

Floor Hockey Rules

- 5 players per team plus a goalie on the floor at one time
- 2-20 minute halves
- 3 minute intermissions between each half
- Players **may not** throw the ball forward, they may only drop it to their feet (an open hand pass is permitted provided the pass is touched by an opponent first).
- **No slap shots** - the stick must remain below the waist (includes goaltenders). This includes the backswing and the follow-through. (Penalty: loss of possession of ball). Persistent infringement of this rule will result in a high sticking (five (5) minute) penalty.
- If the ball rolls out of bounds, the last player to have control of it will get possession

Free Play

- **'Free Play'**-The opposing team must allow the opposing player **AT LEAST five (5)** feet to put the ball in play. The player in control of the ball has a **MAXIMUM of five (5)** seconds to put the ball into play
- **A goal cannot be scored DIRECTLY from a 'Free Play'**
- Any ball that gets caught on the netting of the goal will be ruled a dead ball. The defending team will receive a 'Free Play' from behind their goal line

Penalties

- **All penalties** will result in a **two (2)** or **five (5)** minute penalty assessed to the offending team
- Any player that receives **two (2) five (5) minute penalties** during the course of a single game will be **disqualified for the remainder of the game**
- **Coincidental penalties:** each team will play short-handed for the duration of the penalty. Both players will serve the full time of the penalty, regardless of the number of goals scored during the time of the penalty
- Body checking or intentional body contact is **not** permitted
- High sticking results in a five minute penalty.
- Goalie **may not** leave his/her crease to deliberately trap the ball and delay the game
- The throwing of a stick at the ball will result in an automatic **penalty shot** for the non-offending team
- **Only** the goalie may stand in the crease. Opposing players may not stand in the crease area, or, interfere with the goaltender within the crease area. (Penalty: **five (5)** minute interference penalty.)
- Any team substitute, which **interferes** with the play while sitting (or standing) on, or near, the bench will receive a **five (5)** minute interference penalty
- **FIGHTING, UNSPORTING CONDUCT, OR DELIBERATE INTENT TO INJURE WILL NOT BE TOLERATED AND WILL RESULT IN AN AUTOMATIC DISQUALIFICATION**

WINNING IS NOT EVERYTHING - PARTICIPATE AND HAVE FUN!!