W ESTERN WASHINGTON U NIVERSITY INTRAMURAL SPORTS  
FLOOR HOCKEY RULES AND REGULATIONS

All participants must read the Intramural Handbook and sign a Holds Harmless Agreement before participating. Both of these can be found on our website: www.wwu.edu/campusrec.

I. GAME, FIELD, PLAYERS, AND EQUIPMENT
   A. The Playing Field
      1. All floor hockey games shall be play on the MAC court in Wade King Student Recreation Center
   B. Equipment
      1. A regulation ball shall be used as provided by the Campus Recreation Office or another ball may be used if mutually agreed upon by both teams, and the referee. The referee shall approve the game ball(s).
      2. Teams will be furnished with sticks, including a goalie stick, and plastic puck. ONLY INTRAMURAL EQUIPMENT CAN BE USED.
      3. Goalies are required to wear a face and head helmet, leg guards and PANTS of some kind covering the legs. An optional piece of equipment is a chest protector and baseball glove, which is worn on the opposite of the stick hand
      4. Players can wear mittens or work gloves for hand protection. Players may also wear mouth guards, shin guards, kneepads, or protective eye guards.
      5. Equipment representing possible hazards to participants will not be permitted. No hats, jewelry, exposed metal or hard unyielding plastic on braces, casts, etc. will be allowed. THIS INCLUDES ALL EARRINGS.
      6. Players must wear athletic type shoes that cover the foot completely. Sandals, boots, and open toe shoes are NOT allowed. Sports cleats are limited to studs with projections which do not exceed ½ inch in length and are made with nonabrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. The officials and supervisors on duty have the authority to disallow any shoe, which they feel would endanger the person wearing the shoe or his/her opponents. No protest regarding shoes will be accepted by the Intramural Staff.
   C. Players/Game
      1. A full team shall consist of five players (4 field players and goalie). A team must start and finish the game with at least three players.
      2. If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the game is declared a forfeit.
      3. Games consist of two 18-minute halves (4 minute half time). Officials will keep the time on the field.
      4. Each team will be allowed (1) one time-out per period, (1) one minute in duration. A team may call a time-out while in possession of the puck, or at a stoppage (other than an indirect shot).
      5. All games tied in the regular season will be scored as a tied game. In playoffs, a (5) five-minute sudden death period will be played. If the game is still tied, each team will take (4) four alternating penalty shots, using the offensive players and goalie on the floor at the end of regulation play. If it is still tied penalty shots will continue. At this point the penalty shots will be sudden death (if one team makes their shot and the other misses, that team is the winner).
      6. Mercy Rule--If one team is ahead by 10 goals at half time or anytime in the second half, the game will be called and that team declared the winner.
      7. Varsity/Club Sport Players: Only one (1) ex-Varsity and one (1) Sport Club member (current or former) can be on a team’s roster. Varsity players must sit one full calendar year from the last time they were listed on the team’s roster before they are eligible to participate in Intramural Sports.
      8. Any player visibly bleeding must leave the field and may return with the referee’s permission after the wound is cleaned and bandaged; clothing must be changed if blood is visible/present before player may reenter the match.
   D. The Game Procedures
      1. General Play
         (a) Absolutely no body checking or contact will be tolerated.
There will be no icing

A face off is used to begin each period, after each goal, after an inadvertent whistle, when the official cannot determine which team caused the puck to go out of bounds, when both teams commit a penalty violation, when the play is blown dead because the net is out of place, if the puck is tied up in a corner or along the walls

Off-sides will only apply to face-offs. All players must be on their defensive side of the face-off

The puck may be advanced using one’s stick. Incidental advancement with the foot will be allowed. Intentional foot contact will result in opponents receiving possession. Play cannot begin with the kick of the puck. A goal however, may not come as the direct result of a kicked puck. It is illegal to step on or trap the puck in any way

It is illegal for non-goalies to intentionally leave one’s feet or drop to one’s knees in order to stop a puck. It is also illegal to hold the stick horizontal to the floor at anytime

The hands may be used to catch an airborne puck, which must be dropped immediately with no advancement

2. Substitutions

(a) Teams are allowed free substitution with the players on the floor. When the puck is alive (in play) substitutions are not required to be at the team box, but the players coming off the court must be completely off before the new players can enter. Goalies are only allowed to change between each half, or for an injury

3. Goals

(a) A goal is scored when the entire puck is wholly across the goal line and is verified by an official

(b) Goals may be scored from anywhere

(c) Goals will not count if a stick blade is above the waist level) on the back swing or follow through), is kicked in, the puck is batted by the hand, or the offensive player is in the crease

(d) An automatic goal will be awarded if a defensive player throws a stick or enters the crease to prevent the puck from entering the net

(e) 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)

4. Penalty Shots

(a) A penalty shot will be awarded to a player who, in the official’s judgment, had a clear opportunity to shoot on a goal and was prevented from doing so by an opponent tripping, holding, etc. A goal will be awarded if a player stops a clear opportunity to score a goal by throwing his/her stick entering the crease

(b) All players except the goalie and player attempting the shot will move to the opposite half of the floor.

