Ashland University  
Department of Recreational Services  
Intramural Floor Hockey Rules  
Updated: 07/08/13  

THE GAME  
- 3 periods, 12 minutes in length  
- Clock will run continuously  
- No time outs  
- 1-2 minute break between periods to switch ends  
- Teams are composed of 5 players; one goalkeeper and 4 attack/defensive players  
- Teams may start and finish with 4 players  

GRACE PERIOD  
- Teams have 5 minutes after the hour to be signed in and ready to play. The team that is signed in will get 2 goals and the ball to start the game.  
- After 10 minutes, if a team is not present they forfeit.  

TIES  
- League Play: Remains a tie  
- Playoffs: 1. Three (3) minute sudden death period  
  2. Two (2) minute sudden death period  
  3. Teams will alternate 6 penalty shots until one team wins  
     - Penalty shots will be taken from the yellow line  
     - All rules apply during shootout  
     - The players that take the penalty shots are the five players in the game after the overtime periods, plus one additional player. If the shootout repeats the order of the shooters stays the same.  

EQUIPMENT  
- The Department of Recreational Services will supply all equipment.  
- Privately owned sticks may be used.  
- Teams should check out equipment and team jerseys from the Intramural Supervisor ten minutes prior to game time.  
- All players will wear t-shirts (short or long-sleeved) with the provided jersey from Recreational Services. No additional clothing or equipment is permitted. No hooded sweat shirts are permitted to be worn under the jerseys.  

GENERAL PLAY  
- A PLAYER MAY NEVER LIFT HIS/HER STICK ABOVE THEIR WAIST AT ANY TIME!  
- A goalie is not allowed to have any part of their body within the goal area; if they touch the ball
and any part of their body is in the goal it will be considered a goal for the offensive team. From the feet to the head no part is allowed in the goal passed the line or it will be a goal. Goalie is allowed to do whatever it takes to stop the ball within the crease (no flagrant actions), but outside the crease they are like any other player.

- All walls are considered in, the nets and the ceiling are out. The ball may be stopped by any part of the body but not carried.
- The ball cannot be kicked, batted, caught, or intentionally stepped on by any player on the court. (Exception: Goalie is allowed) If any of these happen, the result will be an immediate change of possession.
- Offensive players may not run into the goalie or make contact with their sticks (penalty: Defense gets the ball half court). If contact is flagrant, a minor or major penalty will be assessed.
- No sliding is allowed by any players at any time! (STAY ON YOUR FEET) Goalie can leave their feet within the crease.
- Offense must stay out of the crease at ALL TIMES
- Players may not hit an opposing players’ stick to keep them from playing the ball. All contact must be with intentions of hitting the ball.

**MERCY RULE**

If one team is winning by 7 goals with 5 minutes or less remaining in the 3rd period, the game is over.

If one team is winning by 12 or more goals at any point during the 3rd period, the game is over.

**SUBSTITUTIONS**

- Either team may substitute when play has stopped for a face off or penalty shot.
- Players may change "on the fly" but substitutes may not enter the floor until the players they are replacing are off the floor completely.
- Players may not enter/leave the floor by jumping over the wall. The door should always be used.

**FACE OFF**

- The face off at the start of the period or after a goal shall take place at center court.
- A face off in the closed zone will be called by the referee when:
  - A) The goal cage is out of position
  - B) The ball is "tied up" against the wall
  - C) The ball is trapped in the nets
  - D) The ball is touched by a player on either bench
  - E) The goalie holds the ball in their hand for longer than three seconds or covers the ball longer than three seconds.
  - F) Both teams have committed a violation during the same play of action
- The goal shall not count if the ball has been kicked, thrown, or otherwise deliberately directed into the goal by any means other than a stick.
  - Exception: if a defensive player causes the ball to enter the goal, the goal stands.
- The goal shall not be allowed when:
  - A) The offensive team commits a penalty prior to a goal
  - B) There is a double penalty during the same play
  - C) The offensive player makes contact with the goalie
D) If the offensive player is inside the crease

**PENALTIES/INFRACTIONS**

All penalties will be immediate penalties. The non-offending team shall take possession at the spot of the infraction or at the nearest faceoff circle. Violations are Indirect.

- Immediate penalties are:
  - A) High stick (above the waist at any time)
  - B) Carrying, holding, or covering the ball with the body by any other player other than the goalie
  - C) Illegal passing/batting the ball to a teammate
  - D) Offensive team makes contact with goalie
  - E) Offensive players put the ball in the goal with their hands/feet (Ball awarded midcourt)
  - F) The goal cage is intentionally dislodged

A "minor" or "major" penalty requires that a player leave the court for either two (2) or five (5) minutes without a replacement. On a minor penalty, the penalized player may return after they have sat out the appropriate time or after the opposing team has scored a goal. They may not return if the penalty was a major penalty. **All major or minor penalties are Direct at the spot of the penalty.**

**Minor penalties**

- A) Too many players on the floor
- B) Abusive language or unsportsmanlike actions towards referees or participants (may lead to major penalties.)
- C) Cross Checking (If flagrant - Major penalty)
- D) Hooking, holding, slashing, tripping, etc... (If flagrant - Major penalty)
- E) Slamming, pounding, or hitting of your stick on the floor, walls, or anywhere else is prohibited
- F) Throwing the stick is prohibited at any time and will be a penalty shot if it is done when the other team is in the offensive end.

**Major Penalties**

- A) Unsportsmanlike or overly rough play
- B) Spearing another player with the stick
- C) Fighting, shoving, etc...
- D) Improperly addressing an official and/or attempting to make contact with an official with the body or stick

**Unsportsmanlike Foul:**

*If anyone other then the captain addresses the officials, supervisors or just yells or says out loud anything negative or derogatory they will be assessed a minor foul and the non-violating team will get 2 goals. If one player gets 2 minor penalties they are ejected from the game and automatically have to sit out the next intramural game. So just play, have fun and keep your mouth shut.*

- There is no offside position
- The Assistant Director of Recreational Services will interpret all rules not covered in the Recreational Services Handbook.
- Only rule interpretation calls may be protested, not judgment calls.
Co-Rec Rules:
- Teams must have two (2) men and two (2) women on the field at a time plus a goalkeeper (male or female).
- Teams may start with four (4) players but it must be two (2) males and two (2) females. (goalie can be male or female)