

FLOOR HOCKEY RULES

The following rules were designed for the GHS Floor Hockey unit. Remember, different leagues may and will adapt the rules as they please.

GENERAL RULES:

1. A team shall consist of 3 offensive and 3 defensive players plus a goalie
2. The game shall consist of two 15-minute halves.
3. There will be no timeouts except for injuries. The game clock will not stop except for injuries.
4. A face-off is used: to begin each period, after a goal, or after a penalty. Players must square up and keep their sticks on the floor.
5. Off-sides will be enforced on the face-offs to begin each period and after a goal is scored, and when the defensive players do not remain on the half of the court they are defending..
6. It is illegal for non-goalies to play the puck while not on their feet.
7. A player may use their hand to catch an airborne puck and drop it immediately with no advancement.
8. No one other than the goalie is allowed to play the puck in the crease (the marked area in front of the goal area).
9. Players may use their foot to stop the puck but may not kick the puck intentionally.
10. Goals may be scored from anywhere outside of the crease. Pucks cannot be kicked, pushed or deflected intentionally into the goal. Unintentional deflections are allowed.

GOALIE PRIVILEGES:

1. Only one player designated as the goalie is allowed in the crease. The goalie may stop the puck with the stick or with any part of the body.
2. Once outside the crease the goalie must stay on their feet and may not freeze, catch or throw the puck.
3. The goalie may catch the puck in their glove. The goalie has three seconds to put the puck in play or may hold the puck until whistle blows for a face-off. The puck may be thrown to the side or behind the net waist level or lower.

MAJOR PENALTIES:

1. A player receiving two major penalties in a game will be ejection from the game.
2. A major penalty results in a five-minute break in penalty box.
3. These include the following infractions: tripping, elbowing, checking, reckless play, slashing with stick, throwing stick, slamming stick, holding a player on a breakaway, or verbal abuse to other players or referee.

MINOR PENALTIES:

1. A player receiving three minor penalties or two minors plus one major will be ejected from the game.
2. A minor penalty results in a two-minute break in penalty box.
3. These include: high sticking, holding a person or stick, lifting a stick, interference, sliding/ leaving feet, moving the net on purpose, delaying game, obstructing the goalie.

POWER PLAY – as a result of a penalty, when that penalized player sits out for the specified time, their team will play one less player giving the other team a one player advantage, this is a POWER PLAY opportunity for the team with the advantage

MINOR FOUL

1. No penalty is awarded. Result is a face-off to restart play.
2. These include: off-sides, forward pass after non-goalie catches the puck, goalie throwing puck forward, player playing puck in crease, non-goalie holding stick horizontal to floor to stop puck, non-goalie kicking the puck.