(c) The shooting player will place the puck anywhere on the penalty shot line. The shooter will be permitted 1 shot on goal (One continuous motion) without an attack on the goalie. No fake shots. The shot must be taken within 5 seconds following the officials whistle. Any violation by the shooter will result in an indirect shot for the defensive team.

(d) The goalie must be stationary inside their crease with both feet on the goal line until the puck is played. If the goalie is kneeling, toes must be on the line.

(e) If the shot is missed it will be an indirect shot for defensive team at the side of the net. If the shot is made, a face off will occur at center court.

5. Face Off

(a) Players facing off will stand squarely facing their opponent’s end of the floor with their stick blades on the floor and vertically parallel to each other

(b) Face offs are started by having the official drop the puck on the floor. No movement is allowed until the puck is dropped

(c) The players not involved in the face off have to be at least 10 feet away from the face off on their defensive side
6. Player/Team Conduct
   (a) Game misconduct violation will result in player being ejected, and the team playing down a player for 5 minutes
   (b) Major penalties will result in 5 minute penalty
   (c) Minor penalties will result in 2 minute penalty
   (d) Minor fouls will result in loss of possession.
   (e) Only minor penalties will expire if a goal is scored by the team playing with the advantage. Penalty minutes will carry over into the next period. If (2) two or more players are penalized only (1) one player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return
   (f) Any incident involving more than (1) one player from each team will result in the game being called, i.e. team fights, players leaving the team boxes, etc.

7. Game Misconduct/Red Card
   (a) All game misconduct penalties/red cards will result in an immediate ejection of the player and the team must play short-handed for five minutes or the remainder of the period. Play will start with an indirect shot awarded to the offended team
   (b) Game misconduct penalties are:
      a. Fighting
      b. Deliberate roughing or checking
      c. Cross checking (checking players with the stick from behind)
      d. Attempting to injure an opposing player
      e. Verbal or physical abuse towards an official, opponent, or spectator.
      f. Any unsportsmanlike conduct that in the opinion of the official warrants an ejection. This will include any player who leaves the team box and displays unsportsmanlike conduct. Only the designated captain has the right to leave the box to speak with an official.
      g. Slashing or spearing, using the stick to strike or attempt to strike, or stabbing with either end of the stick.
   (c) Any unsportsmanlike conduct that in the opinion of the official warrants an ejection. This will include any player who leaves the team box and displays unsportsmanlike conduct. Only the designated captain has the right to leave the box to speak with an official.
   (d) Slashing or spearing, using the stick to strike or attempt to strike, or stabbing with either end of the stick

8. Major Penalties/Yellow Card
   (a) All major penalties/yellow cards will result in a 5-minute penalty regardless of the number of goals scored against them. Play will start with an indirect shot awarded to the team.
   (b) Two major penalties/yellow cards will result in an ejection from the contest
   (c) All major penalties may be considered game misconduct penalties/red card if flagrant
   (d) Major penalties are:
      a. Tripping-with stick or body
      b. Elbowing-use of the elbow to impede an opponent
      c. Checking-intentional hitting of another player against a wall or anywhere in the playing area (includes all unnecessary body contact).
      d. Throwing the stick--intentional throwing of the stick in an effort to gain an advantage.
      e. Hooking-wrapping the stick around a player.
      f. Habitual minor penalties
      g. Verbal abuse toward an official, opponent or spectator
      h. Failure of goalie to wear required equipment when assuming position as goalie
      i. Delay of game--includes players who intentionally knock or shoot the puck out of play or out of reach of the official who is retrieving it. Does not include goalie five-second rule.

9. Minor Penalties
   (a) All minor penalties will result in the player serving a (2) two-minute penalty. The penalty will expire if the team playing with an advantage scores. Play will start with an indirect shot awarded to the offended team.
(b) All minor penalties may be considered major if flagrant.
(c) Minor Penalties are:
   a. Equipment abuse—any beating or bending of equipment. NOTE: PLAYERS CAN BE HELD RESPONSIBLE TO PAY FOR DAMAGE TO EQUIPMENT NOT ASSOCIATED WITH THE NORMAL WEAR AND TEAR FROM PLAYING.
   b. High sticking—above the waist (on the shot or in traffic).
   c. Holding
   d. Habitual minor fouls
   e. Goalie leaving their feet outside of their crease
   f. Illegal substitution—too many players on the court (all players not playing must be in the team box).
   g. Interference—inhaling the progress of an opponent who is not in possession of the puck, knocks the stick out of the opponent's hand, or who prevents a player from regaining possession of a dropped stick (does include minor contact).
   h. Goalie who participates in the play past the center line.
   i. Contact with the goalie inside of the crease whether accidental or not.
   j. Dangerous play/out of control playing in a manner deemed by the official to be dangerous to themselves or others.
   k. Stick interference—intentionally playing the stick from behind and not the puck.
   l. Delay of game—includes when the goalie is not ready to play at game time or immediately.

