

Southwick Recreation Center

SRC Floor Hockey Rules



Rules: SRC floor hockey games shall be governed by the rules in the USA Hockey – Official Rules of Ice Hockey rulebook (available at www.usahockey.com), with the exception or reinforcement of the following:

Age:

- To be eligible to participate in the 7-9 league a player must be between the ages of 7 and 9 by September 1st of the year before the upcoming season.
- To be eligible to participate in the 10-12 league the player must be between the ages of 10 and 12 by September 1st of the year before the upcoming season.
- To be eligible to participate in the 13 Plus league the player must be 13 or older by September 1st of the year before the upcoming season. A player maintains their eligibility as long as they are currently enrolled in high school.

Any exception must be reviewed and approved by the SRC Hockey Committee.

Roster:

A team roster is comprised of players provided to each team by the Southwick Rec Center Floor Hockey Committee. At no time is any team allowed to utilize a non-roster player for games. If any investigation on the use of a non-roster player concludes that a team is in violation of this rule, any and all games in which a non-roster player was utilized will be forfeited.

Games:

Periods: Regulation Games shall consist of three (3) ten (10) minute periods. A two (2) minute intermission shall take place at the conclusion of the first two (2) periods. One (1) three (3) minute stop time sudden victory overtime period shall be played should the game be tied at the end of regulation play. A Shootout shall take place should the game remain tied at the conclusion of the sudden victory period.

Shootouts shall consist of three (3) shooters from each team alternating scoring opportunities. Should the Shootout remained tied at the conclusion of each team's three (3) opportunities one (1) sudden victory opportunity per team shall take place until a winner is determined.

Clock: The clock will stop on any and all whistles by game officials.

Floor: The home team will defend the goal closest to their bench during the first and third periods and the goal farthest from their bench for the second period.

Goals: Water bottles are not permitted on top of the goal nets & must be stored at the bench.

Area of Play: The ball is out of play when the ball hits:

- Any part of the basketball hoops and their supports
- The walls behind the team bench areas
- The ceiling, lights, and tan colored fiberboard upper section of the walls
- The wall above or behind the netting on the main entrance side of the building
- The scoreboard or the screen covering the scoreboard

Tied Score: During the regular season, when the score is tied at the completion of regulation play, a three (3) minute, stop clock, sudden death overtime period will be played. The overtime period will commence one (1) minute after the completion of the 3rd period. If the game remains tied after the completion of the overtime period, the game will move to a shootout. Teams do not switch ends for the regular season overtime period.

Tie playoff games shall be decided in the following manner. A ten (10) minute, stop clock, sudden victory overtime period shall occur at the conclusion of three (3) periods of regulation play. Teams shall switch ends at the start of the/each overtime period. Successive ten (10) minute overtime periods of play shall be played until a winner is declared. A winner shall be declared when the first goal is scored.

Time of Play:

- All players must play at least four (4) minutes per period
- All players must sit at least three (3) minutes per period, unless a team has only two (2) or less substitutes in a particular game

A minor penalty will be assessed for each infraction of the Time of Play rule when it is determined that the offending player cannot rest long enough to meet the rule for sitting three (3) minutes.

Note: Penalty time is considered playing time.

Also: All Time of Play infractions will be reported to the SRC Floor Hockey Committee for review and potential disciplinary action. Multiple infractions may result in the following:

- Team game forfeiture; and/or
- Points being deducted from the violating team's point standings; and/or
- Suspension of the violating team's coach.

Time Outs:

Regular Season: Each team is allowed one (1) thirty (30) second time-out per game. Any unused timeouts carry into overtime.

Play-offs: Each team is allowed one (1) thirty (30) second time-out per game. Each team is allowed one (1) thirty (30) second time-out for each overtime period.

Start of Game: The officials shall allow five (5) minutes of warm up time, if the previous game ends less than five minutes before the start of the next game.

Number of Players:

- 7-9 / 10-12 League: A team must have five (5) players on the floor to start the game, and one (1) coach must be present for a team to start and play a game.
- 13Plus League: A team must have four (4) players on the floor to start the game, and one (1) coach must be present for a team to start and play a game.

