



## **INTRAMURAL FLOOR HOCKEY RULES AND REGULATIONS**

***INTRAMURAL FLOOR HOCKEY WILL BE PLAYED UNDER the NIRSA FLOOR HOCKEY CURRENT RULES, WITH THE FOLLOWING EXCEPTIONS AND/OR AMENDMENTS***

### **TEAM CAPTAIN S MEETING**

- Attendance at the team captain s meeting is MANDATORY. Any team not represented at this meeting will not be included in the league, unless the captain is able to come to the University Recreation Office and listen to an audiotape of the captain s meeting.

### **SCHEDULES**

- Schedules can be picked up immediately after the captain s meeting or after listening to the audio tape during office hours (7:45 a.m. — 4:30 p.m.) at the University Recreation Office.

### **GENERAL PROCEDURES**

1. All intramural participants must be registered with the UW-EC, and have a roster on hand with the University Recreation Department, or is a faculty/staff member affiliated with UW-EC.
2. All team sports will follow an unlimited roster policy. New players can come to the competition and be added to your roster as long as they have their UWEC Blugold I.D.
3. To be eligible for the playoffs, a player must have played at least one regular season game for that team.
4. The regular season of all competitive leagues will be followed by a single elimination playoff tournament when time permits.
5. Abusive, derogatory, and demeaning comments & gestures will NOT be tolerated in Intramural Sports. Violators will face suspension or expulsion from the program. Serious incidents or repeated abuses will be subject to sanctions under the UWEC Code of Conduct.

### **GAME RULES**

1. Teams consist of five players (4 plus a goalie). In Co-Rec play, teams consist of two men and two women plus a goalie. Co-Rec teams may play with a gender difference of one but may not play with more men than women. The minimum number of players to begin a game is three.
2. Games consist of two twenty-minute halves with running time. The clock will stop only for official time-outs.
3. In games tied at the end of regulation play, a five-minute sudden death overtime period will be played. During regular season play, if the game is still tied at the end of overtime, it will remain a tie. During playoffs, additional overtime periods will be played until a winner is determined.
4. Start of Game: A face-off will be used to begin each half and after each goal. Players must be on-side in their half of the floor.

### **SCORING**

- a. Each goal scored counts as one point. In Co-Rec play, if a female scores, the goal counts as two points.
- b. The puck may deflect off a player or equipment but may not be kicked, thrown, or deliberately directed into the goal by any other means than the stick.
- c. Under no circumstances may a goal be scored when there is an infraction by the offensive team.
- d. A goal scored from a high stick is not allowed.
- e. A goal is scored if a defending player puts the puck into the goal in any way.
- f. Offense may not be in the free throw lane for more than three seconds

Penalty: indirect free hit

#### **STICK HANDLING:**

**THE BLADE OF THE STICK MUST REMAIN BELOW THE WAIST AT ALL TIMES!!!**

**Slap shots:** The forward or backward arc must be kept below the waist.

**Penalty:** two minute minor for High Sticking

#### **FOULS AND PENALTIES**

**Minor Penalty:** two minutes

For a minor penalty on any player, other than the goalie, the player shall be ruled off the floor for two minutes during which time no substitute will be permitted for that player. While a team is shorthanded by one or more minor penalties and the opposing team scores, the first of such penalties shall automatically terminate.

**Major Penalty:** five minutes

For a major penalty on any player, other than the goalie, the player shall be ruled off the floor for five minutes and will not return regardless of goals scored. Many of the normal minor penalties may become major penalties based on the severity of the foul in the judgment of the official.

#### **DESCRIPTION OF PENALTIES:**

##### **Delay of Game**

1. Falling on the puck — a minor penalty shall be imposed on the player other than the goalkeeper who deliberately falls on or gathers a puck into his/her body. NOTE: Any player, who drops to his/her knees to block shots should not be penalized if the puck is shot under them or becomes lodged in their clothing or equipment. Any use of the hands to make the puck unplayable should be penalized promptly. A player may use their hands to catch the puck above their head, however, they must immediately drop the puck to the ground and they may not move the puck forward or backward with their hands.
2. A minor penalty shall be imposed on a goalkeeper who (when his/her body is entirely outside the boundaries of his/her own crease line) deliberately falls on or gathers the puck into his/her body, which is not a shot on goal.
3. A minor penalty shall be imposed on any players (including goalkeeper) who delays the game by deliberately displacing a goal post from its normal position. The referee shall stop play immediately when a goal post has been displaced.
4. A minor penalty shall be imposed on any player including the goalkeeper who holds or freezes the puck with his/her stick, feet, or body along the boards in such a manner as to cause a stoppage of play unless he/she is actually being checked by an opponent.

##### **Elbowing and Kneeing**

A minor or major penalty shall be imposed on any player who uses his elbow or knee in such a manner to injure or interfere with an opponent.

