INTRAMURAL SPORTS FLOOR HOCKEY RULES

Each player must present their valid UMass UCard to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the Intramural Participants Guide

Team captains are responsible for the conduct and eligibility of their teammates, spectators and adherence to the rules governing play.

I. EQUIPMENT

A. Participants must use the floor hockey sticks which are provided and wear a helmet at all times. Helmets will be provided to those that need them.
B. Helmets with full face mask/chin straps are mandatory and must be worn with the helmet. Players may use their own helmet provided that it meets all the proper safety certifications.
C. Shin pads, elbow pads, knee pads and mouth guards are optional, but strongly recommended (Plastic ice hockey shin guards are not permitted).
D. Teams must wear same colored jerseys and bring alternate white jerseys as stated in the Intramural Participants’ Guide. *See link above
E. All jerseys must be numbered. Taped numbers are prohibited.
F. No additional equipment is required
G. Goaltenders will be provided with helmets, chest protectors, leg pads, blockers and catching gloves. Players may use their own baseball glove.
H. Participants may use their own goalie equipment, provided that it meets all the proper safety certifications.
I. Participants must have different numbers on their jerseys to keep track of penalties.
J. The official shall not permit any participant to wear equipment that, in their judgment, is dangerous to other players. Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal. Also, hats and bandanas are not permitted. Taping of earrings or other jewelry is not permitted regardless of the reason. Medical emergency bracelets/necklaces may be worn but must be taped to the person.

II. GAME SETUP & PLAYING SURFACE

A. A team shall consist of five players (including goalie) on the court.
   1. A game cannot begin without at least three players. Once three players are present, the game must begin. Three players are required throughout the game.
   2. For co-rec, an on-court team consists of three women & two men. Two women and two men can legally begin a game. Two women and one man can also legally begin a game.
   2. If, at any time during the game, a team does not maintain the minimum number of three players, that team shall forfeit the game regardless of the score.
B. For Co-Rec, substitutions are allowed on a woman-for-woman or man-for-man basis.
C. Games will be played In Boydten Gymnasium
   1. All action inside the curtains is in play.
   2. The goal crease is defined as an arc area in front of each net.
3. Play becomes dead if ball leaves the playing area or touches the basketball hoops and/or ceiling. The walls and curtains are considered in play.
4. Five faceoff dots will be utilized: one center dot and two dots on each side of the opposing nets.

D. Length of Game
1. Each game will consist of three, 10-minute periods.
2. Teams will switch sides after each period; except for overtime.
3. The clock will continuously run throughout the entire contest.
   a. If the score differential is 5 goals or greater with 5 minutes or less to play in the final period, the game will end.
4. Each team will be granted a single one-minute timeout for the duration of the game.
5. Intermissions between periods will be one minute in length.
6. If a team is winning by at least ten goals at the end of the second period the game will immediately end. If a team acquires a ten goal lead in the third period, the game will immediately end.
7. Overtime
   a. A single, three minute period will be played.
   b. Sudden Death Victory
   c. The clock will run throughout the overtime period.
   d. During the regular season, if teams remain tied at the conclusion of the overtime period, that contest will result in a tie.
   e. Should the game still be tied at the end of the overtime a shootout will occur:
      i. Three players from each team will have a breakaway opportunity starting from the center faceoff dot.
      ii. Shooters must maintain forward momentum during the attempt for it to count.
      iii. Goaltenders must stay in the crease until the shooter has started their attempt.
      iv. There will be no rebounds during attempts.
      v. An attempt will end when the goaltender has successfully made a save, the ball leaves the playing area, or if a goal has been scored.
      vi. Players failing to comply with shootout rules will forfeit their team’s shot attempt.
      vii. In the Championship Contests, if both teams agree, they can forego the shootout and continue to play overtime periods until there is a winner.

III. TEAMS & SUBSTITUTIONS

A. Participants cannot substitute on the fly.
B. Substitutes must check in with the scorekeeper in order to enter the game. Participants may enter the game after an official stops play and before teams are positioned for a faceoff.
C. Participants within the team bench area are considered eligible substitutes.
D. Participants in the team bench area or penalty box may not make a play on the ball. This will result in a delay of game penalty.
E. Each team will have a designated captain to represent their team and be responsible for equipment issues and conduct of personnel.
F. Penalized players may not be substituted.
G. Goaltender for goaltender substitutions must be done during a stoppage of play with a notification given to the officials on the court.

H. Teams may pull their goaltender during play in favor of a floor player. The oncoming player must notify the scorekeeper prior to the substitution and wait until the goaltender is within the team bench area before finishing the substitution.

