

**Princeton University**  
**Intramural Sports**  
**Floor Hockey Rules**



**I. EQUIPMENT/UNIFORM**

- a. All players must present their Princeton University ID in order to participate.
- b. The Intramural Department will provide sticks and pucks.
- c. Players may wear gloves/mittens for hand protection.
- d. Each player must wear non-marking athletic shoes.
- e. Players may not wear hats with brims or jewelry during play.
- f. Goalies **MUST** wear a regulation catcher's mask or goalie mask. Masks are provided, if a goalie chooses to wear their own mask – it must be inspected by IM Supervisor before game begins.
- g. Goalies may wear a baseball glove on their non-stick hand and leg pads.

**II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY/ELIGIBILITY**

- a. Teams consist of 5 players on the floor at one time, four offensive players and a goalie.
- b. A minimum of 4 players is required to start and continue a game.
- c. For CoRec, the gender ratio is 3:2 with five players; and 2:2 with four players.
- d. A team that fails to have 4 players within 10 minutes after the start time of the game will forfeit/default the game. A default loss is only awarded if the teams agree to scrimmage, and utilize the space reserved for this game. If a scrimmage does not occur, the game will result in a forfeit and \$25.00 will be charged to that team.
- e. All players must play in at least **ONE** regular season game in order to be eligible for playoffs.
- f. Players can only play for **ONE** Men's/Women's and/or **ONE** CoRec Team.
- g. Men's and Women's varsity hockey players are not eligible.
- h. Only 2 Hockey Club players or 2 Junior Varsity players (or combination of the 2) are eligible to be on a team's roster.

**III. GENERAL RULES AND REGULATIONS**

- a. Floor Hockey is self-officiated by players. Teams must abide by rules provided by the Intramural Office to ensure safety and consistency within the league. Intramural Supervisors are on-site to supervise game play, handle emergencies, and address concerns of participants.
- b. The game will begin with a face-off at the center of the court facilitated by the IM Supervisor on duty.
- c. Each game will consist of 3 periods (12-minute running clock). There is a 2-minute interval that will separate each period.
- d. Unless a team is ahead by 3 or more goals, time will be stopped for penalties and face-offs in the last 2 minutes of the third period.
- e. Each team will be allowed one (1) time-out per game, 1-minute in duration. No time-outs in the last 4 minutes of the game or in overtime.
- f. A team may call a time-out while in possession of the puck, or at a stoppage of play (other than an indirect free hit).
- g. An official time-out may be called for an injured player or for other circumstances deemed appropriate by the officials.

**IV. PLAYING THE GAME**

- a. **A face-off is used:** to begin each period; after each goal; an inadvertent whistle; an official cannot determine which team caused the puck to go out of play; when both teams commit a penalty/violation; or if the puck is tied up in the corner or along the walls. Sticks must be on the floor for a face-off.
- b. **Play is started with an indirect free hit:** after a team time-out; after a missed penalty shot; when a player is making no attempt to advance the puck or stalling; or after a penalty/violation.
- c. Off side will only apply to face-offs. All players must be on their defensive side during the face-off.
- d. **HIGH STICK VIOLATIONS:** A high stick violation occurs when the stick is above waist height on the back swing and front swing. There is a 2-minute penalty for each High Stick Violation.
- e. Absolutely no unnecessary body checking or contact will be tolerated.
- f. There will be no icing of the puck.
- g. A hand may be used to catch or touch an airborne puck. The puck must be dropped immediately within the radius of the catching player's stick.
- h. It is illegal to hold the stick horizontal to the floor at any time.
- i. A goalie may catch the puck in their glove, but must put it in play within three seconds.
- j. 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.
- k. Substitutions are free and can be made at any time. When the puck is alive a player can only enter the court when the other player is completely off the court.

## V. SCORING

- a. A goal is scored when the puck passes completely across the plane of the goal line.
- b. Goals may be scored from anywhere.
- c. 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.
- d. 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.
- e. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental.
- f. No goal can be scored while an offensive player's feet are in the crease.

## VI. PENALTIES

- a. Teams cannot play with fewer than 3 players. If more than 2 players are penalized during the same time, penalties shall be served in succession.
- b. 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 or more players are penalized, only 1 player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
- c. 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.
- d. Player fouls shall be recorded as in the game of basketball. A player who receives 5 fouls of any combination shall be disqualified from the remainder of the game. In addition, any player who receives 2 major fouls shall be disqualified.
- e. Any player ejected from a game must make an appointment to discuss the situation with the Assistant Director of Intramurals before they will be allowed to participate in any intramural activity.

