Coed Floor Hockey Rules
Nuggets/Avalanche Prep League

Revised 6/22/2021

Team and Players

♦ A team shall consist of 5 players—a goalie, and four other players
♦ One girl must be on the court at all times. If a girl is not available, then the team must play one player down.
♦ Teams are expected to wear the jersey that is provided to their school for flag football.

Equipment

♦ A ball will be used in each game.
♦ Wooden sticks with plastic blades, as provided by the league, are the only sticks that are allowed. A player may provide their own stick if it meets the same specifications as the equipment provided.
♦ Goals are regulation, 4 feet by 6 feet, floor hockey goals.
♦ Goalkeepers must wear full pads and a helmet.
♦ Players may play in tennis shoes only. No black-soled shoes will be allowed. ♦ All equipment is optional for the players, but shin guards and mouth guards are recommended.
♦ No padding inserted in the clothing or otherwise is allowed.
♦ Jewelry is a potential hazard and therefore not allowed on players during a game.
Officials

♦ There will be one official for each game.
♦ The official is responsible for scorekeeping, time keeping, game conduct, and assessment of penalties.
♦ The judgment of the official is final and may only be discussed by the league manager. Teams and coaches are expected to follow the standards of good sportsmanship.
♦ The official may suspend play at any time the game is not manageable or being played dangerously. No person’s personal safety will be compromised.

Playing Area

♦ The whole of the gym is used. Understanding this it is imperative that any minimal spectators must be located in such a way as to minimize their influence on the game.
♦ Each court will have a centerline with the goals centered on the end lines of the basketball court.
♦ The goal crease is a half circle with a three-foot radius in front of the goal. The goal crease is considered a no enter zone for players other than the goalie. However, shots can be taken from inside this defined line.

Time of Play, Substitutions, and Scoring

♦ The game will consist of two halves. Each half will be 25 minutes long.
♦ The clock will only stop for time outs.
♦ Each team will be allowed two one-minute time outs during the game.
♦ Half time will be five-minutes long.
♦ Play shall be non-stop, except for official time outs, team time outs, and penalties.
♦ Substitutes may enter the game at any time as long as officials feel that their position does not result in an unfair advantage.
♦ The official has discretion to call injury time outs.

Face-offs

♦ All face-offs are at the center circle unless forced by penalty or delay of game, in which case the face-off will be in the offending teams defensive zone.
♦ Will be used to begin each period.
♦ Will be used after each goal.
♦ When the official has inadvertently blown the whistle and neither team has clear-cut possession of the ball.
♦ Having the official drop the ball in the court with the players squared off starts face-offs; no movement is allowed until the ball is dropped. The ball must touch the floor before it is hit.
The players not facing-off have to be at least ten feet away from the face-off.

**Ball Movement, Advancement, and Shooting**

- The ball may be advanced by use of the stick or by kicking it.
- The hands may be used only to knock down an airborne ball with no advancement or directional placement. Only an open hand may be used.
- Shots may be taken from any place on the court.
- Only shooting or deflecting the ball with the stick will score, and only if the stick blade is being held below the waist.
- Shots, which bounce off a player and into a goal, shall be legal scores as long as the ball contact with the person is accidental as determined by the official.
- A goal is scored when the ball is completely across the goal line and provided the official verifies that a goal was scored.
- Goals will not be counted if:
  - The stick blade is held above the waist.
  - The ball is kicked in.
  - The ball is batted with the hand.
  - The offensive player is in the goal crease.
  - The ball is deflected in the net off of an object outside the playing area.
- When the goalie catches the ball s/he may hold it approximately three seconds (officials discretion) and have it remain in play. If it is held longer than three seconds a delay of game violation will be called.
- After catching the ball, the goalie may keep the play alive by throwing the ball to either side of the goal, or drop the ball behind the net, or advance the ball at a 45-degree angle, but not forward toward the opposing goal. The goalie may drop the ball and then hit it in any direction they choose.
- Goalies can freeze the ball. Any stoppage of play by the goalie of more than three seconds shall be called delay of game and penalized accordingly.
- Goalies are subject to all penalties, which are to be served by a teammate.
- A player may not lay a stick down on the floor in order to block the ball with the exception of the goalie.
- If a ball leaves the playing area or if it is tied up along the wall, a face-off will occur at the center of the court. If the ball is intentionally hit out of play, the opposing team will gain possession of the ball.
- Icing, as defined in ice hockey, does not exist in floor hockey.
- Off sides, as defined in ice hockey, does not exist in floor hockey.
- When an infraction occurs, a whistle will stop play unless the offended player is in a position to score or if the offended player retains possession of the ball. A “delayed whistle” is necessary in the event of an obvious individual breakaway with an imminent scoring opportunity.
- An automatic goal will be awarded if a defensive player throws a stick to prevent the ball from entering into an open net.
- A penalty shot will be awarded to a player, who, in the official’s judgment, had...
a clear opportunity to score a goal and was prevented from doing so by an opponent tripping, holding, etc.

♦ When a stick is cracked or broken the play is whistled dead until the stick is replaced. The team that was in possession of the ball would retain possession at the spot the ball was whistled dead. If it was a loose ball play continues with a face-off at the center.

♦ When trying to defend from any direction, front, side, or behind, players are allowed to flip up a opposing players stick in an effort to gain control of the ball.

Penalty Shot Explained

All players, except the goalie and the player attempting the shot, shall move to the opposite half of the floor. The puck shall be placed on the basketball free throw line with the shooter being permitted one shot on goal without an attack on the goalie. If the ball is moved from the line prior to the shot, the official will call for a face-off. After the shot is taken, a face-off will occur at the center whether a goal was scored or not. Only during a penalty shot is the player allowed to raise the stick above the waist.

General Player Conduct

♦ There will be no body checking. No heavy contact whether accidental or incidental will be tolerated.
♦ The wooden part of the stick shall be deemed “part of the person” and violations of the stick will be penalized as though directed to a person.
♦ At no time, with the exception of a penalty shot, is any player to raise the stick over his or her waist.
♦ Offensive players may never enter the crease. Any score, which occurs under such circumstances, shall be nullified.

Violations and Penalties

♦ All penalties will result in a penalty shot or change of possession. Upon the fourth team penalty, and all subsequent penalties, the opposing team will be awarded a penalty shot.
♦ The following list is the most common penalties for our league. It is important to understand that the official may call a penalty for any reason deemed appropriate.
  o The goalie holding the ball for more than three seconds.
  o The goalie throwing the ball forward.
  o A player, other than the goalie, holds the ball or otherwise directs the ball in an advantageous way.
  o A player stands on the ball.
  o A player lays the stick down to block the ball.
- Holding an opponent.
- Tripping an opponent.
- Holding a stick over the waist.
- Contact deemed in violation by the official.
- Delay of game.
- Interference or impeding the progress of an opponent who is not in possession of the ball.
- Leaving feet, diving after, falling or kneeling in the front of the ball.
- High sticking.
- Throwing a stick.
- An offensive player standing in the crease.
- Any unnecessary roughness, unsportsmanlike conduct.

**Tied Games**

In the event of a tie at the end of regulation play the teams will engage in a four point shoot out. If after each team has had four shots they are still tied then the shootout will continue until one team finishes a round up one point. Each player on the team with the fewest players will be expected to participate in the shoot out. The team with the larger numbers may start over when the smaller team has utilized all their players.