

GRAND VALLEY STATE UNIVERSITY

RECREATION

Intramural Sports
Floor Hockey Rules

Players and substitutions:

1. All teams team will consist of five players on the court (4 players and a goalie)
 - a. Co-rec team composition will be
 - i. 3 females and 2 males
 - ii. 2 females and 3 male
 - iii. 2 females and 2 males
 - b. A minimum of four players are required to start the game.
2. Substitutions will be allowed at any time, on the fly.
 - a. Substitutes may not enter the court until the player leaving is within one step of leaving the playing surface. Players may NOT hurdle over the bench wall. They must use the door.
3. All players must check in with the supervisor before they enter the game. They supervisor will be stationed between the benches.

Equipment:

1. The following equipment is provided by the GVSU IM Sports staff
 - a. Helmets
 - i. Players must wear a helmet at all times on the playing surface.
 - ii. It is recommended that the player's helmet have a face guard.
 - b. Sticks
 - c. Goalie equipment
 - i. Goaltenders may provide their own equipment
 - d. Jerseys
 - i. A shirt must be worn underneath jerseys.
 - ii. Teams must wear the same color shirt as all teammates under the jersey. This color will be selected by the captain during registration.
 - iii. If a team has similar colored shirts with visible numbers, they do not need to wear the jerseys provided by IM Sports staff
2. Jewelry shall not be worn except for religious or medical medals, which shall be taped to the body with medical data visible. Tape will not be provided.
3. Any item that, in the official's judgment, constitutes a safety concern or would create an unfair playing advantage may be disallowed.

Periods and timing:

1. A game will consist of three, 10 minute periods with a one minute intermission between periods.
2. The clock runs continuously until:
 - a. The last minute of period two.
 - b. The last two minutes of period three.
 - c. If a team is winning by four or more goals the clock will not stop at the end of periods
3. There will be a one minute intermission between periods.
4. Teams get one timeout per game

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5. Mercy rule: if a team is winning by **8 goals or more with 5 minutes** to go in the third period, the game will end
6. During the regular season, there will be no tiebreakers.
 - a. During the playoffs, a three minute, sudden death overtime period will be played.
 - b. If the game is tied after the overtime period, a three shot shootout will break the tie.
 - i. Each player on the court, except for goalkeepers, at the end of overtime will shoot.
 - ii. Teams will alternate the shooting order, based on a coin flip before the shootout
 - iii. If the score is still tied after three shooters, the shoot-out will continue until there is a winner
 1. A player may not take a second shot until all players on their bench has taken a shot.

Scoring

1. A goal is scored when the ball completely crosses the goal line.
 - a. In co-rec games, a female goal is worth **one point**.

Fouls, penalties, violations and misconduct

1. Minor fouls
 - a. All minor fouls will result in a one minute penalty. The power play will end early if the offended team scores a goal
 - b. Minor fouls include
 - i. High sticking
 - ii. Holding
 - iii. Interference
 - iv. Goalie interference
2. Major fouls
 - a. All major fouls will result in a two minute penalty, and the team will play shorthanded for the entire two minutes, regardless if a goal is scored.
 - b. Major fouls include
 - i. Tripping
 - ii. Hooking
 - iii. Excessive body contact or pushing
 - iv. Intentionally holding a player on a breakaway
3. Sportsmanship fouls
 - a. All sportsmanship fouls will result in a five minute penalty, and the team will play shorthanded for the entire five minutes, regardless if a goal is scored.
 - b. Sportsmanship fouls include
 - i. Use of profanity or vulgar language or gestures
 - ii. Taunting or threatening an opponent or official
 - iii. Violent contact with the body or stick
 1. Cross checking, slashing, butt-ending
 - iv. **Jumping over the bench wall to enter or leave the game as a substitute.**

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Note: A team shall never have less than 2 players on the court (includes goalie).

4. Violations

- a. When a violation is called, the game will be stopped and restarted with a face-off at the mark nearest to the spot of the violation. No player will be sent off.
- b. Violations include
 - i. Hand pass
 - ii. Intentional kick of the puck
 - iii. Delay of game
 - iv. Ball out of play
 - v. High sticking, not near other players

5. Disqualification and ejections

- a. A player will be disqualified from the game if they:
 - i. Commit four minor fouls
 - ii. Commit three minor fouls and one major foul
 - iii. Commit two major fouls and one minor foul
- b. A player will be ejected from the game and suspended for a minimum of one game if they:
 - i. Commit two major fouls and one sportsmanship foul
 - ii. Commit two sportsmanship foul
 - 1. A player may be ejected for one flagrant sportsmanship foul.