Forfeit:

- 7-9 / 10-12 League: A team will forfeit if they have less than five (5) players, or cannot start the game within five (5) minutes of the scheduled start time.
- 13 Plus League: A team will forfeit if they have less than four (4) players, or cannot start the game within five (5) minutes of the scheduled start time.

Equipment: All players must wear shin guards, a helmet with full face-shield, and hockey/lacrosse gloves for all practices and games. A stick must conform to the USA Hockey rules, and cannot have exposed black plastic or black tape on the blade area of the stick, that could discolor the Southwick Recreation Center floor. ***It is strongly suggested to not have sticks with black plastic blades exposed or black tape on their blades.*** Any player not having the proper equipment will not be allowed to play. All players (except coaches, game officials, and penalty box monitors) that are situated in the bench area, or penalty box, must wear a helmet with full face- shield protection. No spectators are allowed in the bench area. Broken sticks are prohibited. Any player continuing to use a stick after it has been broken, will be assessed a minor penalty. The officials reserve the right to determine unsafe equipment, and remove it from the game.

Icing: Each team's defensive blue line will be used to determine icing. The official will blow the whistle immediately after the ball crosses the opposing team's goal line extended. There is no red line violation in SRC floor hockey.

In conjunction with USA Hockey rules, icing will now be called on the shorthanded team during a penalty situation. Icing is no longer waived off while a team is shorthanded with the exception being the 13 Plus league. The 13 Plus league can ice the puck while shorthanded & not incur a stoppage of play.

Off-side: Each team must wait for the game ball to cross the offensive blue line before entering the offensive zone. Failure to do so can result in the official stopping play. For game play within the 13 Plus league, upon entry into the offensive zone, the offensive zone will expand to the red line (half ice).

Hand Pass: A player shall be permitted to stop or “bat” a ball in the air with their open hand, or push it along the floor with their hand, and the play shall not be stopped, unless in the opinion of the officials, he/she has deliberately directed the ball to a teammate in any zone other than the defensive zone, in which case play shall be stopped, and the ball faced-off at the spot where the pass originated. If the hand pass originated in the offensive zone, the face-off shall be outside the offensive zone at the nearest face-off spot. A hand pass originating in the defensive zone and touched by a teammate outside the defensive zone shall result in a face-off at the spot where the pass originated. A player may catch and immediately drop

to the floor a ball in the air. If that player runs or steps around an opponent to gain an advantage, a minor penalty will be assessed.

High Sticking(non-penalty):

- A high stick violation, (on the backswing or follow-through while in the act of shooting), shall be determined by the height of the shooter's knee on the backswing & waist on the follow-through. A violation will result in an immediate stoppage of play and a face-off at the nearest face-off spot. A violation by a player in their offensive zone will result in the face-off being conducted at the nearest face-off spot outside that player's offensive zone.

- Batting the ball above the waist of a player with their stick is prohibited, and shall result in a whistle with a face-off at the nearest face-off spot, unless (1) the ball is batted to an opponent in which case play shall continue, or (2) a player of the defending side shall bat the ball into his own goal in which case a goal shall be allowed.

Mercy rule: If a situation during a game arises where either team is losing by five (5) or more goals, the coach of the losing team will be asked to determine if a stopped clock or running clock process shall be used for the remainder of mercy. Coaches do not have the ability to change the clock process once the original decision has been made. If the losing team recovers & exits the mercy rule situation, the coach's decision is reset & a new decision will be allowed should the same team enter the mercy rule again.

Shootout: If a game remains tied after the completion of overtime, a shootout situation exists. A three (3) round shootout will occur. If after 3 rounds the teams are still tied, the shootout will continue until there is a winner. All floor players, with the exception of the goalies, must have a chance to participate in the shootout before a player is reused as a shooter.

