

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY INTRAMURAL FLOOR HOCKEY RULES

Section 1: Intramural Guidelines and Expectations

Eligibility, protests, forfeits and concedes, conduct, appeal, and attire are covered in details in the BCIT Intramural Guidelines and Expectations.

Section 2: Authority

The *Sports Programs and Intramurals Coordinator* and or *Official* has the maximum authority to ensure that the given game runs in an appropriate and “proper” manner. This implies that they may deal with any form of unsportsmanlike conduct in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.

Section 3: Number of Players

Each team may register any number of players unless otherwise deemed the *Sports Programs and Intramurals Coordinator*. A team may play a game with as few as 3 players without defaulting, with a maximum of 4. One player must be designated as goalkeeper. **Players cannot be added to the roster after the conclusion of the regular season.** Special consideration may be obtained from the *Sports Programs and Intramurals Coordinator*.

Section 4: Transfers and Additions

No player, having played for one team, shall play for any other team on the same night or other night during the league’s schedule. Special consideration, however, may be given to players on a forfeited team and players on overcrowded teams. All transfers have to be approved by the *Sports Programs and Intramurals Coordinator*. Players that have not played during the regular season are not allowed to play during playoffs. All playoff participants must have played at least two regular season game.

Section 5: Body Contact

Using your body to shield and control the ball is acceptable (body position). Any deliberate contact to an opposing player, including but not limited to, pushing, holding, body-checking or cross-checking is not acceptable and will be called as a five minute penalty. A second offence to this rule by the same player will result in an ejection.

Section 6: Equipment Regulations

1. Optional Equipment:
 - i. All players are encouraged to wear closed fingered padded gloves. (hockey gloves or other soft padded gloves, such as welding gloves, ski gloves, or work gloves. Any zippers or other attachments that can cause injury must be removed.)
2. The official or *Sports Programs and Intramurals Coordinator* has the right to remove any equipment, jewelry, or accessory which they deem to be dangerous or inappropriate for league play as stated in BCIT guidelines and expectations.
3. Sticks:
 - i. ONLY BCIT Floor Hockey Sticks can be used.
4. Goalies:
 - i. Must wear Recreation Services equipment or equivalent, which includes full face mask, body protection (chest protector/ groin protection (cup or jill) / leg pads) and gloves
 - ii. No ice hockey leg pads are allowed

- iii. If goal pads are illegal, the team must remove those pads. The team is given a 3 minute minor penalty for delay of game and must dress the goalie with new legal pads within 5 minutes or lose the game by default regardless of the score at the time.
 - iv. Protective hockey gloves: catcher/blocker or appropriate substitute soft padded gloves (welding, ski or work). Max dimension – blocker 20cm width, 40.6cm length.
5. The wearing of mouth guards and eye protection is strongly recommended.
 6. Players may not contact the gym divider or cause an opponent to do so. Play will be whistled down and a face-off taken in the appropriate spot. On the 1st offence a warning will be given and on the 2nd offence by the same team a minor penalty will be assessed.

Section 7: Game Play

1. Games will begin at the assigned time. A 10 minute grace period will be given to each team: afterward this time, a forfeit will take place. A forfeit constitutes a loss in standings. Teams can play with a minimum of 3 players to start the game. No more than four players on the floor at one time, including goalies.
2. A game consists of two 20 – minute periods, with one 2 minute half time in between.
3. A game may be shorten due to time constraints, or cancelled at the discretion of the *Sports Programs and Intramurals Coordinator*. The *Sports Programs and Intramurals Coordinator* will make final on-site decisions.
4. The play will be blown in by the Official at the beginning of each half and after all stoppages in play.
5. Each team is permitted one time out (1 minute) per game, which can only be called on a dead ball.

Section 8: Face-Offs

1. Face-off are held at the start of periods, after goals, and when coincidental infractions occur.
2. Face-offs are held at center. The ball is placed in the circle and stick blades on the lines. Referees will drop the ball for a faceoff.

