

Ithaca College

Recreational Sports Department

Intramural Floor Hockey Rules

Intramural Office: Hill 102
(607) 274-3320

intramurals@ithaca.edu
www.ithaca.edu/sacl/recsports

General Information

Eligibility:

1. All teams must have a forfeit bond check on file to play in an intramural league.
2. All participants must be a current student or faculty and staff member at Ithaca College.
3. Participants can be on the roster of only one single sex team and only one co-rec team.
4. Teams may add new players to their roster up to conclusion of the regular season.
5. Players must participate in at least one regular season game to be eligible for the playoffs.
6. A total of three (3) Ithaca College Club Hockey (Field, Roller, Ice) members are allowed on a team's roster in the Pro divisions, and two (2) for Semi-Pro divisions. If a team is found with more than the allotted club players, that team will forfeit that game and lose their bond.
7. Intercollegiate Field Hockey players are not eligible for intramural participation. A team will receive a forfeit for any games where intercollegiate athletes are used.

**** All players are required to present a valid Ithaca College ID Prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. ****

Forfeits & Forfeit Bonds:

A team who does not field enough players within five minutes after a scheduled game time will receive a forfeit. If a team forfeits they will lose their 1st forfeit bond. Forfeit bonds must be received with the entry form on the date entries are due. Any team which does not pay their forfeit bonds by the managers meeting will not be given their schedule until they pay. After a 2nd forfeit, a team will lose their second forfeit bond and be stricken from the league. If a team knows ahead of time they will not be able to field a team for a scheduled game, they may notify the Intramural Office – 24 hours prior to game time on weekdays and on Friday by 5:00pm for Sunday and Monday games. By notifying the office the game will be cancelled and the team will receive a default loss instead of a forfeit. Default losses will show on your record, but you will not lose your bonds.

Scheduling and Results:

- Due to facility and time constraints, the rescheduling of games will only be done under extreme circumstances as deemed by Recreational Sports.
- Teams will normally play between 4-6 regular season games.
- Any team which does not forfeit three times during the regular season or has dropped out of the league will qualify for the playoffs.
- Teams should plan to arrive 10-15 minutes before their scheduled start time, as games will begin on time.
- Game results will be posted on the bulletin board outside the rec sports office (Hill Center 102).
- In an event of a cancellation, team managers will be contacted. You can also call Hill Center 102 or Hill Center 70 (4-1063) to ask about the status of the game. For outdoor activities, rainouts may occur, however assume your game will be played unless contacted by the office.

Player Conduct: All players are expected to remain under control during an intramural event and are expected to treat all other players, officials, and intramural staff with respect. At any time an official or activity supervisor may eject a player for any reason they deem reasonable. If a player is ejected

he/she must leave the premises immediately and will be ineligible to play the following game. The player must meet with the Recreational Sports Program Coordinator before they are eligible to play again. Two ejections will result in a player being disqualified from the league.

**** No Smoking or Alcohol Consumption is allowed at an intramural event. ****

Gym Location: All games will be held in Hill Center Gym III

Rules and Regulations

The Game and Results:

- A team will consist of 5 players on the court, including the goaltender.
 - A team must have at least 4 players to begin a game. If at any time a team has fewer than four players, play will stop and the opposing team will be declared the winner.
- Unlimited substitutions may be made at the following times: in-between periods, after a goal is scored, or during play. Substitutes entering during play must wait for the player leaving the floor to be completely off the playing surface.
 - Substitutes are required to come in from their defensive side.
- Goalies may be substituted for during a time-out, during intermission, due to an injury, or if an equipment change is necessary.
- Goalies can be removed for an extra attacker only during the last two minutes of the game.
- Games will consist of three twelve-minute periods.
- The clock will run continuously except for an injury, penalty shot or other stoppage of play until the final two (2) minutes of the game, at which time the clock will stop on every whistle.
- If a tie results:
 - All regular season games will remain tied.
 - During the playoffs:
 - A five-minute sudden death overtime period will be played, ending with the first goal scored.
 - If no goal is scored during the overtime, a shootout will occur.
 - * Teams will choose three players to take alternating penalty shots. At the end of the three rounds, the team with the most goals will be declared the winner.
 - * If still tied, teams will continue to choose different players to shoot alternating penalty shots. The first team to score while the other team fails is declared the winner. (Each team must receive the same amount of shots on goal.)
 - * *Note: In a Co-Rec game, penalty shots are taken in the same format however must alternate male, female.*
- Mercy Rule: If a team is defeating their opponents by ten goals with five minutes to play in the 3rd period, the game shall be stopped and that team declared the winner.

