

Sports Monster Floor Hockey Bible

SAMPLE OF GAME RULES TO LIVE BY:

1. **Starting the Game:** Please try to arrive early so that we can start on time. Games are to be started no later than 10 minutes after the scheduled start time or forfeit goals shall be assessed as outlined below against the team unable to field a squad. The schedule will show home/visitor for that week.

1 point loss 11 minutes into the hour

3 points lost 16 minutes into the hour

Game lost 21 minutes into the hour

Warm-up Time: In general, there is little time to warm-up due to cost of court rental. However, once the preceding match has concluded, please feel free to practice until such time as the referee is ready to start the match.

2. **Method of Scoring:** Single point goals score all games. Games are won by a one goal advantage. The referee prior to the second half and should announce the score following each goal scored.

Goals are scored when the ball has completely crossed the plane of the goal line. All goals will be called at referee's discretion.

Tie games will be scored as such during the regular season. There will be **5-minute** sudden death overtime periods in the playoffs, in which each team drops one male player from the playing area. The first team to score will be the winner. **If after 5 minutes, the game will go to penalty shots. Each team will get three attempts with the following format: Male, Female, Male.**

Scoring discrepancies in the standings? Contact your SMC local office for clarification.

3. **Game Length:** All SMC Floor hockey matches are played with three (3) fifteen (15) minute periods. Teams will switch sides each period if they need to. Depending on when match starts, there may or may not be up to a one minute break between periods but that is up to the discretion of the referee. The clock runs throughout the match, unless it's a **ONE** goal game with 2 minutes left, and there is a person running the clock. The clock stops for every whistle.

Special Note: Should extreme weather or other factors limit normal scheduled game duration, SMC shall consider a 30 minute game played as officially recorded.

Slaughter Rule: Ouch! It hurts to get slaughtered so we have a rule in place that a match is stopped once a team reaches a 12 goal lead over their opponent. Teams may opt to continue play for fun if time permits but the official scoring shall cease once a slaughter has been reached.

4. **Time-out:** This is floor hockey! Ok, you have one (1) one minute time out per game. Otherwise, you can rest your butt on the pine. Time outs can only be called when your team has clear control of the puck.

5. **Playing Area:** The court surface, anywhere inside of the rink, is considered within play. All walls are considered in play including the net wall.

If a ball goes out of the arena or gets stuck in the net wall, the referee shall declare the ball "Out of Play" and that ball is dead.

Any ball that is sent out-of-play will be played in as a face-off at the nearest face-off point. Exception: If ball is hit out while being untouched by an opponent, face-off will be at center court.

Each court should have two hockey nets in place.

Goalie Crease (box) – Offensive players may not enter the crease until after the ball enters it. Goals scored while an offensive player is in the crease prior to the ball's arrival will be discounted. **Play will resume with a face-off from center court.** If a Player violates this rule a second time, goalie interference will be called. Goalie interference will also be called if an offensive player is in the crease prior the ball's arrival and there is goalie contact. Both infractions are a 2-minute minor penalty.

Goals scored while a defensive player is in the crease before the ball will be counted.

The goalie is free to move outside of the goalie's box, but they are not permitted to create contact with players. Any contact (malicious or incidental) will be placed on the goalie and a 2-minute penalty will be called.

6. **Substitutions:** Each team is allowed unlimited substitutions while the game is live, "line changes," and while the game is dead. Players on the court should leave the arena before the substitutes come onto the court, but if this does not happen, it is up to the referee's discretion to determine if mal practice was involved. If a substitute touches the puck or gets involved in the play before the person he is replacing leaves the arena, then a 2-minute penalty will be called. The team will decided which player on the court will get the penalty.

It is advised that coed leagues sub male/male, female/female to help keep better track of who is on court.

7. **Gender Ratio:** DSM floor hockey leagues are set-up for 5 players on the court at all times. Men may not participate in SMC leagues designated for women. Women may not participate in SMC leagues designated for men unless expressly granted by the local office with notification provided to all teams. Please do NOT bring a woman to play in a men's match without receiving local approval first as she will not be allowed to play.

DSM 5 person coed leagues are set-up for 3 men/2 women on the court. If male players are missing, a team may opt to field more than 2 women. If female players are missing, it is up to the discretion of the opposing team whether more than the set amount of men will be allowed during the regular season. Once agreed upon by the opposing captain to allow extra male player(s), the decision is binding through the remainder of the game. However, upon the late arrival of extra female player(s), that team MUST remove corresponding extra male players and substitute in the newly arrived female players. SMC outlined gender ratio must be followed during the playoffs.

8. **Face-Offs:** Face-Offs will start any half or overtime period (playoffs). Play commences at center court with one representative of each opposing team. Any indeterminable situations will also result in a face-off.

