

Oswego State

Campus Recreation – Intramural Sports

6 v 6 Floor Hockey Rules

1. Pre-Game:

- A. All players are required to present a valid SUNY Oswego ID to be eligible to play.
- B. Prior to the game team captains may add players to the original roster up to and including the 3rd game.

2. Teams:

- A. Teams consist of six (6) players on the floor at one time, five (5) players and a goalie.
- B. A minimum of five (5) players is required to start and continue a game.
- C. A forfeit is declared if the game is unable to begin by five (5) minutes after the scheduled start time.
- D. In the co-rec league, each team must have a minimum of three (3) women on the floor. i.e. (3) women and (3) males, or (3) women and (2) male In the event a female is injured after the start of the game the team will be permitted to finish the game with 5 players (3) males and (2) females.

3. Equipment:

- A. Intramurals will provide sticks, pucks and jerseys.
- B. Players may wear gloves/mittens for hand protection.
- C. Each player must wear non-marking athletic shoes.
- D. Players may not wear jewelry.
- E. Goalies must wear regulation goalie mask and protective pads. Goalie pads must be approved by the intramural supervisor prior to the game.
- F. Goalies may wear a baseball glove in their non-stick hand.

4. Game Time:

- A. Each game will consist of three 12-minute periods that are running clock.
- B. A two (2) minute interval will separate each period.
- C. Playoff games only: during the last two (2) minutes of the third period, the time will be stopped for penalties and face-offs when there is a three (3) goal difference.
- D. Each team will be allowed one 1-minute time-out per game. A team may call a time-out while in possession of the puck or at a stoppage of play (other than during an opponent's indirect free hit).
- E. An official time-out may be called for an injured player or for other circumstances deemed appropriate by the officials. The injured person must leave the game and a substitute must take his/her place.
- F. All ties will remain as ties, except during the playoffs.
- G. Playoff games only: if the game is tied at the end of regulation, a 5-minute sudden death period will be played. Additional 5-minute periods will be played until the winner is determined.

5. Post Game:

- A. At the completion of each game, the captains must sign the score sheet.

6. Mercy Rule:

- A. The game will be called if a team is up by seven (7) or more goals with only five (5) minutes to play.

7. Playing the Game:

- A. A face-off is used: to begin each period, after each goal, after an inadvertent whistle, if the official cannot determine which team caused the puck to be out of play, when both teams commit a penalty/violation, or if the puck is tied up in the corner or along the walls. Sticks must be on the floor for a face-off.
- B. Play is started with an indirect free hit: after a team time-out, after a missed penalty shot, when a player is making no attempt to advance the puck (stalling), or after a penalty/violation.
- C. Offsides will only apply to face-offs. All players must be on their defensive side during the face-off.
- D. Absolutely no unnecessary body checking or contact will be tolerated.
- E. There will be no icing.
- F. A hand may be used to catch or touch an airborne puck. The puck must be dropped immediately within the radius of the catching player's stick.
- G. A goalie may catch the puck in their glove, but must play in within three (3) seconds.
- H. When clearing the puck, goalies may not throw it above waist height, or throw it past the centerline. However, goalies may shoot the puck with their stick anywhere in the playing area.
- I. Substitutions are free and can be made at any time. When the puck is alive a player can only come on the floor when the other player is completely off the floor.

8. Scoring:

- A. A goal is scored when the puck passes completely across the plane of the goal line.
- B. Goals may be scored from anywhere.
- C. Goals WILL NOT count if a stick blade is above waist level, kicked in, if the puck is batted by the hand, or if an offensive player is in the crease.
- D. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the puck from entering the net.
- E. Shots which bounce off a player's body and into the net will be counted if the contact with the person is accidental (it is the official's judgement).
- F. No goal can be scored while an offensive player's feet are in the crease.

