1. A legal "flying" substitution shall consist of the following:
2. The player entering the game shall only do so AFTER the player leaving the field is off and has entered their respective substitution zone.
3. The player entering the field of play CANNOT touch the puck before the departed player has entered their substitution zone.
4. The substitution is authorized by the official, i.e. injuries, blood, etc.

Playing the Puck

1. A faceoff is used: to begin each period, after each goal, an inadvertent whistle. Sticks must be on the floor for a faceoff.
2. Faceoff occurs when:
 - a) Start of a period
 - b) After a goal is scored
 - c) The puck is frozen between two players
 - d) The puck leaves the playing surface
 - e) A net is dislodged
 - f) The puck is frozen by the goalie
 - g) An injury occurs
 - h) A penalty or violation occurs
3. Offsides will only apply to face-offs. All players must be on their defensive side during the faceoff.
4. Absolutely no unnecessary body checking or contact will be tolerated.
5. There will be no "icing".
6. A hand may be used to knockdown an airborne puck. The puck must be dropped immediately to the ground, pass to their self.
7. It is illegal to hold the stick above a horizontal angle to the floor at any time.
8. The blade of the stick cannot be above the waist at any time, even on shot follow through.
9. The puck may be advanced by the blade of the stick or by kicking the puck. However, a goal may not be scored by kicking the puck directly into the opponent's net.

Goalie Play

1. The goalie (while in the crease) may use any means possible to stop the puck with their body, glove, or stick. This includes leaving their feet to play a puck.
2. Goalies may not throw equipment to stop the puck. If a goalie throws any piece of equipment to try to stop the puck, play will be stopped, and a **Goal** will be awarded to the opposing team.
3. Upon gaining control of the puck, the goalie has three (3) seconds to play the puck to the side or behind the net. If the goalie does not distribute the puck, a face-off will be called.
4. Goalies when clearing the puck **may not throw** it above waist height or throw it past the center line. However, goalies may shoot it with their stick across centerline.
5. The goalie may leave the crease at any time, however, once out of the goal area, they must follow all rules that apply to floor players.
6. Goalies must have two points of contact in the crease to have goalie rights
7. If a team wishes to pull their goalie and add a floor player, this team relinquishes all of their goalie rights. Defensive players may not enter the crease to stop a shot on goal or freeze the puck.
8. If the defensive player goes into the crease and plays the puck, the result shall be a **Goal**.
9. Goalies are subject to all penalties.
 - a. For minor penalties, the team may choose someone else to serve the penalty. That person must be the same gender as the goalie.
 - b. For major penalties, the goalie will have to serve the penalty. The team may elect to substitute a new goalie into the game.

Scoring

1. A goal is scored when the puck passes completely across the plane of the goal line.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in, the puck is batted by the hand, or an offensive player is in the crease, including on the follow through of a shot and the offensive player's feet.
4. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).

Mercy Rule

1. The game will be called if a team is up by seven (7) or more goals with only five (5) minutes to play.

The Game

1. Any game ending in a tie during league play will remain a tie.
2. During the playoffs teams will play a five (5) minute overtime period.
3. If the score is still tied, the deadlock will be broken by three (3) alternating penalty shots taken by three (3) different players from each team. Players taking the penalty shots must be on the court when the final buzzer rings from overtime. Whichever team is ahead after these shots will win the game.

4. If it is tied after the penalty shots, the two teams will choose different players, and will shoot by alternating teams until one misses and the other scores. Each team will receive the same amount of shots on goal. Once every member of a team has taken a penalty shot, that team can choose anyone to take the next shot.
5. In the Co-Rec game, the players taking penalty shots to determine the winner shall alternate female, male.

Penalties

1. Teams cannot play with fewer than three (3) players. If more than two (2) players are penalized during the same time, penalties shall be served in succession.
2. Minor penalties will expire if a goal is scored by the team playing with the advantage.
3. Minor penalties will not expire if a goal is scored by the offending team.
4. On a delayed penalty, if the attacking team scores, the penalty is nullified.
5. If teams are even strength with penalized players on a score, no one is released from the penalty.
6. If a player has been penalized for a five (5)-minute major penalty, that player WILL NOT be allowed to re-enter the game after the opposing team scores a goal. They can only reenter the game after the five (5) minutes has elapsed.
7. Penalties will not begin until the ball is dropped on the floor.
8. Penalty minutes will carry over into the next period.
9. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.
10. Player fouls shall be recorded as in the game of basketball. A player who receives four (4) fouls of any combination of Major/minor shall be disqualified from the remainder of the game. In addition, any player who receives two (2) major fouls shall be ejected.
11. Any player ejected from a game must make an appointment to discuss the situation with the Intramural Coordinator before they will be allowed to participate in any Intramural activity.

Player Misconduct

1. Misconduct penalties will result in a player ejection.
2. Misconduct penalties include:
 - a) Excessive use of profanity.
 - b) Extensive abuse of the facility and/or equipment.
 - c) Slashing.
 - d) Unnecessary rough play.
 - e) Fighting.
 - f) Deliberate roughing/checking.
 - g) Verbal or physical abuse towards an official, opponent, supervisor, or facility staff.
 - h) Any unsportsmanlike conduct that in the opinion of the official warrants an ejection.

