



Floor Hockey Rules



1. Pre-Game – Spirit Points, Equipment, Game Time, Defaults, Fields

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is alright and stop the game to seek appropriate help as required. **THIS RULE SUPERSEDES ALL OTHERS!**

Spirit Points: An integral part of all the sports that the Forest City Sport & Social Club offers. It is based on the primary focus of the FCSSC, which is sportsmanship and to have FUN...NOT on competitive and aggressive sport.

Equipment/Set-Up: FCSSC Game Co-ordinators will provide sticks, nets and ball for each game. Teams are to provide their own goalie equipment. In addition, FCSSC's Game co-ordinator will keep score when possible (ie. Only one game in the gym at a time). If the FCSSC Game's co-ordinator is unable to keep score, we ask that each team select a player to assist in keeping score. Each team should bring both light and dark coloured shirts to each and every game.

Game Time/Default:

- Please arrive 15 minutes early to ensure that your games start on time.
- Games are 55 minutes in length, with a stoppage for halftime for 2-5 mins.
- There are 5 players on the floor including the goalie.
- A default will occur if any team cannot field a squad 10 minutes after the official start time.
- A team can play with a minimum of 4 people, as long as there are two (2) of each gender. Captains may agree to waive the rules regarding minimum players but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

2. In Game – General Rules, Goalies, Making Calls & Rough Play

General Rules:

1. Unsportsmanlike play WILL NOT be tolerated. Experienced hockey players should leave their notions of physical play as being an integral part of hockey on the ice...IT IS NOT WELCOME HERE.
2. All Players must use the provided plastic sticks. Players cannot bring their own stick.
3. Eye protection is not mandatory for players (with the exception of goalies), but it is highly recommended by the FCSSC. Squash/Racquetball goggles can be purchased from most sporting goods stores for this purpose.
4. The ball is always in play, regardless of height (including the ceiling and basketball hoops) until it crosses into an out of bounds area behind the benches. A ball that has gone out of play is awarded to the team that did not touch the ball last. Play commences with a player passing the ball in from the line where the ball went out of play. Please give the player a couple of feet to make a pass. A player CANNOT score from this shot even if it hits the goalie and goes in - the ball must be touched by either an offensive or defensive player first (not including the goalie).
5. After a goal, the team that has been scored upon puts the ball back into play by either passing or carrying the ball over the centre line. Players can not shoot directly on the net, if a ball goes directly on net then the play must be re-done. The ball also must be touched by a teammate or an opponent (beside the goalie) before a goal can be scored. The ball must also cross the

- line before teammates are allowed to cross. Therefore the stick handler has the option of dumping the ball into the other team's zone or carrying the ball over the centre line. Please wait for your opponents to be ready before putting a ball in play.
6. Players cannot make a pass to a teammate by pushing or directing the ball with their hand. Players can catch the ball but they must put it straight down, right away and not run with it.
 7. Players may make substitutions "on-the-fly" as long as the player leaving the court is off before the new player enters the playing area.
 8. A high-sticking infraction has occurred when the stick of any player comes above their waist level. This includes incidents when the player is trying to knock the ball down, waving for a pass, or before/after a shot has been taken. Goals scored by a high-stick DO NOT COUNT. If a high-stick occurs, the non-offending team retains possession with an indirect shot from where the infraction occurred.
 9. Players cannot score by kicking the ball into the net. Any kicking motion done with the intention of directing the movement of the ball nullifies a goal. However, if a pass is made and it inadvertently deflects off a player's foot and into the net, the goal counts.
 10. A game can end in a tie during the regular season. In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period. If still tied, a shoot-out will commence; each of the five players including the goalie, on the floor takes one shot each at a distance of eight paces (this shot must be taken from a stationary position). Only the players on the court at the end of the game can participate and the goalie that finished the game remains the goalie for the shoot-out. After five shots, if still tied, teams continue taking single shots until one team has scored (and the other team does not). The order of shooters must be maintained. **(Please note that playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie).**
 11. No player (with the exception of the goalie) can slide or dive to block a shot. In other words, players must remain on their feet at all times. If in a stationary position, a defender's knee cannot touch the ground.
 12. Stopped Games: A floor hockey Game Coordinator may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game. This decision is solely at the discretion of the Game Coordinator. If the decision is made to stop the game early, the score will be recorded as a loss for BOTH teams. In addition, both teams will be given an automatic warning (Refer to the FCSSC General Indoor Policy sheet for specific details on warnings). One exception to this ruling is if the Game Coordinator has stopped the game because of the inappropriate play of only one team. Under these circumstances, the non-offending team will receive the win, regardless of the score at the time that the game is stopped. This is also at the discretion of the Game Coordinator.
 13. It is inevitable that there will be some incidental contact among players. However, any other contact i.e. pushing, picks, etc, is not allowed. (You should not touch any other player with your body or your stick at any time on purpose, and you should do your best to avoid unnecessary contact with your body and your stick)
 14. Teams may call a one (1) minute time-out per half if needed except during the final 10 minutes of play.
 15. Players are not allowed to defend by placing their stick in between an opposing players legs - this can result in dangerous play.
 16. An offensive player must stand 1 stick length or 3 feet (approximately) away from the crease line in order to give the goalie room to play the ball from their crease.
 17. Slashing and pinning sticks is **NOT** allowed. Lifting a player's stick is permitted however you cannot lift a player's stick above waist level as this is a foul.
 18. Players cannot turn their backs to the opponents and back their way down the court. This should be called a foul as the offensive player is backing into a defensive player who has position.