The two players, who are involved in a faceoff, must have their hockey sticks facing forward. This is to allow the referee to get in proper position to drop the puck. The penalty for having the hockey stick face another direction besides forward will be a 2-Minute Minor penalty for the first infraction. There will be a 5 minute Major penalty for a second infraction.

Opposing team players must be at least 1 stick length (approx. five (5) feet) away from center court and behind their team's face-off representative (on their side of the court). Goals may be scored on a face-off. Upon the scoring of any goal, a new face-off will recommence play.

9. **Goalies:** Goalies are permitted. Goalies must wear a protective eye wear and a mouth guard. You can bring your own helmet/face guard if you like. Ice hockey leg padding is allowed. Goalies may wear hockey or soccer shin-pads. Baseball or hockey goalie style gloves are allowed. Goalies may use a hockey goalie style blocker on one (1) arm/hand.

The designated goalie is the only player who may use their hands to control and stop the ball. Upon gaining control of the ball, the goalie can either freeze the ball and force a face-off near that net, or **roll the ball underhand to a teammate. He should release the ball within 5 seconds. Only underhand throws are allowed.** Any overhand throws will result in a in an area near the goal where the illegal throw occurred. **Goalies can freeze the ball anywhere on the court, including from inside of the net.**

Continuous play is the league priority. Goalies that repeatedly freeze the ball and call for a face-off will be warned. If they continue to call for face-offs, they will be called for delay of game, a 2 minute minor penalty. This is at the referee's discretion. Goalies need to put the ball into play as soon as reasonably possible after freezing. Teams must make line changes within the 3 seconds allotted; the ball will become live, regardless of whether the change is complete or not.

Goalies may be switched throughout the game during dead balls and after goals. The referee must be notified of all goaltending changes, so they can keep track of who the real goalie is.

10. **Contact:** Contact with opposing players is not allowed. This must be tempered with the fact that fast movement in a restricted area will result in some physical contact. However, pushing, shoving, checking, etc, are not allowed and players will be penalized. If you violate this rule you will be given a 2 minute minor penalty for Roughing.

And people, if you want to be on stage, take up acting -- If you exaggerate a shove to to draw a penalty, you will be called for delay of game, again a 2 minute minor penalty.

It is the referee's discretion when a foul should be called and is not subject to an open forum discussion during the match.

11. **Stick Checking:** Stick checking is permitted. Stick checking is defined as using your stick to lift an opponent's stick by placing your stick under his and snapping your stick up, briefly. **The defender must have both hands on the stick in order to stick check.** Players may stick check: when you have the ball and are trying to maneuver around opposition players, when you are trying to take the ball from an opposition player, when a pass is made or about to be made to a player to keep him/her from getting the pass.

Stick checking must occur as close to the blade of the sticks as possible. If there is a stick check high up the shaft, near an opponent's hands, whether intentional or by accident, the offending player will be given a minor penalty for slashing.

You may not stick check away from the play. You also may not use your stick to hold another player's stick in the air for an extended period of time. Both of the described last two instances result in minor penalties. If you lift an opponent's stick above their waist, **YOU** are in violation of the high stick rule and you will be given a minor penalty (2 minutes). Note: If the offended player exaggerates a player lifting their stick to draw a high stick penalty, the penalty will be on them. All called infractions are at the referee's discretion.

12. **Hand/Foot Play:** Players may use their hands and feet to stop and control the ball. **You may not hand-pass or kick the ball to a teammate.**

You may use your hands above your shoulders (not your stick!) to control the ball. If a player uses his/her hands or feet to control the ball, that same player must be the next to play the ball for his/her team to avoid a violation.

Any intentional kicking or throwing of the floor hockey ball is prohibited and a faceoff from the spot of the kick/throw will result in addition to a warning – followed by a delay of game penalty for the next infraction.

13. **Misconduct Penalties:** Here's a ton of stuff you need to know NOT to do—otherwise known as Trouble:

- a) Checking an opponent
- b) Tripping an opponent (either with a stick or by feet); **this is an automatic call if the defender is behind the offensive player and the offensive player steps on the stick head, resulting in the offensive player falling to the floor.**
- c) Spearing an opponent with butt of stick;
- d) Hooking—using your stick to hold an opponent or throwing your stick in their path; Hooking UP at the host bar après game is entirely encouraged
- e) Charging an opponent from behind unless the latter is obstructing;
- f) Slashing—striking or attempting to strike an opponent, or spitting at him/her;
- g) Sliding – Absolutely no sliding is allowed! **(Legal for goalies inside of the crease.)** This is extremely dangerous, and can result in injuries for numerous players. Dropping to your knees to block passes/shots is allowed. However, the player must drop straight down to their knees, with no sliding motion;
- h) Holding an opponent (in other than a loving fashion);
- i) Roughing another player – especially in close proximity of the wall
- j) High-sticking (sticking) – raising the head of the stick above the shoulders is an automatic penalty, regardless if players are not around and there is no play on the ball. Raising the head of the stick above the mid-torso (belly button) on a shot/follow-through is not allowed. This includes when you are all alone with a free shot. This is a major safety issue, and will be enforced! Try to keep your stick as low as possible on follow-throughs. If you are trying to hit the ball out of mid-air, the stick must be parallel to the ground or pointing to the ground and below the shoulders. Please look out for the safety of other players;
- k) Using foul language;
- l) Delay of game (referee discretion);
- m) Dressing like Barney and leading the team in a sing along.