Section 9: Goalie freezing

1. A goaltender cannot freeze the ball with the net of his goal. If a goaltender does this, a delay of game penalty will be issued.
2. If, in the opinion of the referees, the goalie freezes the ball unnecessarily or inappropriately, a delay of game penalty may be assessed.

Section 10: Goals and Assists

1. A goal shall be scored when the ball has entirely crossed the goal line.
2. A goal shall be scored if the ball is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the ball shall be credited with the goal but no assist shall be awarded.
3. If an attacking player purposely kicks the ball and it is deflected into the net by any player, the goal shall not be allowed.
4. If the ball has been deflected into the goal by a shot of an attacking player by striking any part of the person or player of the same side, a goal shall be allowed. The player who deflected the ball

shall be credited with the goal. The goal shall not be allowed if the ball has been purposely kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.

5. A goal will be disallowed if an offensive player makes contact with the ball with his or her stick while the ball is above waist-height.
6. If a goal is scored as a result of a ball being deflected directly into the goal from an official, the goal will be allowed. Game officials are part of the area of play, but will do their best to avoid interfering with the ball in game.
7. Should a player legally propel a ball into the goal crease of the opponents' team and should the ball become loose and available to another player of the attacking side who then scores a goal, a goal scored on the play shall be allowed.
8. A goal shall be credited in the scoring records to a player who had propelled the ball into the opponent's goal by legal means. Each goal shall count as one point in the player's record. Two assists may be credited to the players taking the part in the play immediately preceding the goal.
9. NO Slap Shots.

Section 11: The Goal Crease

1. The crease is marked in front of the goals.
2. The crease may be entered provided that the ball is the first to enter and the offensive player does not make contact with the goaltender eliminating the goaltenders ability to make the save. An offensive player who interferes with the goaltender while any part of the goaltender is in the crease will be assessed a minor penalty for goaltender interference.
3. If a defensive player caused the offensive player to interfere with the goaltender, the offensive player will not receive a penalty. A penalty can be issued against the defensive player for interference.

Section 12: High Sticks

1. A players' stick blade must stay below the level of the player's waist during the act of the backswing while shooting the ball.
2. Any infraction of this rule seen by the official will result in the play being blown dead and a face off will be taken in the offending player's zone.
3. Slap Shots are not permitted.
4. A player cannot play the ball in the air with their stick above the waist.

Section 13: Handling Ball with Hands

1. If any player closes his/her hand intentionally on the ball the play shall be stopped and ball possession awarded to the opposing team in the nearest possession circle. However, if the ball is dropped immediately, play shall be allowed to continue.
2. A player can catch and immediately drop the ball to themselves as long as that player is not moving towards the offensive goal. If the Official deems that the player catching the ball progressed with the ball, the play shall be stopped and ball possession awarded to the opposing team in the nearest possession circle.
3. If in the opinion of the Official, a player directed the ball to a teammate with his hand and that player receives the ball, play shall be stopped and ball possession awarded to the opposing team in the nearest possession circle. This rule is disregarded if these actions are started and completed in the defensive zone.
4. A player shall be permitted to stop or "bat" a ball in the air with his/her open hand, or push it along the floor with his/her hand, and the play shall not be stopped unless a player of the same

team is the first player to play the ball. This rule is disregarded if these actions are started and completed in the defensive zone.

5. If a defending player, except the goaltender, pick up the ball from the floor, covers or holds the ball in the inner crease area while play is in progress, the play shall be stopped immediately and a penalty shot shall be awarded to the non-offering team.
6. The ball may not be batted or purposely directed with the hand directly into the net at any time, and a goal shall not be allowed when the ball has been legally batted and is deflected into the goal off of a defending player including the goaltender. The ensuing face-off will occur in a neutral zone.