Players and Equipment:

- Players cannot wear any jewelry, hats or anything considered dangerous by an official.
- Casts or braces made of a hard substance cannot be worn unless completely covered by padding and checked by officials.
- Teams are encouraged to wear shirts of uniform color. If not, team members should have both a light and dark colored shirt to differentiate the two teams.
- Goalies are required to wear masks, pads, and chest protector. All goalie equipment can be provided, and goalies may use their own arm blockers, helmets, and sticks.
 - Goalies may use their own chest protector and leg blockers provided that it is similar to the ones supplied by Rec Sports.
- Sticks will be provided for all players.
- Players may use their own sticks. Wooden sticks and blades or fiberglass blades may not be used.

- All players must wear non-marking rubber soled shoes.

Scoring:

1. A goal is scored when the ball completely crosses the goal line before time expires.
2. An offensive player may only score by shooting the ball (with stick) into the net.
3. A goal is ALLOWED if:
 - A. A shot deflects in by an offensive player.
 - B. A shot deflects in off a defensive player.
4. A goal will be DISALLOWED if offensive player:
 - A. Scores from directly within the goal crease.
 - B. Shoots outside the goal crease but the stick breaks the plain of the goalline
 - C. Kicks or throws ball into the net.
 - D. Shoots or deflects the ball with a high stick.
 - E. Deliberately defects a shot into the net with his foot or hand.
 - F. Pushes the goalie with the ball into the goal.

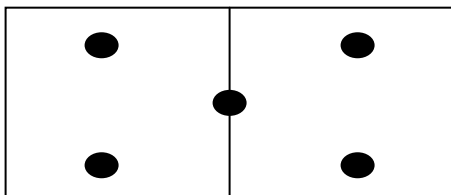
Face-Offs:

1. Face-offs will occur at center court when the following occurs:
 - A. Start of each period
 - B. A goal is scored
 - C. Inadvertent whistles
 - D. An offensive player enters the goalie's crease regardless of situation
 - E. Hand pass
 - F. After a Penalty Shot
2. A face-off is held to the right or left of the goalie if:
 - A. A goalie covers the ball for more than three (3) seconds.
 - B. If the ball enters one of the four open corners
3. Off sides face-offs will be held outside the offensive zone to the side closest where the infringement occurred.
 - On all face-offs players must be squared off on their side of the face-off line.
 - No movement is allowed and sticks must be on the floor before the referee will drop the ball. The ball must touch the court before it is hit.
 - Players not involved in the face-off must be at least five feet away from the face-off line.

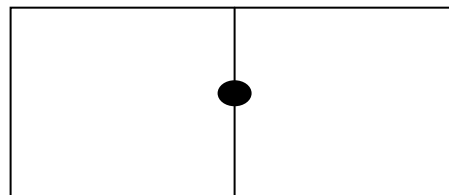
Free Shots:

- A Free shot will occur when play is stopped due to a penalty.
- The Free shot will be taken from the **center face-off dot**.
- Any player on the offended team may take the free shot.
 - **Exception:** No player can take two free shots in a row.
- Players may shoot or pass the free shot.
- All other players must be at least ten feet away from the shooter.
- A shooter will have three seconds to play the ball after the referee's whistle. If a player takes more than three seconds to play the ball, it will be a turnover and the opposing team gets a free shot from the same spot.

Face off Circles



Free Shot Dot



Penalties:

1. **Minor Penalties:** Results in a two minute penalty for the offending player
 - A. Delay of Game – Player closing his/her hand on the puck and covering the puck with their body as well as stalling.
 - B. High Stick – Raising the stick above waist height while actively engaged in the play.
 - C. Too Many Players on Floor – served by any member of opposing team.
 - D. Roughing/Body Checking, Tripping, Holding, Pushing, Kicking or Kneeing – self-explanatory
 - E. Hooking – using the stick to prevent an opposing players movement
 - F. Slashing – using the stick or attempting to use the stick in a chopping or swinging motion on another player **or his/her stick.**
 - G. Interference – Impeding the progress of an opponent, who may or may not have possession of the ball.
 - H. Hand Checking – Placing a hand on another player while trying to play the ball.

