

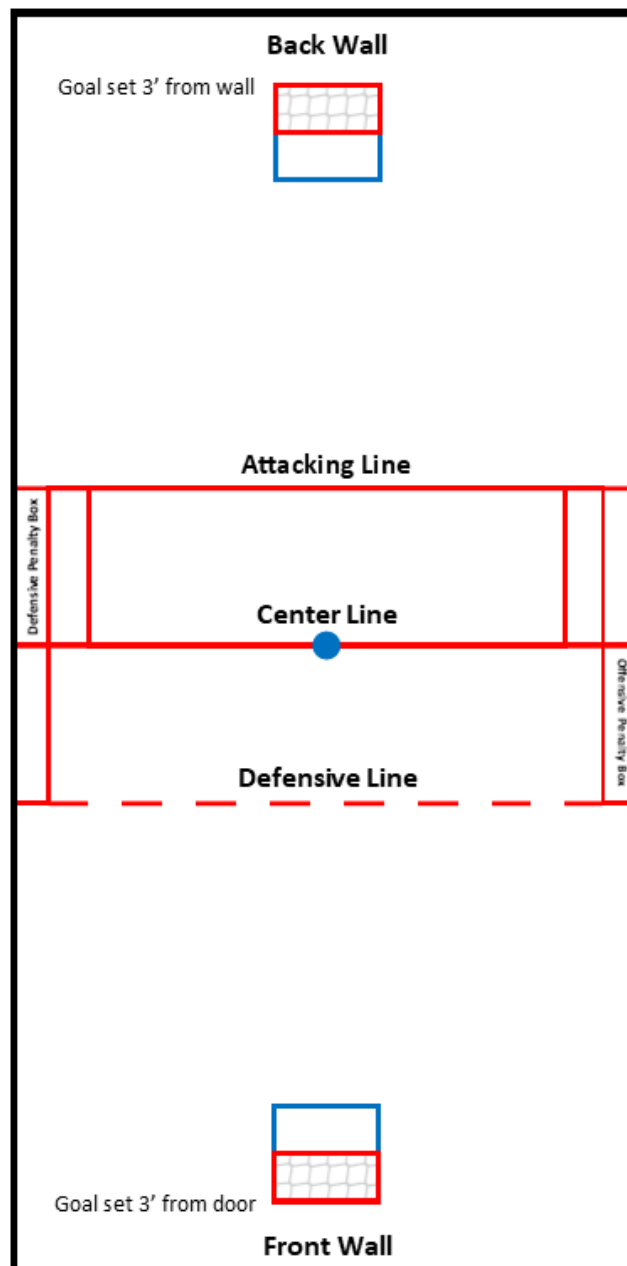
3v3 Floor Hockey Rules

Overview

Intramural floor hockey is a non-contact sport. Incidental contact is permitted, but excessive or intentional contact will be penalized.

Playing Surface

- All games will be played in a racquetball court in the Bast Center
- The size of the court is 40 feet x 20 feet and use a combination of racquetball lines and taped lines:
 - The center line will divide the court
 - Every faceoff will take place at center court
 - The other lines will mark the attacking and defensive lines
 - Each team will have a penalty box on their right side. If a 2nd player is penalized, he or she will serve time on the opposite side.
 - A goal crease will be placed in front of each goal



Equipment

- The intramural program will provide reversible pinnies, protective eyewear, floor hockey sticks and balls, goals, and scoreboards
- All players on the same team must wear matching color pinnies with different numbers
- All players on the same team must have matching stick colors that differ from their opponents
- Denim or pants with belt loops are prohibited
- All players are required to wear athletic sneakers (no sandals or bare feet)
- Players may not wear headwear that is hard, unyielding, stiff material, including billed hats, or items containing exposed knots (ex. bandanas, skull caps). Players are permitted to wear sweatbands, as long as they are located around the forehead or wrist. Sweatbands worn around the neck are prohibited.
- Wearing jewelry (rings, necklaces, earrings, etc.) is prohibited while playing
- It is strongly suggested that players wear the provided hockey goggles for eye protection.
- Mouth guards and shin guards are recommended. If soccer shin guards are worn, they must be covered by long socks.

