



FLOOR HOCKEY REGULATIONS

➤ **Start of the game**

- Teams have ten minutes between the end of the preceding game and the start of their game to get ready and warm up.
- Teams that arrive within this 10-minute warm-up period are considered late and will be given a two-minute penalty.
- Teams that fail to arrive by the scheduled start time of their game will lose by default.
- If the preceding game runs late, teams have at least a five-minute warm-up (not on the clock).
- Before the start of the game, both teams will be asked to go to the centre of the playing surface for the official handshake. This gesture will no longer be made at the end of the game.

➤ **Team disqualification**

- A team disqualification will result in an official score of 3 to 0 being awarded to the winning team.

Reasons for disqualification

- ✗ Forgetting to appear on the court or arriving after the time allowed.
- ✗ Committing an act of cheating or using dishonest means to win a game.
- ✗ Putting an ineligible player in the game without the sports consultant's approval.

➤ **Team composition**

- To register, teams must have at least seven players.
- To be eligible for coed, there must always be at least two girls on the floor.
- Girls may be a part of a boys' team.



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GAME PLAY

- A game has two 20-minute periods played five against five. The game clock can only be stopped during the last two minutes of each period.

Preliminary round

- **If a game is tied**, the winner will be determined by a shootout immediately following regulation time. Three players per team are chosen to take alternating shots against the opposing goaltender.
- **If the tie persists**, other players are chosen, one player at a time per team.

Playoff round

- To be eligible to play in the playoff round, a player must have played at least one game in the preliminary round.
- **If a game is tied**, a five-minute running overtime period is played four against four. The last minute in overtime is played in stop time.
- **If the tie persists**, there is a shootout. Three players per team are chosen to take alternating shots against the opposing goaltender.
- **If the tie continues to persist**, other players are chosen, one player at a time per team.

➤ Equipment

All teams must ensure they have their own equipment when they arrive at the Inter-school Games.

Goaltenders

- ✓ Wearing protective gear is mandatory (helmet, gloves, shin guards, and long-sleeved shirt)
- ✓ When goaltender substitutions require the equipment to be transferred, the referee will give five minutes stop-time for the goaltender to get dressed. If the goaltender is not ready at the end of this time period, the coach can request a two-minute time-out if the team has any left. In cases where the goaltender substitution is considered too long, a player on the offending team will be required to serve a two-minute penalty.

Helmet and full-face visor

- ✓ **Helmets and full-face visors** are mandatory and must be worn at all times.
- ✓ Coaches are responsible for providing helmets to their players.



Sticks

- ✓ Since all games will be played on the arena surface, ice-hockey sticks will be allowed. We hope to reduce equipment costs.
- ✓ Taping the blade of your hockey stick is allowed but is not suggested with the playing surface and soft ball that we will play with.

Shin pads

- ✓ Due to the addition of ice-hockey stick, we must protect the athletes. THEREFORE, SHIN PADS ARE MANDATORY. We recommend soccer shin pads which are cheaper or hockey shin pads.

Protective equipment: Helmet, face mask and shin pads

- ✓ Players not wearing a helmet and a full-face visor will be given a penalty and will be ejected from the game.
- ✓ Any team that disregards this rule will be immediately disqualified and will lose the game by default.
- ✓ **The FNEC is not responsible for any injury or incident involving a player who is not wearing a helmet, visor or shin pads for any reason.**

Team shirt colours

- ✓ When teams' jerseys are the same colour, the team entered as the home team on the schedule must wear a different colour of bib.

➤ Time-out

- Each team is permitted one time-out per period of regulation play and one in overtime.

➤ Rules of the game

- **Slap shots** are only permitted in the 16–18-year-old category.
- A point is awarded for every goal **scored**.
- The game ball is made of flexible plastic.
- A goal scored using a player's hands or feet is not accepted if the player intentionally tries to score in this way.
- A goal is accepted if the ball passes the goalposts or if the goaltender's glove is behind the line.



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- A player on the 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 is 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 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 not touching the ball before it went out of bounds takes possession of the ball (if necessary).
- To put the ball back into play, the referee must make sure there is a radius of three metres that the opposing team is not permitted to enter. When the whistle blows, players on defence can move towards the ball while the player in possession of the ball can move forward and pass the ball or take a shot on the net.

➤ **Playing surface**

- For games played in the arena, goal nets are placed as follows:
 - **10–12-year-olds**, goal nets are placed in line with the face-off spots.
 - **13–15-year-olds and 16–18-year-olds**, goal nets are placed at the goal line.

➤ **Penalties**

- No contact will be tolerated.
- For **10–12-year-olds** and **13–15-year-olds**:

High sticking is called as soon as the stick is raised above the hips.

No penalty is given if there is no risk of injury, but the team loses possession of the ball.

- For **16–18-year-olds**:

Since slap shots are permitted, **high sticking** will be called by the referee if the stick is considered dangerously high.

No penalty is given if there is no risk of injury, but the team loses possession of the ball.

- A penalty is automatically given for blows made with a stick.
- A penalty lasts two minutes.
- A player who receives three penalties during a game is ejected from that game but may play in the next game.



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➤ Point spread

- In consideration for teams that are trailing in the game, a score of 2 to 0 in favor of the leading team will be posted on the scoreboard when a 7-point spread is reached.
- From that point on, the game clock will not be stopped.
- Points will continue to be recorded on the scoresheet.
- The point spread rule will be applied to the score posted on the results board. However, for team ranking purposes, points will be compiled according to the actual score to ensure fairness for all teams.

➤ Team standings

- Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.

To break a tie in the standings when NOT ALL teams play against each other in the preliminary round:

- A point difference is calculated by taking the number of points scored by a team (points for) and subtracting the number of points allowed by a team (points against).
- The team with the best point difference will be awarded the higher place in the standings.
- If two teams have the same point difference, the winner of the game played between the two teams will be awarded the higher place in the standings.
- If needed, the ranking of the tied teams will be determined by a coin toss.

To break a tie in the standings when ALL teams play against each other in the preliminary round:

- The winner of the game played against the tied teams will be awarded the higher place in the standings.
- If more than two teams are tied, the point difference will be calculated.
- If needed, the ranking of the tied teams will be determined by a coin toss.

NB: The FNEC Inter-school Games sports consultant reserves the right to make a final decision regarding these regulations.