



Urban Rec Floor Hockey Rules

Pre-game

1. Game times start on the hour (please check your schedule); please be at the gym 10 minutes before the start of your game. Games are 50 minutes with a 5 minute break at the mid way point. Any default games will be recorded as a 1-0 victory for the team that shows up.
2. Teams are comprised of 4 players with 2 men and 1 woman on the court (or 2 women and 1 man, or 3 women)- plus a goalie.
3. Teams require at least 3 players, one of whom must be female. If a team shows up with less than 3 players (including at least 1 female), they will default that game and be subject to the Urban Rec Default Policy. Any team defaulting more than 2 games may be asked to leave the league, with no refund.
4. The Event Coordinator (EC) will be the score/time keeper.
5. Games will be comprised of two twenty-five minute halves with a 5-minute half-time. If the game started late, the length of the halves and the break may be reduced at the discretion of the EC.
6. If a game is tied at the end of regulation time **in the regular season**, then 2 minutes of overtime will be played **if time allows** (this will be at the discretion of the EC). If time does not allow for overtime, or the game is still tied after overtime, then the game will end in a tie.
7. **In the playoffs**, if a game is tied at the end of regulation time, 2 minutes of overtime will be played **if time allows**- this will be at the discretion of the EC. If the game is still tied at the end of overtime (or if the time remaining does not permit overtime to be played), teams will move to a 3-person shootout (at least 1 female must shoot). Teams will rock-paper-scissor to decide which team shoots first, and teams will alternate shots. If still tied after 3 shooters each, then it moves to a sudden-death shootout. ****important****- after the first 3 shooters, the same players may shoot again (not everyone from a team has to shoot before a person may shoot again), but at least every 3rd shooter must be female. Goalies may not shoot in the shootout.
8. If two or more teams are tied in the standings at season's end, the first tie-breaker will be the team with more wins. The second tie-breaker will be the team with more UR fun points. The 3rd tie-breaker will be head-to-head record against the other



team(s) involved in the tie. If necessary, the 4th tiebreaker will be goal differential (goals for minus goals against) for the entire season.

Equipment

9. Only Urban Rec-supplied floor hockey sticks may be used. This includes goalies.
10. Players may wear soccer-style shin pads if they desire. Players may also wear gloves (hockey/lacrosse/winter mittens- all okay). This equipment is optional and not mandatory.
11. Goalies may use a glove (trapper or baseball glove), blocker, mask, chest/arm protector, leg pads, athletic cup and hockey pants. These may be from floor or ice hockey. If a goalie does not have the proper upper body equipment (e.g. a heavy winter coat instead of arm/chest protection, this will be permissible at the EC's discretion). As noted above, goalies must use a regular player's floor hockey stick. **Goalies must wear a facemask or helmet with a full cage.**
12. A goalie's leg pads cannot exceed a maximum height of 34 inches, nor a width of 12 inches (The size of the pads has been amended to reflect the sizes of floor hockey pads being sold in stores now, as well as to protect taller goalies). Ice hockey pads may be worn as long as they conform to the above size limitations.

Game play

13. Games start with a face-off, with either the event coordinator or one of the participants dropping the ball at centre. After each goal, play is re-started with a face-off. The team that scores the goal drops the ball at centre.
14. Balls going out of bounds are brought in from the corner by the defensive team, regardless of which team touched the ball last.
15. Any ball going out of bounds that strikes a wall or other object (including players or spectators) and comes back into bounds is considered to be in play.
16. When a team takes possession of the ball after it goes out-of-bounds, the opposing team must give that player 5 feet and 3 seconds to play the ball. Once the player moves the ball, the opposing team may check him/her. If 3 seconds elapse without the player moving the ball, the opposing team may check him/her. **Any dispute over this will be decided by the EC at his/her discretion.**
17. If the goalie freezes the ball and stops play, then he/she may place or drop the ball either beside or behind the net for the defensive team to take possession. The



opposing team must move at least 5 feet away and give 3 seconds of time for the defensive player to move the ball (as in rule 17). If the ball goes into the net as a result of the goalie accidentally dropping/placing the ball in the manner described above, it shall be no goal. **Amended-** However, if the goalie attempts to throw or play the ball up to a player that is not beside/behind his/her net, the ball shall be considered live as soon as the goalie releases the ball.