Section 14: Substitutions

1. Substitutions can be made on the fly or on a stoppage of play, except in the last 2 minutes of each period in which all substitutions must be made on the fly.
2. During a line change, players can come off the bench before the player leaving the court reaches the bench provided that the player is within 15 feet of the player bench area.
3. Teams making substitutions outside of the 15' mark are charged with illegal substitution and ball possession is awarded to the opposing team in the nearest possession circle.
4. Substitutions done during stoppages in play must be quick. The official is free to start play once the team with possession is ready to start.
5. No time will be permitted for a goaltender substitution except in the event that a misconduct or match penalty has been incurred.

Section 15: Minor Infractions

1. All minor infractions result in a faceoff being taken at the most appropriate faceoff location.
2. Minor infractions include the following actions:
 - i. Knocking the ball out of play
 - ii. Freezing the ball along the boards
 - iii. Hand pass in the offensive zone
 - iv. Forward pass in hand to oneself
 - v. Goalie throwing the ball forward
 - vi. High stick while in the act of contacting the ball
 - vii. Illegal substitution

Section 16: Minor Penalties

1. Minor penalties are three (3) minutes in length during all periods of running time. If a penalty is called in overtime, the penalty shall be two (2) minutes in length.
2. A player may only have three (3) minor penalties before being ejected from the game under a "Controlled Ejection". A controlled ejection does not carry any additional penalty minutes.
3. A goaltender shall not be sent to the penalty bench for an offense which incurs a minor penalty, but instead the minor penalty shall be served by a player to be designated by the captain of the offending team. The player serving must have been on the floor at the time of the infraction. A goal tender receiving more than three (3) minor penalties will receive a "Controlled Ejection".
4. Body contact is not allowed, however sometimes unavoidable, penalties will be handed out at the discretion of the referee.
5. Minor Penalties include the following actions:
 - i. Elbowing
 - ii. High Sticking (contact with an opposing player above the shoulders)

- iii. Slashing
- iv. Boarding (including hitting from behind)
- v. Delay of Game
- vi. Interference
- vii. Goaltender Interference
- viii. Holding
- ix. Holding the Stick
- x. Unsportsmanlike Conduct
- xi. Roughing
- xii. Body Checking
- xiii. Kneeing
- xiv. Cross Checking
- xv. Throwing the stick
- xvi. Playing with Dangerous Equipment (broken stick etc.)
- xvii. Hooking
- xviii. Tripping
- xix. Diving
- xx. Too many players
- xxi. Goaltender leaving the inner crease for the purpose of getting involved in an altercation within their defensive zone
- xxii. Goaltender crossing center
- xxiii. Instigating
- xxiv. Contact to the Head – Any player that makes intentional contact with an opposing players body above the shoulders (neck or head) will assessed a three (3) minute minor penalty and a ten (10) minute misconduct. This includes contact and actions such as “face-washes”, “head-locks” or “gloved punches”.

This penalty is considered 2 minor penalties for the purpose of controlled ejections (3 minor penalties in a single game).

Section 17: Major Penalties

1. Major penalties are six (6) minutes in length during all periods of running time. If a major penalty is called in overtime, the penalty shall be five (5) minutes in length.
2. A player is automatically ejected from the game for any major infractions aside from minor body contact.
3. Should a goaltender incur a major penalty, his/her place will then be taken by a member of his/her own team and such player will be allowed the goaltender’s equipment. A two (2) minute period will be allowed for this change.
4. All major penalties are reported to the *Sports Programs and Intramurals Coordinator*.
5. Major Penalties include the following actions:
 - i. Any Minor Penalty Infraction that results in an unintentional injury or is deemed malicious (official’s discretion).
 - ii. Checking from behind
 - iii. Cross Checking (above the shoulder or to the goalie)
 - iv. Any minor penalty (except tripping – officials discretion) resulting in a player bleeding.

- v. Any Dangerous Play as deemed by in-game officials or the *Sports Programs and Intramurals Coordinator*. This may also result in future disciplinary action.

All major penalties will come with a minimum three-week suspension from all intramural activities, a meeting with the Sports Programs and Intramurals Coordinator, as well as possible suspension from that activity for the remainder of the season and longer.