Minor Foul

1. Result in a face-off from the face-off spot in the offending team's defensive zone. An If the non-fouling team retains possession and has a clear advantage, a play on signal will be given by the official

2. Minor fouls are:
 - a) Offside or interference on a faceoff.
 - b) Hand pass.
 - c) Goalie throwing puck past center line (may be shot with the stick) and/or throwing puck above waist height.
 - d) Player in the crease or breaking the plane of crease with the stick or body.
 - e) Body contact incidental or accidental body contact.
 - f) Goalie violation Playing puck forward, holding puck for more than three (3) seconds.
 - g) Illegal Use of Hands (Example: Grabbing the stick or jersey.)
 - h) Dangerous Play/Sliding: Playing the puck from your knees and sliding lead to dangerous play and shall be defined as dangerous play. This shall include a floor player leaving their feet in an attempt to stop a play or the puck.
 - i) High Sticking without contact
3. A player who continuously fouls, will receive a minor penalty.

Major Penalty

1. All major penalties will result in the player serving a five-minute (5) penalty.
2. Major penalty fouls include:
 - a) Tripping intentional tripping with the stick or any body part.
 - b) Elbowing use of the elbow to impede an opponent.
 - c) Throwing the stick intentional to gain an advantage, at an opponent or official, or in anger. Throwing the stick is a dangerous act that can cause serious injury. For this reason, when any player throws their stick (for any reason), the other team will receive an automatic Goal and that individual will be ejected from the game.
 - d) Hooking wrapping the stick around a player.
 - e) Checking/Roughness any unnecessary body contact.
 - f) Intentional holding of a player from scoring on a breakaway.
 - g) Intentional delay of game not applicable to the goalie 3second rule.
 - h) Spearing (stabbing at an opponent with the tip of the blade end of the stick)
 - i) Butt-Ending (stabbing at an opponent with the butt-end of the stick)
3. Fighting (automatic ejection)
4. Two major penalties result in an ejection.
5. If a player has been penalized for a five (5)-minute major penalty, that player WILL NOT be allowed to re-enter the game after the opposing team scores a goal.
6. Any player receiving two (2) major penalties in one game will be immediately ejected and must meet with the Assistant Director of Competitive Sports and Youth Programs, before they are eligible for play.

Minor Penalty

1. All roughing penalties will result in the player serving a two (2) minute penalty. Play will start with a faceoff at the offended team goal.
2. Minor penalties include:
 - a) Equipment abuse: any beating or bending of equipment.
 - b) NOTE: PLAYERS WILL BE HELD RESPONSIBLE TO PAY FOR DAMAGE TO EQUIPMENT NOT ASSOCIATED WITH THE NORMAL WEAR AND TEAR FROM PLAYING.

- c) High sticking: lifting the stick/stick blade above the waist on the back swing, the follow-through, or carrying the stick above the waist. **Contact has to be made and/or on a shot attempt for a penalty to be enforced.**
 - d) Habitual minor fouls.
 - e) Interference inhibiting the progress of an opponent who is not in possession of the puck, or knocks the stick out of the opponent's hand, or who prevents a player from regaining possession of a dropped stick.
 - f) Illegal substitutions.
 - g) Kicking or throwing the puck.
 - h) Goal crease violations.
 - i) Moving the net by defensive team with no shot at net (if intentional act with shot on goal, it will result in a penalty shot).
 - j) Contact with the goalie inside the crease whether accidental or not.
 - k) Playing with a Broken Stick: any player who continues to use a stick which is broken. When a stick breaks it should be dropped immediately, and should be removed from the playing surface at the next stop in play
3. During a Co-Rec game any minor penalty committed by a male against a female will result in a four (4) minute penalty.
 4. All minor penalties may be considered major if flagrant.
 5. There will be a face-off at the nearest spot.

Penalty Shot

1. A penalty shot will be given to a player if, in the official's judgment, the player had a clear opportunity to score a goal and was prevented from doing so by a penalty.
2. All players except the goalie and the player attempting the shot, must position themselves on the other half of the court.
3. The ball shall be placed at the center circle.
4. The shooter is permitted one attack on the goalie. Once a shot is attempted, or the goalie takes control of the ball, play is halted. (The player is allowed only one shot on goal.)
5. If the shooter stops his/her progress towards the goal without taking a shot, play is halted. (A face-off will occur.)
6. After the shot, a face-off will occur at the center face-off spot whether or not a goal is scored.

Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.

5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism, and a sincere interest in intramural sports.

4 - Excellent - Players and spectators were positive throughout the game and completely respectful towards the supervisors, officials and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward Intramural Staff and opponents at the end of the game.

3 - Average - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pre game captains meetings. All complaints or concerns are filtered through captain to voice to Intramural Staff.

2 - Below Average - Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a "3" rating.

1 - Poor - Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a "2" rating.

0 - Extremely Poor - Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing

team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a "1"