- Prior to the start of the shootout, the coach from each team must identify their three (3) shooters & communicate this to the referee/scorekeeper.
- The goalies who participated in overtime must be the goalies which are used in the shootout.
- The shootout will follow the USA Hockey guidelines Rule 406 section C and D. (<https://www.usahockeyrulebook.com/page/show/1084482-rule-406-penalty-shot>)
- Each team will alternate shooting during the shootout with the away team starting the shootout.
- No players or coaches other than the opposing goalie may stand on the floor during the shootout.
- Goalies shall remain in their crease prior to the start of the shootout round. Only once the shooter has started their forward progress shall a goalie be allowed to leave the crease.
- Goalies are not allowed to participate as a shooter, they must remain in their role as a goalie.

Face-off Locations: All face-offs will take place at designated face-off locations (marked by a red line). Face-offs will no longer take place at the nearest spot along an imaginary line on each side of the floor connecting the end zone face off spots; where the puck/ball was last played.

Important: A team causing a stoppage of play shall not gain a territorial advantage with the ensuing face-off. For example, when a stoppage of play occurs as the result of any action by the attacking team in the attacking zone, the ensuing face-off will take place at the nearest neutral zone face-off spot.

Penalties:

Penalty types and time amounts:

- **Minor Penalty:** One (1) minute
- **Major Penalty:** Three (3) minute penalty plus expulsion from game. The penalty will be served by substitute teammate.
- **Zero Tolerance Misconduct:** Automatic major penalty to any coach or player who in the opinion of the game officials, game attending Floor Hockey Committee member, or game attending SRC Board Member, has violated the spirit of the SRC Zero Tolerance Policy. All of these type penalties will be referred to and reviewed by the SRC Floor Hockey Committee for potential further disciplinary action and presented at the next convenient SRC Board of Directors meeting by the Chairman (or appointee) of the Floor Hockey Committee.
- Three (3) minor penalties in one game (including overtime) shall be a major penalty equivalent.
- If a 3rd player is penalized while two players of the same team are already serving penalties, the penalty time of the 3rd player will not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench and may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.
- After a penalty is assessed, play resumes with a face-off in the offending team's defensive zone.

Fighting: Fighting will not be tolerated in any manner. Any fighting will result in immediate Game Misconduct. The offending players will be removed from the game and the bench. All fighting incidents will be reported to the SRC Floor Hockey Committee for review and disciplinary action.

High Sticking: Any player hitting an opponent in the area of the head (intentionally or not) with a stick, will be assessed a minor penalty. If blood is drawn, it will be deemed a major penalty. All intentional hits (as determined by the officials) to the head are major penalties.

Sliding: Any player sliding will result in a minor or major penalty. A major penalty will be assessed in situations in which the referee determines that there is intent to injure another player.

Slashing: Players are expected to have control of their stick at all times. A minor or a major penalty shall be imposed on any player who slashes or attempts to slash an opponent with his stick, whether the action was intentional or not. A major plus a game misconduct penalty shall be imposed on any player who injures an opponent by slashing. Referees will penalize as "slashing" any player who swings his stick at any opposing player (whether in or out of range) without actually striking him or where a player on the pretext of playing the puck makes a wild swing at the puck with the object of intimidating an opponent.

Throwing Equipment: Any player throwing any equipment at any time (not just during game time) when on the floor, bench, or penalty box will be assessed a minor penalty. Any infraction occurring after a game will result in a penalty being assessed at the start of the team's next game. In addition, any player mistreating Southwick Recreation Center equipment or property will be assessed a minor penalty.

Throwing a Stick: Deliberately throwing a stick or any equipment is prohibited at all times. If a stick is deliberately thrown during a game, the following applies:

Deliberately throwing a stick in an attempt to interfere with a player, or shot of a player in his/her offensive zone, preventing a reasonable shot or pass, will result in a penalty shot being awarded to the non-offending team. The officials will award the penalty shot he/she designates as the player interfered with. If the officials cannot distinguish which player was interfered with, then the coach of the non-offending team shall designate a player that was on the floor at the time of the infraction to take the shot.

