

British Columbia Institute of Technology – Recreation Services

Intramural 4-on-4 Floor Hockey Rules

Section 1: Intramurals Procedures and Guidelines

Authority, eligibility, scheduling, forfeits, concedes, conduct, sportspersonship and other intramural procedures are covered in detail in the BCIT Intramurals Procedures & Guidelines.

Section 2: Number of Players

Each team must have a minimum of 5 eligible and registered players for the duration of the league. The maximum number of players per team is 12, unless otherwise permitted by the Sports Programs and Intramurals Coordinator.

Section 3: Game Play

3.1 Overview

1. Games will begin at the assigned time. A 10-minute grace period will be given to each team. After 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, but must have 5 eligible players for the majority of the game to avoid a forfeit due to short players.
2. Forfeits will be recorded in the standings as 3-0.
3. A game consists of two 20-minute periods, with one 2-minute half time in between.
4. A game may be shortened 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.
5. The play will be blown in by the Official at the beginning of each half and after all stoppages in play.
6. Each team is permitted two 1-minute timeouts per game, which can only be called on a dead ball.

3.2 Equipment Regulations

1. Optional Equipment:
 - i. All players are encouraged to wear closed fingered padded gloves (ex. hockey gloves or other soft padded 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 Intramural Procedures and Guidelines document.
3. Sticks:
 - i. Only BCIT Floor Hockey Sticks are permitted.

4. Goaltenders:
 - 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. The wearing of mouth guards and eye protection is strongly recommended.
5. Players may not contact the gym divider or cause an opponent to do so with the play stopped upon contact and subsequent face-off to occur. On first offence a warning will be given with further consequence at Official discretion.

3.4 Usage and Adjustment of 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 upon Official discretion.

3.4.1 Broken Sticks

3. Broken sticks for any player including goaltender results in immediate stoppage of play. A broken stick is one which, in the opinion of the Official, is unfit for normal play.
4. A minor penalty shall be assessed to any player who carries two or more sticks.
5. A player whose stick is broken may not receive a stick thrown on the floor from their bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.

3.4.2 Handling the Ball with Hands

1. If any player closes their hand on the ball the play shall be stopped and ball possession awarded to the opposing team in the opposing team's zone. 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. A player who directs 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 opposing team's zone. 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-offending team.
6. The ball may not be batted or purposely directed with the hand directly into the net at any time. Possession will be given to non-offending team in the defensive zone.

3.5 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.

3.6 The Goal Crease and Goaltender Freezing

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 goaltender's 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.
4. 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.
5. If, in the opinion of the Official, the goalie freezes the ball unnecessarily or inappropriately, a delay of game penalty may be assessed.

3.7 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.
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.
9. Absolutely no slap shots.

3.8 Overtime and Tied Games

In the event of a tie at the end of regulation time, games will move into a 5-minute sudden death overtime period. The last minute of overtime will be stop time in the event of infraction or penalty. In the event that the playoff game remains tied after overtime, a 3-on-3 shoot out will be held. If the game remains tied upon completion of the 3-on-3 shootout, teams will continue shooting in the previous order in a sudden death shoot out. The players on the playing area at the end of regulation play (including the goalie) may participate in the shoot-out.

3.8 Substitutions

1. Substitutions can be made on the fly or on a stoppage of play.
2. 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.
3. No time will be permitted for a goaltender substitution except in the event that a major penalty (misconduct) occurs.
4. Substituting player cannot enter the playing area until the player exiting the play has fully entered the bench area. A minor penalty will be called if there are too many players in the playing area (ie. An illegal substitution).

Section 4: Infractions, Penalties and Misconduct

4.1 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 minor or major penalty as described in Sections 4.5 and 4.6.

4.2 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 will result in a minor or major penalty and subsequent Penalty Shot.
3. Slap Shots are not permitted.
4. A player cannot play the ball in the air with their stick above the waist.

4.3 Minor Infractions

1. All minor infractions result in possession to the opposing team at the most appropriate 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

4.4 Minor Penalties

1. Minor penalties will result in a Penalty Shot for the opposing team during regular and overtime periods. Upon completion of the Penalty Shot, a face-off will take place at centre.
2. A player who commits three (3) minor penalties is considered misconduct and will result in ejection from the game.
3. A goaltender committing an offense which would incur a minor penalty will be treated as any other minor penalty. See Section 16.1. A goaltender receiving more than three (3) minor penalties will be ejected from the game.
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 as three (3) minor penalty misconduct and result in ejection. This includes contact and actions such as “head-locks” or “gloved punches”.

4.5 Major Penalties

1. Major penalties are considered misconduct.
2. Major penalties will result in:
 - a. An automatic ejection of the offending player(s). In the event of a goaltender ejection, the team is permitted 2 minutes to swap goaltenders.
 - b. A Penalty Shot for the opposing team during regular and overtime periods. Upon completion of the Penalty Shot, a face-off will take place at centre.
3. All major penalties are reported to the Sports Programs and Intramurals Coordinator.
4. 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 Infraction (with the exception of tripping – officials’ discretion) resulting in a player bleeding.
 - v. Any Deliberate Intent to Injure
 - vi. Fighting
 - vii. Head-butting
 - viii. Spearing
 - ix. Leaving Player or Penalty Bench during an altercation
 - x. Butt-ending
 - xi. Threatening, Excessive Abuse towards, or molesting the officials, Recreation staff, or another participants
 - xii. Kicking
 - xiii. Pulling an Opponent’s Hair
 - xiv. Using the face shield as a weapon
 - xv. Third man into an altercation
 - xvi. Travesty to the Game
 - xvii. Any spitting incident
 - xviii. Any physical or attempted physical contact with an official or recreation staff
 - xix. Any Dangerous Play as deemed by in-game officials or the Sports Programs and Intramurals Coordinator. This may also result in future disciplinary action.4.

5. **All major penalties will come with a minimum 1-game suspension from all Intramural Activities and a meeting with the Sports Programs and Intramurals Coordinator. Escalating measures as described in section 'Conduct Issues' in Intramurals Procedures and Guidelines document will be taken depending on severity of incident.**

4.6 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. Upon completion of the Penalty Shot, a face-off will take place at centre.
2. A Penalty Shot will be awarded for the following actions:
 - i. Any minor or major penalty as outlined in Section 16.5 & 17.4.
 - ii. Illegal Substitution on a breakaway
 - iii. Throwing the Stick in the defensive zone
 - iv. Deliberate foul on a breakaway
 - v. Deliberate displacing the goal on a breakaway
 - vi. Deliberate displacing the goal in the last two (2) minutes of the game or overtime
 - vii. Any player other than the goaltender covering, gathering or falling on the ball in the crease

4.7 Calling of Penalties

Should an infraction of the rules which would call for a minor or major penalty be committed, the Official shall immediately blow their whistle and assess the penalty and subsequent Penalty Shot to the appropriate player. Upon completion of the Penalty Shot, a face-off will take place at centre.

Section 5: Sportpersonship

Teams and players are expected to exhibit sportpersonlike conduct throughout the league program. Players may be penalized, ejected from the game, or possibly suspended from further games depending on the severity of the offense. See Section 6 of the BCIT Recreation Services Intramurals Procedures & Guidelines for further information regarding sportpersonship.