Team Roster

- Games are played 3v3
 - Minimum of 2 players to play
 - Maximum of 5 players on the official roster
- It is illegal to have more than 3 players on the court at one time
 - The game will be stopped until additional players have left the court
 - Refusing to do so will result in a penalty shot
- There is no penalty for having less than 3 players
- Co-Rec Modifications:
 - There must be at least 1 woman on the court at all times
 - The man-to-woman ratio can be no greater than 2:1
 - The number of men on the court can never exceed the number of women by greater than 1

Substitutions

- Teams cannot substitute “on the fly” and may only substitute between goals or during some other stoppage in play
- Reserve players must remain in the hallway with the door closed
- The team(s) making a substitution must declare their intent to do so and receive acknowledgement from the referee
- The player being substituted must come off the court when their replacement coming on
- Penalized players may not be substituted until the penalty has been served unless the player was also ejected

Timing

- Teams must be ready to play within 10 minutes of their scheduled game time. Teams not ready by this time will get a “No-Show” forfeit loss.
- All players must sign-in with the scorekeeper before each game with their Maroon Card
- A game shall consist of three 10-minute periods
 - The time will be kept by the scorekeeper
 - Teams will switch sides after each period
- Intermissions between periods shall be 3 minutes in length
- Each team is allowed one 30-second timeout during the game
 - The timeout can only be taken when in clear and obvious possession of the ball
 - Play will be resumed by the offense at the center line with an uncontested faceoff
 - A penalty shot will be awarded if a team requests a timeout beyond their allotment or at an inopportune time (not in possession)
- Except for timeouts, the clock will run continuously until the last 2 minutes of each period. During the last 2 minutes, the clock will stop for violations, penalties, and made goals. The clock will restart upon the faceoff

Faceoff

- A faceoff will begin each period and follow all goals scored
- Procedure:
 - The ball must be stationary on the center line
 - Two opposing players must tap sticks three times above the ball before attempting to play it
 - Until the ball is played, one player on each team must remain behind their own defensive line while the third player can be anywhere behind the center line
- Uncontested Faceoff:
 - The ball must be stationary on the center line
 - One offensive player approaches the ball and can resume play on the referee’s ready whistle
 - The offense must have one player behind their own defensive line while the third player can be anywhere behind the center line
 - The defense must have all players behind their defensive line until the ball is played

Violations

- For violations, the offended team will get the ball at the center line and can resume play with an uncontested faceoff
- List of violations:
 - Crease Violation: occurs when an offensive player physically enters into his or her opponent’s goal crease. Sticks, however, are allowed in the goal crease.
 - If a goal is scored but a violation occurred by the offense, the goal shall be disallowed
 - Hand Pass: advancing or passing the ball by using the hands
 - High Sticking: raising the blade of the stick above the knees when not in the vicinity of other players
 - Offside: Each team must have at least one player behind their attacking line at all times. A violation occurs if all three players are forward of their attacking line. There is no “icing” in intramural floor hockey.
 - Stalling/Delaying: no player shall deliberately hold or freeze the ball against a wall with a stick or foot without attempting to advance the ball

Penalties

- Minor
 - Results in the loss of the offending player for 1 minute during which time the player must stay in the penalty box
 - If the other team scores before the penalty is over, the penalized player is released early
 - List of minor penalties:
 - Crease Penalty: occurs when a defensive player physically enters into his or her own team's goal crease while the opposing team is in possession. Sticks, however, are allowed in the goal crease.
 - A penalty shot is awarded if done to prevent a goal-scoring opportunity
 - Dangerous Play: intentionally sliding or playing the ball from the ground
 - Delay of Game: deliberately displacing the net
 - A penalty shot is awarded if done to prevent a goal-scoring opportunity
 - High Sticking: raising the stick above the knees in a way that endangers nearby players
 - Holding: holding or grabbing an opponent to restrict his/her ability to play
 - Hooking: impeding the progress of an opponent by "hooking" him/her with the stick
 - Interference: using contact to stop or slow down an opponent who is not in possession of the ball
 - Roughing: making unnecessary and/or excessive contact with an opponent
- Major
 - Results in the loss of the offending player for 3 minutes during which time the player must stay in the penalty box
 - The offending player must remain in the penalty box for the entire time, regardless of how many goals are scored by the opposing team
 - List of major penalties:
 - Boarding: any illegal action that causes a player to be thrown into the boards
 - Butt-ending: jabbing an opponent with the shaft of the stick
 - Checking: pushing, shoving, or using the body to deliver a check to an opponent
 - Elbowing: using elbow(s) in a forceful way that initiates excessive contact
 - Kneeing: leading with or extending the knee outwards for the purpose of making or attempting to make contact
 - Slashing: hitting an opponent with the stick that may either impede progress or cause injury
 - Spearing: Jabbing an opponent with the blade of the stick
 - Tripping: using the stick or leg to cause an opponent to stumble and/or fall
 - Any minor penalty deemed to be deliberate
- Unsportsmanlike Conduct
 - Results in the offending player being substituted
 - The team may substitute a player, but he or she must serve the 3-minute penalty in the box and remain there regardless of how many goals are scored by the opposing team
 - The offending player must remain out until the penalty has been served in its entirety
 - List of unsportsmanlike conduct penalties:
 - Using abusive language
 - Disparaging the referee's ruling
 - Intentionally disrupting the game
 - Anything else deemed unsportsmanlike by the referee

