Players:
Floor Hockey will be played with 4 players and a goalie. Each team must have a minimum of four (4) players to start the game.

NOTE: Team members must be listed on the team roster. Rosters are final as of the day before first scheduled game. Participants can only play on one team.

Equipment:
All players must wear soft-bottomed (or rubber-molded) shoes. Sandals and boots are prohibited.

Each team must wear common colored shirts. The team listed first on the schedule is the home team and will wear a white colored shirt. The second team listed is the away team and will wear a dark colored shirt.

Sticks, goalie equipment, and goals will be provided.

Rink:
Forums curtains will be the ‘hockey boards’ and anything inside the curtains is considered in play.

Forfeiting/Playoffs
After more than one forfeit, teams are ineligible to make the playoffs. Teams must average a 3.0 or better in the regular season to be eligible for playoffs and maintain at least a 3 in sportsmanship in each playoff game to continue to the next round.

Game:
Two (2) 20- minute halves are played with a continuous clock. Half time will not exceed 5 minutes. However, the last minute of a game will be a stopping clock.

Game will start with a face-off. Also, after a goal is scored, the game will restart by face-off.

The ball can be played off of any curtain. There will be no off sides or out of bounds, unless the ball leaves field of play in which case the team that causes it to go out of play will lose possession and it will be turned over to the other team at the point of exit.

Unlimited on-the-fly substitutions may be made at any time.

If play is stopped by the official for an injury, unusual delay or when the goal becomes dislodged, the ball shall be put back into play by a face-off.

Goal is scored when player hits, sweeps or pushes the ball into the net directly off stick or it is deflected off one of their teammates or defensive player into net.

A player may advance ball with their feet, but MAY NOT kick it directly into net to score. If a player kicks ball, ball defects off defensive player into net - goal counts.

A ball CANNOT be thrown into the goal to score.

When a goalie catches or stops the ball, they must be given room to release it to one of their players by hand or stick. If a goalie falls onto a ball and is unable to release it, face-off is called to the front of the goal.
Tie Games:
Regular season games (and pool play) may end in a tie and will be recorded as such.

All tie playoff games will result in a "GOLDEN GOAL" five minute overtime period. If the game is still tied after one overtime period, a "shoot-out" will determine the winner. A coin toss will determine which team shoots first. Each team will receive 3 penalty shots to be taking alternately by those on the field at the end of the overtime. Ejected players or players out during penalty minutes are not eligible to participate in any portion of the "shoot-out". Teams will alternate shooters. If the first series of shooters does not determine a winner then other series will follow until there is a winner.

Penalties
Any player who commits an infraction will spend 1-minute in the penalty box.

* HIGH STICKING: anytime the stick is raised above normal shoulder height.
* SLASHING: intentional or unintentional hitting with stick.
* INTERFERENCE AND CHARGING: anytime opposing player pushes a player out of position.
* ELBOWING: using one's elbow to hit an opponent
* CROSS CHECKING: use of stick to push opponent out of the way
* TRIPPING AND HOOKING: use of stick to trip or hold back an opponent from playing the ball

Penalties of Unsportsmanlike conduct

* Immediate removal from game and/or game suspensions for player and five minute penalty.
* Repeated violation of above, unnecessary roughness, unwillingness to play within the spirit of intramurals or deliberate intention to hurt someone.
* Fighting: automatic permanent suspension of player.

NOTE: Rules are subject to change without notice at the discretion of the Intramural Department.