10. Minor Fouls
   (a) All minor fouls result in loss of puck or team possession and an indirect shot at the point of infraction. If the non-fouling team retains possession and has a clear advantage, a play on signal will be given by the official.
   (b) A player who continuously fouls will receive a minor penalty.
   (c) Minor fouls are:
       a. Off-sides or interference on a face off
       b. Hand pass
       c. Goalie throwing the puck past the center line (may be shot with a stick) and/or throwing the puck above waist height.
       d. Player increase or breaking the plane of crease with the stick or body. When the offensive team violates their rule, the official shall stop play immediately and award the indirect shot. When the defensive team violates this rule, the official will blow the whistle and award the indirect shot only when the puck has come into possession of an opposing player.
       e. When the puck passes into one of the team boxes or the penalty box. (If the official is not sure who caused the puck to enter the out of play areas it will result in a face off).
       f. High sticking—above the waist (on an open shot or just carrying the stick down the floor).
       g. Body contact—intentional or accidental body contact. Includes moving backwards into an opponent while carrying the puck. If contact initiated by both players it will result in a face-off.
       h. Puck hit out of play
       i. Stepping on or trapping the puck
       j. Offensive or defensive player dropping to their knees to play the puck
       k. Offensive or defensive player holding their stick horizontal to the floor.
       l. For non-goalties who intentionally leave their feet or drop to their knees in order to stop a puck.
       m. Goalie may not freeze the puck out of their crease. However, goalies may cover up the puck by reaching outside of their crease and immediately bringing it back into the crease.
11. Goalies
   (a) No players except the player designated as the goalie are allowed in the crease.
   (b) When the goalie catches the puck, the puck can not be held for more than 5 seconds before putting it back into play. If the puck is held longer than 5 seconds, it will result in a minor foul
   (c) Goalies can freeze the puck only while inside their crease. Goalies may not step outside their crease while holding the puck
   (d) Teams may pull the goalie at anytime for another player on the floor, but the designated goalie must come completely off the court before “extra” player may enter
   (e) Goalies are subject to all penalties. If a penalty is committed by the goalie, the penalty will be served by a teammate (the teammate must be on the floor at the time of the violation). The goalies team will play shorthanded in accordance with the rules
   (f) The goalie 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
   (g) Goalies are required to wear the same penny color as the rest of their team

12. Co-Rec Modifications
   (a) In CoRec, the number of male and female players cannot differ by more than 1.
   (b) If there are only 4 players on the floor (excluding the goalie) it has to be 2 males and 2 females
   (c) If there are only 3 players on the floor (excluding the goalie), there has to be at least 1 male and 1 female

13. Sportsmanship Rating
   (a) Teams receiving two (2) unacceptable sportsmanship ratings during the season will automatically be dropped from any further competition.
   (b) Any team that receives an unacceptable rating is suspended from any further games until they have met with the intramural coordinator
   (c) Any ejected player must meet with the Intramural Coordinator before that person can participate in any future intramural event/sport.
   (d) If an ejected participant or suspended team plays in any future intramural event/sport before meeting with Intramural Coordinator that game will result in an automatic forfeit.
   (e) It is the individual or captains responsibility to make contact with the intramural coordinator within 14 days of ejection or unacceptable sportsmanship rating, to have continued participation in intramural events/sports. Intramural Coordinator contact: Amy Cornish 360-650-7261, Amy.Cornish@wwu.edu

14. Playoffs
   (a) To compete in playoffs, an individual must be on the roster (via IMleagues) the day before playoffs is scheduled to start.
   (b) Participants must be at championship game to receive the intramural championship tee.
   (c) Playoff brackets will be posted on IMLeagues (www.IMLeagues.com/wwu) following the end of regular season play.
   (d) During playoffs, a team that receives an unacceptable sportsmanship rating will be suspended and removed from the tournament/playoffs.

*Rules not outlined in this sheet will follow the National Federation of State High School Association Rules
**For other policies regarding sportsmanship ratings, forfeits, protests, eligibility, inclement weather, defaults etc, please review the intramural handbook which can be found online at (www.wwu.edu/campusrec)