All of the above offenses will result in a two-minute minor misconduct penalty.

14. **Major Misconduct Penalties:** Here's what is known as Big Trouble:

- a) Verbally taunting the opposing team or individual players;
- b) Any physical action which the referee feels is done for the purpose of causing injury and/or is not in the spirit of the game;
- c) Arguing with the referee regarding called penalties/goals or any aspect of the game.

All of the above offenses will result in a five-minute major misconduct penalty. An offensive penalty will be whistled immediately and the infraction enforced. A defensive penalty will be signaled by the referee's upraised arm to be enforced upon the conclusion of an offensive possession.

15. **Penalty Enforcement – serving your time:** Any player(s) called for a misconduct penalty will mark their time in the out of bounds area indicated by the referee. The referee will maintain assessed penalty time. Teams are to play at a maximum one player short regardless of the amount of penalized players.

For example, A1 gets assessed a penalty-A1 leaves the court and the 2-minute clock is started. A moment later, A2 gets assessed a penalty-he or she will leave the court but another player can come in to keep the team's player count at three. The 2-minute penalty will start immediately following the end of A1's time. Once A1's time is up, then he or she can come back in but his or her team will still be playing down a player. Once A2's time is over, A2 can come back in and the team will be at full force.

Should the penalized player (s) enter play prior to the referee's okay, a major misconduct penalty will be enforced. A second offense will result in that player's ejection from the game.

A minor misconduct penalty will be nullified by an opposing team's goal. If two people are serving penalties, the oldest penalty will be nullified by an opposing goal and the remaining player will continue to serve out their sentence or until another opposing goal is scored. His or her two-minute clock will start immediately following the goal.

If the penalized team scores shorthanded, penalty time remains as is.

A major misconduct penalty will not be nullified by an opposing team's goal. The offending player must serve all major misconduct penalties. However, upon an opposing team's goal, we will allow a substitution for the penalized player to be brought onto the court. Should there be two or more major misconduct penalized players, only one player may be substituted no matter how many goals are scored against their team.

Goalies penalized may have their penalty served by a team member but the team will play shorthanded.

Minor penalties will be 2 minutes in duration and major penalties will be 5 minutes in duration. The clock for the penalty will start once the offending player has left the court. Please make sure penalized players leave the court as soon as possible. Failure to leave the court in an appropriate amount of time may result in another penalty (delay-of-game).

16. **Penalty Shots:** A penalty shot will be awarded if the defending team commits a **misconduct foul**, that occurs as an **indirect or direct** attempt to stop a breakaway or solid drive towards the goal. A breakaway is defined as when a player has possession of the puck and there are no other defenders other than the goalie between him and the opposing goal. A penalty shot will also be awarded should a defending player illegally use their hands or commit a foul within the goal crease (3 feet in front of the goal) to stop a goal.

Fighting (see below) is also a penalty shot situation.

Penalty shots will start from mid-court with one offensive player versus the goalie. One shot is allowed – meaning no shots off of a goalie/goal post deflection.

If a penalty shot is attempted, the misconduct penalty will be voided.

17. **Fighting:** Not tolerated. Any player involved in a physical altercation will be expelled immediately from the game and that team will play down a player for the remainder of the game.

Involved player(s) faces possible suspension to be determined by Sports Monster. A penalty shot will be awarded to the offended team. A second offense by any player will automatically result in league expulsion.

18. **Uniforms/Attire:** Sports Monster requires each team to wear same colored shirts. Players not in the same color will not be allowed to play. Numbers are not required. We recommend teams bring both their jersey/shirts as well as a light or dark shirt (whichever is opposite) in case the other team matches too closely.

Athletic shoes are to be worn.

19. **Protective gear:** SMC recommends all players wear mouth guards at all times. Sports Monster recommends players to wear protective eye gear at all times. If a player wears glasses, they should be secured with a strap, be shatterproof and have side protection.

We strongly recommend that you wear whatever protection you feel is necessary including:

- a) Shin guards
- b) Gloves
- c) Helmet
- d) Face mask
- e) Knee and/or elbow pads
- f) Gentlemen – cup, Ladies – sports bra

20. **Other Rules:** Unless otherwise noted, SMC Floor hockey leagues follow US floor hockey rules as a guideline.

21. **Have Fun:** This is your leisure time, enjoy it. You're not playing for money, only the pride and prestige a Sports Monster championship brings and the adoration of thousands of area residents wishing they were you, a Sports Monster.