9. Minor Foul:

- A. Minor fouls result in the loss of the puck and an indirect shot at the point of infraction. An INDIRECT SHOT is an uncontested shot taken by a player with all other players at least ten (10) feet away in all directions. The shooter may touch the puck only once. A goal cannot be scored off an indirect shot until touched by another player, other than the goalie. If the non-fouling team retains possession and has a clear advantage, a play-on signal will be given by the official.
- B. Minor fouls are:
 - offside or interference on a face-off

- hand pass
 - goalie throwing the puck past center line (may be shot with the stick) and/or throwing puck above waist height
 - player in the crease or breaking the plane of crease with the stick or body
 - when the offensive team breaks the rule: the official shall stop the play immediately and award an indirect shot
 - when the defensive team breaks the rule: the official will blow the whistle and award the indirect shot only when the puck has come into the possession of an opposing player
 - high sticking: blade comes above the waist (on an open shot or just carrying the stick down the floor)
- C. A player who continuously fouls will receive a minor penalty.

10. Penalties:

- A. Teams cannot play with fewer than four (4) players. If more than two (2) players are penalized during the same time, penalties shall be served in succession.
- B. Minor penalties will expire if a goal is scored by the team playing with the advantage. Penalty minutes will carry over into the next period. If two (2) or more players are penalized only one (1) player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
- C. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.
- D. Player fouls shall be recorded as in the game of basketball. A player who receives five (5) fouls of any combination shall be disqualified from the remainder of the game. In addition, any player who receives two (2) major fouls shall be disqualified.
- E. Any player ejected from a game must make an appointment to discuss the situation with the Intramural Director before they will be allowed to participate in any intramural activity.

11. Minor Penalty:

- A. All minor penalties will result in the player serving a two (2) minute penalty. Play will start with an indirect free hit awarded to the offended team.
- B. Minor penalties include:
 - equipment abuse: any beating or bending of equipment
 - high sticking: above the waist (on a shot and/or in traffic)
 - holding
 - habitual minor fouls
 - interference: inhibiting the progress of an opponent who is not in possession of the puck, knocking the stick out of an opponent's hand, or preventing a player from regaining possession of a dropped stick
 - illegal substitutions
 - kicking or throwing the puck
 - goal crease violations
 - moving the net by the defensive team with no shot at net
 - if the defensive team intentionally moves the net during a shot on goal, the offensive team will be rewarded by a penalty shot
 - contact with the goalie inside the crease whether accidental or not
- C. All minor penalties may be considered major if flagrant.

12. Major Penalty:

- A. All major penalties will result in the player serving a FIVE (5) minute penalty. Play will start with an indirect free hit awarded to the offended team.
- B. Major penalty fouls include: (two (2) major penalties result in ejection)
 - tripping: intentional tripping with a stick or any body part
 - elbowing: use of the elbow to impede an opponent
 - throwing the stick: intentionally to gain an advantage
 - hooking: wrapping the stick around a player
 - checking/roughness: any unnecessary body contact
 - intentionally holding a player from scoring on a breakaway
 - intentional delay of game
 - body contact: incidental or accidental body contact
 - goalie violation: playing the puck forward or holding the puck for more than three (3) seconds

13. Player Misconduct:

- A. Misconduct penalties will result in a player's ejection.
- B. Misconduct penalties include, but are not limited to the following:
 - excessive use of profanity
 - extensive abuse of the facility and/or equipment
 - slashing
 - unnecessary rough play
 - fighting
 - deliberate roughing or checking
 - verbal or physical abuse towards an official, opponent, or supervisor
 - any unsportsmanlike conduct in the opinion of the official warrants ejection

NOTE: PLAYERS ARE RESPONSIBLE TO PAY THE REPLACEMENT COST OF ANY DAMAGED EQUIPMENT NOT ASSOCIATED WITH THE NORMAL WEAR AND TEAR FROM PLAYING.

14. Penalty Shot:

- A. A penalty shot will be awarded to the player who in the officials judgement had a clear opportunity to shoot on goal and was prevented from doing so by an illegal action of an opponent. A goal will be awarded if a player stops a clear opportunity to score a goal by throwing their stick into the crease.
- B. All players except the goalie and player attempting to shoot will move to the opposite half of the floor.
- C. The shooting player will place the puck anywhere on the penalty line. The shot must be taken within five (5) seconds, following the official's whistle. If the puck is moved prior to the shot, a face-off will be called by the official.
- D. The goalie must be stationary inside their crease, with both feet on the goal line until the puck is played.

- E. If the shot is missed, play will immediately be dead and a face-off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.