IV. PLAYING THE GAME

A. Participants are responsible for the control of and condition of the sticks provided by UMass Intramural Sports.
   1. Broken stick(s) may be charged ($$) to the team using them.
   2. A participant who throws their stick to make a play on another player or the ball will immediately be ejected with a game misconduct and suspended from play.
   3. Participants may not raise their sticks above the waist around other players. Players that violate this rule while endangering surrounding players will be subject to a minor high-sticking penalty. Players raising the stick above the waist without players around are committing a violation that will result in a faceoff in their defending zone.

B. Hands and Feet
   1. Participants may use their hands or feet to stop and gather control of the ball. Advancing the ball with hands or feet is a violation that will stop play and bring play to the offending team’s defensive zone faceoff dot closest to where the violation occurred.

C. Goal Crease / Goalie Play
   1. Participants may not enter the goal crease before the ball. Doing so is a violation that will result in play being moved to the offending team’s defensive zone faceoff dot closest to where the play occurred.
   2. Only goaltenders may pick the ball up in the crease.
   3. Goaltenders may leave their feet to make a save. Goaltenders may not throw their stick to make a save.
   4. Goaltenders must abide by same rules as floor players outside the crease.
   5. Goaltenders may distribute the ball to players as long as the ball is not thrown or kicked down the court. This violation will result in a defensive zone faceoff of the offending goaltender.
   6. Goaltenders may freeze play by hanging onto the ball inside the crease. An official will stop play and a faceoff will ensue at the nearest faceoff dot.
   7. Penalties assessed to goaltenders will be served by another player on the court at the time of the penalty. The opposing team may choose who will serve the penalty.

D. Scoring
   1. All goals are worth one point.
   2. A goal is allowed when it has completely crossed the goal line inside of the net before time expires.
   3. A goal will be disallowed when:
      a. The goal resulted from a high stick
      b. The ball was played illegally with the hands or feet
      c. The offensive team commits a crease violation
      d. Play is whistled dead prior to the ball crossing the goal line
      e. The offensive team pushes the ball past the goal line while the goalie is covering the ball
V. PENALTIES
   A. All penalties will carry over if the penalty time has not expired before the end of the period.
   B. Face-offs after a penalty will occur in the offending team’s defensive zone closest to where the penalty occurred.
   C. Any player that attains 10 or more penalty minutes will be ejected from the game and their team will receive a 1 in their sportsmanship rating.
   D. Officials have the discretion to determine minor vs major penalties.
   E. Minor Penalties
      1. Offending players will be placed in the penalty box for two minutes.
      2. The offending team will play a man down for the duration of the penalty.
      3. Players will remain in the penalty box until either the opposing team scores or the penalty time expires.
      4. Minor penalties include: high-sticking; elbowing; checking; interference; hooking; holding; slashing; tripping; illegal substitution; and delay of game.
   F. Major Penalties
      1. Consists of five minutes in the penalty box.
      2. Guilty player will remain in the penalty box for the duration of the penalty regardless of how many goals are scored.
      3. The team of the guilty player will play short one player for the entirety of the penalty.
      4. Automatically brings offending team’s sportsmanship rating no higher than a 2.
      5. Major penalties include: Repeated minors; flagrant penalties; and unsportsmanlike conduct, including profanity.
      6. A team with three major penalties will cause the game to end and will receive a zero sportsmanship rating.
   G. Game Misconduct
      1. Will eject offending player from the game
      2. Carries a five-minute major penalty – captain of other team must choose player to serve the penalty
      3. Team must choose player that is still a legal player on the court to serve the penalty
         a. The offending team will be playing down TWO players. One player will be ejected and another player will be serving a five-minute penalty for that ejection.
      4. Game Misconduct penalties include: Intentionally injuring or attempting to injure another player; throwing the stick to make a play on the ball or player; verbal and/or physical abuse of officials; and any other actions deemed inappropriate for intramural floor hockey will cause ejection.
      5. If there was no intent to harm (determined by the officials) in throwing their stick, the player will receive a two minute minor penalty for the stick flying through the air. Dropping your stick on accident will not result in a penalty.
      6. Teams who are assessed a game misconduct will receive no higher than a 1 for their sportsmanship rating.

VI. SPORTSMANSHIP
   A. In order to promote a fun and safe playing environment, participants and spectators are expected to be civil towards one another and staff.
   B. Any conduct judged by an intramural staff member to be detrimental to the participants, program, or any particular intramural activity may result in removal from a contest and/or further sanctions.
   C. A detailed outline of the Intramural Sports Sportsmanship Policy can be found [here](#)