If the goalie has been removed from the game for an extra attacker, and a defending team without their goalie has a player throw their stick to block a shot, or attempt to block a shot, or impede a player, a minor penalty is assessed or a goal awarded at the discretion of the officials. Deliberately throwing a stick in an attempt to interfere with a player or shot of a player in any zone will result in a minor penalty unless a penalty shot, or automatic goal has been awarded.

Delay of Game / Interference: A player or team deemed to be intentionally delaying the game shall be assessed a minor penalty. Shielding an opponent from the ball by “backing up” with the ball is considered “offensive” interference. Surrounding the ball with your body in the corner to keep an opponent from the ball, while keeping the ball moving between your feet, shall be considered delay of game. This situation usually occurs when a team is killing a penalty or protecting a lead in the last minute of a period or game. Goaltenders intentionally freezing or holding the ball, which causes unnecessary stoppage of play, shall be assessed a minor penalty. The coach of the offending team may deem any player on the floor at the time of the infraction to take the place of the goalie in the penalty box.

Goal Crease: A goal may be legally scored by a team even though one of its players is “in the crease” (an offensive player in the crease of his own volition prior to the ball arriving in the crease) hence NO HARM, NO FOUL. However, if, in the opinion of the officials, the offensive player “in the crease” has in any way hindered the goaltender (by contact or not), the goal shall be disallowed. At the discretion of the officials a penalty may be assessed. The ensuing face-off shall occur at the closest face-off spot outside of the offending team’s offensive zone.

Goaltenders: Goaltenders are not permitted to throw or hand pass the ball FORWARD to a teammate in any zone. Either infraction will result in a whistle. A face off will ensue at the nearest face-off spot of the offending team.

Intentionally freezing, or holding on to the ball which in the opinion of the referee causes an unnecessary stoppage of play shall result in a minor penalty. The coach of the offending team may deem any player on the floor at the time of the infraction to take the place of the goalie in the penalty box.

Goaltender interference is the act by an opposing player of contacting or hindering a goaltender so as to prohibit the goaltender from “doing their job”. A player shall be assessed a minor penalty for this infraction. **PLAYERS MUST MAKE EVERY ATTEMPT TO AVOID CONTACT WITH AN OPPOSING GOALTENDER.**

A minor penalty shall be imposed on any player who makes stick contact with an opposing goalkeeper who has covered or caught the puck, regardless of whether or not the Referee has stopped play. In other words - Goaltenders who have tied up a ball, be it under their glove(s), in their glove(s) or in their equipment, **ARE NOT TO BE TOUCHED** - even if the whistle has not yet been blown. Players are prohibited from trying to dig a ball free, even if the whistle hasn’t blown yet.

Coincidental Minor Penalties: Coincidental minor penalties shall not affect the number of players on the floor. Teams will continue to play with the same number of players on the floor at the time coincidental minors are assessed. The penalized players must wait for the first stoppage of play **AFTER** their penalties expire before they can return to the game.

Standings and Playoffs:

Division Standings: Each team will be awarded two (2) points for a win (regular time, overtime, shootout) and one (1) point for a tie at the end of regulation time in league standings. In the event that two teams are tied, in points, at the conclusion of the season, the team with the most wins in the following order; regulation time wins, overtime wins, shootout wins shall be declared to finish ahead of the other. If two (2) teams have the same number of wins then head to head competition will determine the higher finishing team. If the tie remains, goals for during a shootout will be the tie breaker.

However, if the two teams are tied for 1st place, a playoff game will be played to determine the regular season league champion.

Playoffs: All SRC Floor Hockey teams qualify for the playoffs.

Drafting: See the separate "Player Draft Regulations" document

All-Star Game:

At the end of the regular season, the SRC Floor Hockey program will host an all-star game for each league, not including the instructional league. This event will showcase those players who have been selected by their coaches & has no bearing on the league standings whatsoever.

To qualify for the all-star game, a player must have completed the entire regular season without a suspension. Coaches will submit their nominations for the all-star game along with goalie nominations. Goalie nominations cannot include a goalie from their own team.