Section 18: Match Penalties

1. A Match penalty involves the immediate removal of a player from the remainder of the game, a major penalty, and the offending player shall be ordered out of the gym.
2. All match penalties will be automatically reported to the *Sports Programs and Intramurals Coordinator*.
3. The penalized team shall immediately place a non-penalized player, other than the goaltender, on the penalty bench to serve the six (6) minutes time portion of the penalty and such player may not be changed.
4. Should a goaltender incur a Match Penalty, his/her place will then be taken by a member of his/her own team and such player will be allowed the goaltender's equipment. A two minute period will be allowed for this change.
5. Match Penalty will be assessed for the following actions:
 - i. Any Deliberate Intent to Injure
 - ii. Fighting
 - iii. Head-butting
 - iv. Spearing
 - v. Leaving Player or Penalty Bench during an altercation
 - vi. Butt-ending
 - vii. Threatening, Excessive Abuse towards, or molesting the officials, Recreation staff, or another participants
 - viii. Kicking
 - ix. Pulling an Opponent's Hair
 - x. Using the face shield as a weapon
 - xi. Third man into an altercation

Any participant who intentionally injures or jeopardizes the safety of other participants will be ejected from the game immediately. And this deliberate act to injury may result in a one-year suspension from all intramural activities.

Section 19: Misconduct Penalties

1. Misconduct Penalties involve removal from the remainder of the game (Gross misconduct) or removal from the game for a period of ten (10) minutes. Gross misconduct will also result in immediate suspension and will be automatically reported to the *Programs and Intramurals Coordinator*.
2. A ten (10) minute misconduct can be assessed for Verbal Abuse to the official after a warning or any other disrespectful action.
3. Should a goaltender incur a game misconduct penalty, his/her place will then be taken by member of his/her own team and such player will be allowed the goaltender's equipment. A two (2) minute period will be allowed for this change.

4. A Gross misconduct will be assessed for the following actions:
 - i. Travesty to the Game
 - ii. Any spitting incident
 - iii. Any physical or attempted physical contact with an official or recreation staff

Section 20: Penalty Shots

1. Any infraction of the rules which call for a "Penalty Shot" shall be taken as follows: The official will name the player designated by him/her or selected by the team entitled to take the shot (as appropriate) and shall then place the ball on the center face-off spot. The player taking the shot will on the whistle of the official, play the ball from there and shall attempt to score on the goaltender. The goaltender must stay in the crease until the player touches the ball. The player taking the shot must keep the ball in motion towards the opponent's goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the ball crosses the goal line the shot shall be considered complete.
2. A Penalty Shot will be awarded for the following actions:
 - i. Illegal Substitution on a breakaway
 - ii. Throwing the Stick in the defensive zone
 - iii. Deliberate foul on a breakaway
 - iv. Deliberate displacing the goal on a breakaway
 - v. Deliberate displacing the goal in the last two (2) minutes of the game or overtime
 - vi. Any player other than the goaltender covering, gathering or falling on the ball in the crease

Section 21: Calling of Penalties

1. Should an infraction of the rules which would call for a minor, major or match penalty be committed by a player of the side in possession of the ball, the Official shall immediately blow his/her whistle and assess the penalty to the appropriate player(s). The resulting face off shall be made in the offending player's zone.
2. Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession of the ball, the Official shall signify the calling of a delayed penalty by raising his/her arm. The Official will blow his/her whistle once the offending team gains possession and the penalty to be assessed to the offending player.
3. If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not.
4. A team that receives penalties (and/or injuries) in any manner that leaves them 2 players simultaneously short will be considered unable to field a full team and thus, must forfeit the contest. Note that, in this situation only, a forfeit will not affect the team's forfeit deposit.

Section 22: Adjustment to Clothing and Equipment

1. Play shall not be stopped, nor the game delayed for the reason of adjustment of clothing, equipment or sticks.
2. A goaltender, after a stoppage or play, with the permission of the Official, may be allowed to make adjustments or minor repairs to clothing, equipment or shoes. If the Official deems the repairs or adjustment taking too long, the Official can charge the team with their time-out. If no time-out remains a delay of game penalty can be assessed.