## VII. PLAYER MISCONDUCT

- a. Misconduct penalties will result in player ejection

- b. Misconduct penalties include:
  - i. Excessive use of profanity.
  - ii. Extensive abuse of the facility and/or equipment
  - iii. Slashing
  - iv. Unnecessary rough play
  - v. Fighting
  - vi. Deliberate roughing/checking
  - vii. Verbal or physical abuse towards an official, opponent, or supervisor
  - viii. Any unsportsmanlike conduct that in the opinion of the official warrants ejection.

### **VIII. MAJOR PENALTY**

- a. All major penalties will result in the player serving a **5-minute penalty**. Play will start with an indirect free hit awarded to the offended team.
- b. Major penalty fouls include:
  - i. Tripping – intentional tripping with the stick or any body part.
  - ii. Elbowing – use of the elbow to impede an opponent.
  - iii. Throwing the stick – intentional throwing of the stick to gain an advantage.
  - iv. Hooking – wrapping the stick around a player.
  - v. Checking/Roughness – any unnecessary body contact.
  - vi. Intentional holding of a player from scoring on a breakaway.
  - vii. Intentional delay of game not applicable to the goalie 3-second rule.
- c. Two major penalties result in a game ejection.

### **IX. MINOR PENALTY**

- a. All roughing penalties will result in the player serving a **2-minute penalty**. Play will start with an indirect free hit awarded to the offended team.
- b. Minor penalties include:
  - i. High sticking – above the waist (on shot, and/or in traffic)
  - ii. Holding
  - iii. Habitual minor fouls
  - iv. 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.
  - v. Illegal substitutions
  - vi. Goal crease violations
  - vii. 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).
  - viii. Contact with goalie inside the crease whether accidental or not.
- c. All minor penalties may be considered major if flagrant.

**Note:** Players can be held responsible to pay for damage to equipment not associated with the normal wear and tear from playing.

### **X. MINOR FOUL**

- a. Results in the loss of the puck and an indirect shot at the point of infraction. An **INDIRECT SHOT** is an uncontested shot taken by a player with all players at least 10 feet away in all directions.
- b. The shooter may touch the puck only once.
- c. A goal cannot be scored off an indirect shot until touched by another player other than the goalie. If the non-fouling team retains possession and has a clear advantage, a play-on signal will be given by the official.
- d. Minor fouls are:
  - i. Offside or interference on a face-off.
  - ii. Hand pass.
  - iii. Goalie throwing puck past center line (may be shot with the stick) and/or throwing puck above waist height.
  - iv. Player in the crease or breaking the plane of crease with the stick or body.
    - 1. When the offensive team violates this rule, the official shall stop play immediately and award the indirect shot.
    - 2. 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 the possession of an opposing player.
  - v. High sticking – blade comes above the waist (on an open shot or just carrying the stick down the floor).
  - vi. Body contact – incidental or accidental body contact.
  - vii. Goalie violation – playing puck forward, holding puck for more than 3 seconds.
- e. A player, who continuously fouls, will receive a minor penalty.

## **XI. PENALTY SHOT**

- a. Opportunity to shoot on goal and was prevented from doing so by an opponent.
- b. A penalty shot will be awarded to a player who, in the official's judgment had a clear tripping, holding, etc.
- c. A goal will be awarded if a player stops a clear opportunity to score a goal by throwing their stick, entering the crease, etc.
- d. All players except the goalie and player attempting the shot will move to the opposite half of the floor.
- e. The shooting player will place the puck anywhere on the penalty line. The shot must be taken within 5 seconds, following the official's whistle. If the puck is moved from the prior to the shot a face-off will be called by the official.
- f. The goalie must be stationary inside their crease, with both feet on the goal line until the puck is played.
- g. If the shot is missed, play will immediately be dead and a face-off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.

## **XII. TIE GAMES (DURING PLAYOFFS ONLY)**

- a. First play two 5-minute periods, not sudden death. If still tied...
- b. Play one 5-minute sudden death period. If still tied...
- c. Penalty shots - 3 players per team, alternate shooting. If still tied...
- d. Match penalty shots, going through rest of team and if necessary, through again, shoot one pair at a time. If one team makes a goal, and the goal is unanswered, the game is over.