



# FLOOR HOCKEY

## RULES

### General rules

- A game has two (2) 15-minute periods (non-stop); the game clock can be stopped only during the last minute of each period.
  - In the event of a tie in quarter-finals, semi-finals and finals, five (5) minutes (no-stop) will be added to the game in overtime, four (4) against four (4).
  - If the tie persists, there will be a penalty shootout. Three players from each team will be nominated according to the alternating principle (a boy, a girl, a boy, etc.).
  - If the tie persists, the same alternating system will apply, but with new players.
  - Slap shots are not permitted.
  - A team earns one (1) point for every goal scored. Every goal scored by a girl is worth two (2) points.
  - The game ball is made out of flexible plastic.
  - A goal scored using a player's hands or feet will not be accepted if the player intentionally tried to score in this way.
  - The goal is accepted if the ball passes the goalposts or if the goaltender's glove (containing the ball) is behind the line.
  - A player on offense cannot stay in the goal crease while waiting for a pass (applicable only if there is a goal crease).
  - The ball must cross into the opponent's zone first. Otherwise, it is out-of-play. The ball will be put back into play outside of the zone. A player is therefore not allowed to wait for a pass in the opponent's zone before the ball has crossed over. The two zones are separated by the centre line in the gymnasium.
  - When the ball goes out-of-bounds, the game is picked up where the ball went out of play. The team who did not touch the ball last will take possession of it (if necessary).
  - It is recommended that the goaltender wear protective gear (a helmet, gloves, leg guards and a long-sleeve shirt).
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- Players must wear protective glasses. It is your responsibility to provide protective glasses to your players. In the event where there are no protective glasses, the players on your team may wear a hockey helmet with a full-face visor.
- Plastic hockey stick blades are mandatory.
- Depending on the duration of the previous game, teams have 10 to 15 minutes before each game to get ready and warm up. If a team arrives late during the warm-up period, it will receive a penalty lasting two (2) minutes (non-stop). If a team is not present when the game is scheduled to begin, it will lose by default.
- Should the previous game run late, the teams will have a minimum of five (5) minutes (non-stop) to warm up.

### **Penalties**

- No contact will be tolerated.
  - High sticking will be called as soon as the stick is raised above the hips. However, if there is no risk of injury, the player will not be punished; his or her team will only lose possession of the ball.
  - A penalty will automatically be given for blows given with a stick.
  - A penalty will last two (2) minutes (non-stop).
  - A player who receives three (3) penalties during a given game will be ejected from the game. However, the said player will be allowed to play in the next game.
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### Team rankings

Win = 2 points

Tie = 1 point

Loss = 0 point

- Teams are ranked according to the number of points they accumulate during the preliminary round.

In the event of a tie, the difference between the points scored and the points allowed ("points for" and "points against") is calculated.

- "Points for" are calculated according to the points scored by the player's team.
  - "Points against" are calculated according to the number of points allowed by the player's team.
  - Should the tie persist, the team that wins the tie-breaker will be declared the winner.
  - There will be a random draw to determine the ranking of two teams in a tie.
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