- Game Misconduct
 - Results in the offending player being ejected
 - The team may substitute a player, but he or she must serve the 5-minute penalty in the box and remain there regardless of how many goals are scored by the opposing team
 - List of misconduct penalties:
 - Fighting
 - Deliberately attempting to injure an opponent
 - Game misconduct penalties may also result in referral to Student Conduct

Penalty Enforcement

- The offending player will serve time in the penalty box except for a misconduct penalty
- Penalty Durations:
 - 1 minute: Minor Penalty
 - 3 minutes: Major Penalty
 - 3 minutes: Unsportsmanlike Conduct (penalized player substituted; served by a teammate)
 - 5 minutes: Game Misconduct (penalized player ejected; served by a teammate)
- If a penalty occurs but the offended team still has possession, stoppage of play will be delayed until the offending team next touches the ball

Penalty Box Rules

- A player in the penalty box cannot step outside of the box but may play the ball as long as their stick will reach. However, a player in the penalty box is not eligible to score a goal.
- Any fouls committed by a player in the penalty box will tack on additional time
- If a 2nd player on the same team is penalized, he/she will serve time on the opposite side of the court
- All penalties will carry over to the next period if the penalty time has not expired before its end

Penalty Shots

- A penalty shot is awarded when a defender attempts to prevent a goal-scoring opportunity by:
 - Committing any penalty from behind when an offensive player is on a breakaway
 - Intentionally stepping into the goal crease
 - Deliberately displacing the goal
 - Throwing his or her stick in the direction of the ball or goal
- This is given in lieu of a power play
- A penalty shot shall be conducted as follows:
 - Any player on the offended team may take the penalty shot
 - The ball shall be placed on the offensive team's attacking line, must be stationary, and then shot from the spot
 - The shot taker gets one strike on the ball and cannot touch the ball more than once
 - Other than 1 defender, all other players must remain behind the shooting team's defensive line
 - One defensive player can stand by the net, outside of the goal crease, and place their stick in front of the goal. The player is allowed to move their stick to defend against the shot attempt.
 - If the defender enters the crease but the shot is made, the goal will be counted and a faceoff will follow
 - If the defender enters the crease and the shot is missed, another penalty shot will be awarded
 - After the shot, play is resumed by a faceoff at the center line whether a goal was scored or not

Ejections

- A player is ejected for accumulating any of the following:
 - 5 total penalties
 - 3 major penalties
 - 2 unsportsmanlike conducts
 - 1 game misconduct
- If a penalized player is ejected, a teammate may sub in to serve his or her time in the penalty box unless team only has two remaining players

Scoring

- The official score will be kept by the scorekeeper
- A goal shall be scored when the entire ball has completely crossed the goal line before time expires
- All made goals are worth 1 point
- Mercy Rule:
 - 15 points with 5 minutes remaining
 - 10 points with 2 minutes remaining
- The scored ball may deflect off a player, a piece of equipment, or the wall but cannot be deliberately kicked, thrown, or diverted into the goal by any means other than the stick
- A goal will be disallowed when:
 - The goal resulted from a high stick
 - The ball was illegally played by the hands or feet
 - The offensive team commits a crease violation
 - A penalized offensive player was the last to touch the ball
 - Play is whistled dead prior to the ball crossing the goal line

Ties and Overtime

- Regular season games can and will end in a tie
- For playoff games, the following overtime protocol will be in effect:
 - A 5-minute overtime period will be played
 - Teams will defend the same goal as in the 3rd period
 - The clock will stop for violations and penalties under 2 minutes
 - The first team to score a goal in overtime will win the game
 - If still tied after the overtime period, the two teams will compete in a shootout
- Shootout Procedure
 - Rock-Paper-Scissors will decide shooting order. The winner will get to choose whether his or her team will shoot first or second for every round.
 - Each team will identify 3 players to compete, then the teams will alternate taking penalty shots
 - A team with more goals after 3 rounds or amassing an unreachable margin is the winner
 - If the shootout is tied after 3 rounds, tiebreaker rounds are played until there is a winner
 - The team and player shooting order is the same for subsequent tiebreaker rounds
 - Each tiebreaker round consists of 1 player shooting from each team
 - The first team to score while preventing their opponent from scoring will be the winner