Goalies:

- Goalies must wear the provided helmet/mask at all times. No exceptions
- Goalies have the option of using fitted knee/shin pads up to a maximum of 24" wide (like junior street hockey pads, NOT full-width ice hockey goalie pads) as well as a blocker and trapper (any size is permitted). Goalies may also choose to wear a chest protector, provided that this additional piece of equipment is only adding protection, and does not increase the bulkiness of the player. To be acceptable, the chest protector cannot extend to the arms, and it must be worn securely and tightly around the goalie, with no extra padding on the back of the goalie. No other equipment (shoulder pads, hockey pants, etc) can be used. If the goalie decides to wear fitted shin pads, they must be worn underneath their pants to reduce the wear and tear to the gym floor.
- Goalies must always have at least one foot in their crease at all time. (i.e. cannot go behind the net, or into the corners to play the ball)
- Goalies can toss the ball to a player on their own side of the court, but cannot toss the ball over the centre line (the ball is playable if it hits the wall on their own side and crosses over afterwards). A goalie can pass the ball anywhere on the court with his/her stick
- Goalies CANNOT be "pulled" in an attempt to utilize an extra attacker at any point of the game
- Goalies CANNOT score when clearing the ball from their crease. The ball must be touched by a teammate first.

Goalie Crease: The taped goalie crease in front of the net is an area that only the goalie may occupy. This means that NO STICKS OR FEET OF ANY PLAYER (offense or defense) may at any time enter the crease. If an offensive player enters the crease with either their stick or feet, it is “goalie’s ball”. It is up to the goalie, or nearby players to make this call. If a defensive player disrupts/affects the play by entering his/her own crease, the offensive team is awarded an indirect ball two paces out from the edge of the crease. If a defensive player stops a ball in the crease from going in the net, a goal is awarded.

Making Calls: It is extremely important that all players (especially team captains) make the appropriate calls for infractions and illegal plays. Every high-stick, goal crease violation, roughing, pushing, etc, must be called and play must be stopped. Only players that are currently on the court at the time of an infraction may make a call.

ROUGH PLAY: ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER LEAGUE PLAY AND MAY RESULT IN LIFETIME LEAGUE EXPULSION. PLEASE SEE THE FCSSC POLICY SHEET FOR OUR OFFICIAL POLICY ON THIS SUBJECT. It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating an unsafe play. **THIS RULE SUPERSEDES ALL OTHERS.**

3. Post-Game – Score Reporting, Spirit Points, Departure

Score Reporting: Captains from each team are responsible to reporting or confirming games scores within 48 hours of the completion of the game. Scores can be reported or confirmed via our website at www.fcssc.ca.

Spirit Points: Captains are also responsible for submitting a “Spirit” score for the opposing team each week. This is done when the score is reported or confirmed on the FCSSC website. Spirit points allow you to score your opponent based on your experience playing against them. You can score them based on how fun they were to play against, did they show good sportsmanship, did they follow and know the rules, did they arrive on time etc. All teams should shoot for PERFECT Spirit Points!

Departure: Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.