Note: Depending on the severity of the act any minor penalty can be called a five-minute major penalty.
2. **Major Penalties:** Results in a five-minute penalty served by the offending player
 - A. Excessive Body Checking
 - B. Cross Checking
 - C. Elbowing
 - D. Spearing/Butt-Ending – stabbing an opponent with the blade or butt-end of the stick
 - E. Charging/Boarding
 - F. Arguing with the official
 - G. Vulgar or profane language
 - H. Taunting
3. **Misconduct Penalties:** Results in automatic ejection and a five-minute penalty served by any other member of offending team.
 - Violent conduct and fighting
 - Using insulting, offensive or abusive language towards an official
 - Vulgar or profane language directed at another player or towards an official.
 - Any other penalty an official deems fit for ejection.
4. **Penalty Shots:** A penalty shot will be rewarded for the following reason.
 - A. A player throwing the stick for any reason
 - B. If a player with a clear, unabated path to the goal is illegally defended or roughed to the ground.
 - C. An intentional foul or penalty that stops a sure goal.
 - D. If the goalie throws any piece of equipment to try to stop the puck.
 - E. If a defensive player freezes the puck in the crease or intentionally moves the goal.

Note: All penalty shots will be one a one-on-one opportunity against the goalie for the offended player. The play ends when a goal is scored, the goalie makes a save, or the shot misses the net. If it is a major penalty, the penalty is still served. At the end of the shot, there will be a face-off at center court.
 - A player receiving any combination of three penalties or two major penalties during the same game will be ejected. The offending player must leave immediately and will receive and automatic one game suspension.
 - Any player accumulating four major penalties during a season will be removed from the league.
 - A player serving penalties must report to the scorekeeper and remain out of the game until two minutes is declared up. The offending player's team cannot replace him/her and must play a player short.
 - After any penalty is called the game will restart with a free shot for the offended team.

- At no time shall a team have two fewer players than their opponents
 - When a team has substitutes:
 - The player committing the third penalty may be replaced
 - The offending player's penalty will be served immediately after the first penalty is over and the team will remain two people shorthanded. The offending player cannot reenter the game until his/her penalty is over.
 - When a team has no substitutes:
 - The offending player will serve the third penalty along with the remaining time on the first penalty committed. The player serving the first penalty is allowed to reenter the game.
- If the opposing team scores a goal while a penalty is being served, the first penalty being served will end. A goal scored by the team serving the penalty will not end the penalty.
 - **Exception:** Major and misconduct penalties will be served in full regardless of goals scored by the opposition.

Offsides:

1. An offensive player cannot cross into the offensive zone before the ball has been played into the zone. (Offsides lines will be explained at the beginning of each game.)
2. A player must have both feet inside the zone to be called offsides.
3. Once the ball has crossed over the offsides line, the offensive zone expands through the neutral zone to the opponent's offensive zone.
4. When the ball is cleared out of a team's offensive zone, players on that team must clear their offensive zone before the ball can be played back in.
 - a. When the ball is cleared from the offensive zone, the offensive team's zone shrinks back to the original line before the ball was played into the zone.
 - b. If any player does not clear the zone offsides will be called.

Miscellaneous Rules:

1. The ball may be advanced by the stick or by feet.
2. Hands may be used only to knock down an airborne ball as long as the ball is not palmed and advanced.
3. Players cannot pass to a teammate using their hands within their defensive zone.
4. Upon gaining control of the ball, goalkeepers have three seconds to play the ball to the side or behind the net. Failure to do so will result in a face off.
 - A. The ball may not be thrown forward by a goalie. Doing so will result in a free shot for the opposing team.
5. A goalkeeper may leave the crease, however must follow all rules that apply to court players.

Co-Rec Modifications:

- Each team shall consist of five players.
- At no time can the number of one sex exceed the number of the other by more than one.
 - Example: 3 men and 2 women – legal
 - 4 men and 1 woman – illegal
- When a team has five players on the court, two field players must be males and two players must be females. The goalie can be of either sex

All rules and regulations not mentioned here will be as governed by the National Intramural-Recreational Sports Association (NIRSA)