##### **Slashing**

1. A minor or major penalty, at the discretion of the referee, shall be imposed on any player who impedes or seeks to impede the progress of an opponent by slashing with the stick. Flagrant slashing would warrant a major penalty.
2. Any player who swings his/her stick at another player in the course of any altercation shall be ejected from the game and possibly the season.



### **Spearing**

A minor major penalty, at the discretion of the referee, shall be imposed on any player who spears or attempts to spear an opponent.

NOTE: Spearing shall mean stabbing at an opponent with the point of the stick blade while the stick is being carried with one hand or both hands.

### **Tripping**

A minor or major penalty shall be imposed on any player who shall place his/her stick, knee, foot, arm, hand, or elbow in such a manner that it shall cause an opponent to trip or fall. NOTE: If in the opinion of the referee a player is unquestionably hook-checking the puck and obtains possession of it, thereby tripping the puck carrier, no penalty shall be imposed.

### **Hooking**

A minor or major penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his stick.

### **Interference**

A minor or major penalty shall be imposed when:

1. A player interferes with or impedes the progress of an opponent who is not in the possession of the puck.
2. A player who deliberately knocks a stick out of an opponent's hand.
3. A player prevents an opponent from regaining his/her stick once it has been dropped.
4. A player throws the stick or broken stick towards an opposing puck carrier in a manner that would distract the carrier.
5. A player intentionally trips or otherwise fouls from behind thus preventing a reasonable scoring opportunity. The violating player shall be automatically ejected with a designated player from the floor serving a five-minute major penalty. There are no penalty shots.

### **Holding**

A minor or major penalty shall be imposed on any player who holds an opponent with hands or stick in any other manner.

### **Butt Ending and cross-checking**

A minor or major penalty shall be imposed on a player who cross checks or butt ends or attempts to butt end an opponent. NOTE: Attempts to butt end shall include all cases where a butt end gesture is made regardless whether body contact is made or not.

### **Charging**

A minor or major penalty shall be imposed on any player who runs or jumps into or charges an opponent (referee's discretion on minor or major).

### **High Sticking**

1. The carrying of the stick above the normal standing height of the waist is prohibited, and a minor penalty shall be imposed.
2. A minor penalty will occur if a stick rises above the waist level during the process of a shot, including the follow through. If a goal is scored, the goal will be disallowed.



## **Roughing**

1. Any type of unnecessary contact will be considered roughing.
2. Players must play the puck with the stick at all times. Using the body to gain an advantage, or playing against an opponent's body and not the puck, is not permitted and is considered roughing.
3. A minor or major penalty may be imposed.

## **INDIRECT FREE HITS**

An indirect free hit will result when:

1. the goalkeeper throws the puck past half court
2. any player intentionally kicks the puck
3. a player enters the goal box
4. the goalkeeper holds the puck longer than three seconds

## **GOALIE LIMITATIONS AND PRIVILEGES**

1. goalie cannot throw the puck in a forward direction or beyond the half-court line
2. goalie may not maintain possession of the puck for more than three seconds
3. the goalie may use any part of the body to stop the puck
4. any time the goalie leaves his/her box, they follow rules of other players. Player covering goalie area does not have goalie privileges unless they have informed the referee of the change.

## **The following actions will result in automatic ejection from the game:**

1. continuous unnecessary roughness
2. hitting or shoving officials
3. bending of the blade (Dime Rule)
4. any other unsportsmanlike conduct in the opinion of the officials
5. players using sticks other than those approved by University Recreation

## **MERCY RULE**

The game will be called if a team is ahead by 7 or more goals with only five minutes to play.

## **SPORTSMANSHIP**

1. Team managers are responsible for the eligibility and conduct of all their players. Referees are instructed to speak with **team captains only!** The Referee may eject players who choose to ignore this rule.
2. The Referee may forfeit the game if physically or verbally abused by any team member or spectator.
3. If a player is ejected from a contest for any reason, the official and/or supervisor will document the reason for ejection on a daily report. Once on report, a player must meet with an Intramural Director before being reinstated for competition.

## **EQUIPMENT**

1. A team may wear apparel of their choice. However, shoes and shirts must be worn at all times.
2. **NO JEWELRY** of any kind is permitted while participating in any Intramural activity. Failure to remove jewelry will result in ejection from the contest. Any exposed piercing must be taped.

## **FORFEITS**

1. Captains of any team forfeiting a contest must stop by the UR Office, in person by 4:30 p.m. of the next business day to re-enter their team. Failure to do this will result in the team being dropped from further competition. Any team forfeiting a game will not be eligible for post-season play.
2. Any team forfeiting two games will be automatically dropped from competition. Any team may be charged with a forfeit for unsportsmanlike conduct.

## **DEFAULTS**

1. A team unable to attend a game may default their contest, if this is done twenty-four (24) hours in advance of the scheduled game time. Sunday games must be defaulted by Friday noon. A default will result in a loss by the defaulting team, and will have no effect on playoff eligibility.