Section 23: Broken Sticks

1. A player whose stick is broken may participate in the game provided he/she immediately drops his/her stick. A minor penalty shall be imposed for an infraction of this rule.
**Note: A broken stick is one which, in the opinion of the Official, is unfit for normal play.
2. A goaltender may continue to play with a broken stick until stoppage of play or until he/she has been legally provided with a stick.
3. A player whose stick is broken may not receive a stick thrown on the floor from any part of the rink, but must obtain one from the player bench. A goaltender whose stick is broken may not retrieve a stick thrown on the floor from any part of the rink but may receive a stick from a teammate without proceeding to his/her player bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.
4. A minor penalty shall be assessed to any player who carries two or more sticks. This included retrieving errant or new sticks for teammates.

Section 24: Overtime/Tied Games

In the event of a tie at the end of regulation time, regular season games may end in a tie. During playoffs, however, there will be a 5-minute sudden death overtime period. The last minute of overtime will be stop time. In the event that the playoff game remains tied after overtime, a 5-on-5 shoot-out will be held. Teams must declare their entire roster at the beginning of the overtime. A shoot-out consists of 5 players. Note: the players on the playing area at the end of regulation play (including the goalie) may participate in the shoot-out. Players currently serving penalty time may not participate in the shoot-out and sub will take their place. In the event that the 5-on-5 shoot out is tied, a sudden death shoot out will be held. Players may be re-used as many times as desired after the initial 5.

Section 25: Captains

1. Captains are responsible for informing their team of all guidelines and expectations.
2. Captains must sign the game sheet before the start of the match
3. Captains are responsible to confirm that the correct score is recorded.

Section 25: Sportspersonship

Teams and players are expected to exhibit sportspersonlike conduct throughout every contest. Delay of the game, obscene language or gestures, and arguing with the staff constitutes unsportspersonlike behavior. Players may be penalized, ejected from the game, or possibly suspended from further games depending on the severity of the offense.

The Sportspersonship Program was put in place to ensure a safe and fun experience for all involved. Sportspersonship is a critical aspect of any sport and any level and rewards teams that compete with integrity and credibility. After each game, referees will rank the fair play of each team on a scale of 0-5 by answering the following: "Did the team significantly contribute to the enjoyment of this game in spirit and sportspersonship?"

The idea of the sportspersonship system is to encourage teams to participate knowing that referees and officials will be determining a ranking based on their play. At the end of the season, teams will be disqualified from playoffs if their sportspersonship average is below 4. Should a game official give a score to a team equal to or less than 3, that team will be contacted by the *Sports Programs and Intramurals Coordinator*, Justin Lee. That team will be provided with a brief written statement outlining

the reasons why that decision was made. Any consequences from a sportspersonship score will also be explained. The ranking is subject to review by the in-game officials and the Programs and Intramurals Coordinator and a final score for sportspersonship will be determined.

**All sportspersonship scores are %100 subject to review by the Programs and Intramurals Coordinator and may be adjusted accordingly. Teams that make arrangements to circumvent the spirit of the sportspersonship rules will be deemed to have intentionally cheated and will face consequences related to intentional cheating.

Scaling:

- 0 – Poor Sportspersonship (fight, player ejection, etc.) or Default without 2 days' notice
- 1 –
- 2 –
- 3 –
- 4 –
- 5 – Good sportspersonship

The purpose of the Floor Hockey Rules is to provide a guideline which describes the manner in which the games are to be played. The Intramural leagues place a high demand on each individual player being morally bound to abide by the rules. There is a high expectation for individuals to maintain a high level of sportspersonship through responsible behavior. It is assumed that no player will intentionally violate the rules. An intentional foul would be considered cheating and a gross offense against the Sportspersonship values. Highly competitive play is encouraged but never at the expense of mutual respect between players. Such action as taunting, dangerous play, intentional fouling, or other win at all cost behaviors are contrary to the spirit of the game and must be avoided by all players.