Coaches of the all-star game will be determined by the standings of their respective league. The first and second place teams will send their coaches to the all-star game. Assistant coaches will be selected by the SRC Floor Hockey committee based on other factors not related to standings.

REVISIONS:

1.0	Original release	Lane/Rankin	2000
2.0	New rule added supporting puck drop after penalty.	Lane/Rankin	2015
3.0	Combined 8-10/11-12 rule book with 13-14 rule book.	Rankin/St. Onge	Jan 2017
3.1	Added revisions history table	Rankin/St. Onge	Jan 2017
3.2	Removed Zero Tolerance Policy reference	Rankin/St. Onge	Jan 2017
3.3	Improved formatting for Time of Play section.	Rankin/St. Onge	Jan 2017
3.4	Clarified overtime time out rules. No timeouts in overtime for regular season, only playoffs.	Rankin/St. Onge	Jan 2017
3.5	Updated equipment section to require the use of hockey or lacrosse gloves by each player.	Rankin/St. Onge	Jan 2017
3.6	Updated penalties section to reduce the number of penalties per player from 4 to 3. Any player receiving 3 penalties in a game will face immediate ejection from the game.	Rankin/St. Onge	Jan 2017
3.7	Updated sliding penalty section to better define when a minor & major penalty shall be assessed.	Rankin/St. Onge	Jan 2017
4.0	Updated all league references to reflect the new age groups; 7-9, 10-12	Rankin/St. Onge	Jan 2018
4.1	Updated icing section to reflect adherence to USA Hockey rule change for shorthanded teams.	Rankin/St. Onge	Jan 2018
4.2	Updated time clock section to reflect the addition of running time when one team is losing by 5 or more goals.	Rankin/St. Onge	Jan 2018
4.3	Corrected high sticking section to reflect backswing / follow-through heights.	Rankin/St. Onge	Feb 2018
4.3	Removed 13-14 high stick section as rules now match in all leagues.	Rankin/St. Onge	Feb 2018
5.0	Included the overtime shootout in the tied score section	SRC Hockey	Feb 2020
5.1	Time of play section changed to include that players must sit (3) minutes per period.	SRC Hockey	Feb 2020
5.2	Mercy rule update – coach’s discretion at the start of a mercy rule situation on whether or not the scorekeeper will govern the clock in stopped time more or running time mode.	SRC Hockey	Feb 2020

5.3	High stick (non-penalty) section added. Separated the non-penalty & penalty content into two sections.	St. Onge	Feb 2020
5.4	Division standings have been updated to remove coin toss as an option to determine the standings.	SRC Hockey	Feb 2020
6.0	Included SRC logo on the first page	St. Onge	Feb 2022
6.1	Corrected spelling, grammatical mistakes	St. Onge	Feb 2022
6.2	Moved “Face off locations” content to section marked as “GAMES”	St. Onge	Feb 2022
6.3	Created new section called “Standings and Playoffs”	St. Onge	Feb 2022
6.4	Moved “Division Standings”, “Playoffs” and “Drafting” to the section marked as “Standings and Playoffs”	St. Onge	Feb 2022
6.5	Enhanced timeout section to note that unused timeouts carry into overtime.	Rankin/St. Onge	June 2022
7.0	Removed year reference on rule book title page	St. Onge	Jan 2023
7.1	Updated icing entry to allow icing while shorthanded for the 13 Plus league	St. Onge	Jan 2023
7.2	Updated time of play to indicate the penalty will be called once recognition of violation.	St. Onge	Jan 2023
7.3	Added section on offsides	St. Onge	Jan 2023
7.4	Updated league references from 13-14 to 13 Plus	St. Onge	Jan 2023
7.5	Added new section for “Roster”	Estock/St. Onge	Mar 2024
7.6	Added new section for “All-Star game”	Estock/St. Onge	Apr 2024
7.7	Added entry for the storage of water bottles for goalies within the “Game” section.	Estock/St. Onge	Jan 2025