18. The goalie is permitted to freeze the ball if he/she has any part of his/her body touching the crease area. If the goalie freezes the ball and part of his/her body is not touching the crease area, the offensive team will receive possession of the ball at centre.
19. The goalie is not permitted to come across center. If the goalie does cross the center line, play will be stopped and the opposing team will get possession of the ball at centre. If a team wishes to "pull" the goalie during play, the goalie must leave the court and a regular player may come on to play.

Infractions

20. **All games are self-refereed.** The Event Coordinator is **NOT** a referee. Instead, as the emphasis in this league is on fun and participation, it is hoped that common sense prevails and players will call their own infractions. When an infraction occurs, the opposing team will receive possession of the ball in the corner nearest the spot of the infraction.
21. High-sticking, slashing, body-contact and slap shots are strictly forbidden. Please have consideration and respect for your opponents; you might think you are trying to get the ball but instead may be attacking their shins! PLEASE PLAY THE BALL AND NOT THE BODY!!!!
22. Any ball contacted by a stick above **the height of the waist** (of the player who is doing the high-sticking) is considered to be high-sticking, and the opposing team will receive possession. Needless to say, any goal scored in this manner will not count.
23. If the player keeps his/her stick below the height of his/her waist while playing the ball, but makes contact with an opposing player with his/her stick, this is an infraction and the opposing team will receive possession of the ball.
24. ***Amended*-** A player may not dive or lay down on the floor, either to check another player or to block a shot. Players may go down on one knee to block a shot, but leaving his/her feet to sprawl across the floor in an attempt to check a player or to block a shot will result in 1) the opposing team being awarded



possession at centre, and 2) a warning being issued to the offending player. If a player commits the same foul after being issued a warning, he/she will be ejected from the game. Goalies are exempted from this rule for the purpose of blocking the shot while still in proximity to their crease (i.e. they have a foot within 1 meter of the goalmouth). If a player commits an infraction of this rule in his/her goalmouth (they are inside or mostly inside the "crease" area- this will be at the EC's discretion), then the opposing team will be issued a penalty shot that any member on the floor may take except the goalie.

25. If a player throws his/her stick anywhere on the floor, a penalty shot will be awarded to the opposing team. Any member of the non-offending team on the floor may take the penalty shot.
26. There is no intentional body contact allowed. This includes "pick"-plays, as well as, for example, a defensive player pushing into the back of an offensive player or an offensive player backing into a defensive player (even if they have possession of the ball). Even if the offensive player has possession of the ball, he/she may not initiate physical contact with an opposing player. Initiating physical contact will result in the opposing team receiving possession of the ball in the nearest corner (defensive team) or at centre (offensive team).
27. If a player commits any infraction (whether it is accidental or not), it is expected that that player will call themselves and give possession to the opposing team. If a player does not call themselves, it is their captain's responsibility to call the infraction on their own team. If both the player and the captain fail to call the foul, the EC may step in and call it.
28. If a player continuously fails to call his/her own infractions, the EC may, at his/her discretion, ask the captain to tell his/her player to take a 5-minute "break" on the bench. The EC will time the 5 minutes and notify the player when he/she may participate again.
29. The EC's decision is final, and may not be questioned or disputed. The team captains are the only players who may bring an issue to the EC's attention. Communication between the EC and the team captains is encouraged to keep the league enjoyable for everyone.
30. Any player that is "benched" will not cause his/her team to be short-handed, unless they do not have any substitutes for that player. In this case, the team will play short-handed.
31. The first incident of any rough or physically unsafe play will result in a verbal warning by the Event Coordinator. The second incident will result in a five-minute



benching for the offending player. The third incident will result in that player's IMMEDIATE EXPULSION from the game. In this case, the team captain will be responsible for ensuring that his/her player leaves the premises. The EC's decision will be final, and there will be no questioning the EC's decision. If the player refuses to sit out or leave the premises if asked to do so, the game will not re-start until that player complies. If, in the EC's opinion, the player takes too much time to comply, the offending player's team will default the game (no matter what the current score is), and the opposing team will receive a 1-0 victory in the standings.

32. Any instances of verbal abuse by a player towards another player or the EC will result in that player's immediate expulsion from the game and gymnasium, at the discretion of the EC. This includes foul language directed at another player or comments made to another player with, in the judgment of the EC, the intent of instigating a confrontation. If a player has been asked to leave by the Event Coordinator, it will be the team captain's responsibility to ensure that the player leaves without further incident.

We want to enjoy playing recreational co-ed floor hockey while exhibiting good sportsmanship. Please enjoy yourselves!

ANY QUESTIONS? PLEASE CALL US AT 604-879-9800

OR VISIT US ON THE WEB AT www.urbanrec.ca