

UNIVERSITY OF CALIFORNIA, DAVIS
REC SPORTS OFFICE
232 ARC - 752-1730

REC SPORTS FLOORBALL RULES
(6-Aside)

Floorball is played in much the same manner as Floor Hockey and Roller Hockey with some minor modifications.

RULE 1 - EQUIPMENT

Playing Equipment

- 1.1 The equipment consists of plastic or wooden sticks and a lightweight ball. Equipment necessary for the game will be provided by the Rec Sports Office. Players may NOT use their own sticks.
- 1.2 Because floorball is played on either a hardwood floor or hard surface court, it is required that all players wear rubber-soled tennis or basketball shoes. (Only those that do not adversely mark the playing floor)
- 1.4 Any player desiring hand protection is allowed the use of mittens or street gloves. Ice Hockey gloves will NOT be allowed.
- 1.5 Knee pads and shin guards may be worn for protection, but are optional and must be approved by the game referees.
- 1.6 Protective eyewear is highly recommended during play. Racquetball goggles will be available at the ARC equipment room for check-out. Sunglasses and eyeglasses cannot substitute for protective eyewear.
- 1.7 Hats and jewelry are prohibited at all times.
- 1.8 All other equipment not covered in these rules is prohibited, but should be brought to the Rec Sports Office attention.

RULE 2 - THE TEAM

Players

- 2.1 A team consists of a total of **six (6)** players; six (6) court-players and no (0) goalkeeper. **For CoRec League the gender ratios are as follows: 3:3, 4:2, 3:2, 2:2, 3:1.**
- 2.2 Each team must have at least four (4) players present to begin play. Should penalties be called on more than the minimum of four (4) playable participants at any time during the play, penalties will be staggered if this occurs.
- 2.3 Substitutions are unlimited and on the fly (during play) or can be made when the ball is out of play. Outgoing player(s) must be out of play and off the court before incoming player(s) can enter onto the court.

- 2.4 The door leading to the court must be kept clear at all times. Substitutes must wait for player to exit the court before they are allowed to enter. Also, no players may enter or leave the court by jumping over the wall. Infractions will result in a minor penalty being assessed.

RULE 3 - THE GAME MECHANICS

- 3.1 Time - a game of floor hockey consists of two (2) 15-minute running time periods with a two (2) minute break in between. Teams will not switch sides for the second half. If the score is tied after regulation play in the regular season, the game will be decided by a shootout. If the score is tied after regulation play in a playoff contest, there will be an additional three (3) minute running time sudden death period (with clock stopping in last 2 minutes of period). If the score remains tied after the overtime, a three (3)-person-shoot-out will follow.
- 3.2 Stop time will be used during the last two (2) minutes of the second period, provided that the difference in score is 3 goals or less. The same rules for stoppage time will apply during the last two (2) minutes of overtime.
- 3.3 No timeouts are allowed.
- 3.4 Player positions are restricted to the following areas of the court:
- a. Goalkeeper – zero (0) per team.
 - b. Court-players – six (6) per team. Court-players can participate in play anywhere on the court, but no players can act as a goalkeeper and remain stationary in the crease. Players may run through the crease but may not act as a goalkeeper and use any part of their body to block a shot.
- 3.5 Icing - there is no icing in this form of floorball. It occurs when a player shoots the ball across both the designated icing lines (green lines on court) and the opposing team's goal line, and the ball remains untouched. Icing results in a minor penalty.
- 3.6 Stick-checking/Slashing - Must be made from underneath the opponent's stick, and only when the opponent has possession of the ball or is about to receive the ball. Stick-checking over the opponent's stick, or when the opponent is not currently in possession, or in the process of receiving the ball will be considered a minor penalty
- 3.7 In the case of a forfeit, the score will default to **0-3**.

RULE 4 - THE START OF THE GAME

- 4.1 Face-offs – Used to begin each half and resume play after a scored goal or penalty shot is made. Any stoppage of play is also resumed by a face-off at the designated hash mark closest to the point of infraction.
- 4.2 To start each half and for each face-off, all players must be "On Side," in their designated defensive half of the court. Away team determines the side that they will stand on. The stick must be within one inch of the ball and on the ground. Hand placement must not be below the line on the stick. No players may be within six (6) feet of the centering player.

Players may move freely as soon as the ball has been properly touched.

RULE 5 - SCORING A GOAL

- 5.1 Prior to the expiration of time, a goal is scored when:
 - a. The ball completely crosses the goal line on the floor.
 - b. The ball completely crosses the plane of the goal line.
- 5.2 The ball may deflect off of a player or equipment, but cannot be deliberately kicked, thrown, or intentionally diverted into the goal by the offensive team by any other means than the stick.
- 5.3 Under no circumstances can a goal be counted via a foul committed by the offensive team (i.e. a goal scored from a high sticking action).
- 5.4 A goal shall be scored if the ball is put into the goal in any way by the defending team.

RULE 6 – VIOLATIONS

Violations will result in a face-off at the hash mark designated by the official.

- 6.1 Court-players **MAY NOT** physically enter the crease and remain stationary.
- 6.2 Player knocks the ball out of play. The ball is brought back to the hash mark nearest to the point of contact (not where the ball goes out of play). If repeated frequently, violator will receive a minor penalty at the referee's discretion.
- 6.3 Player throws or bats the ball to a teammate in the offensive zone – a player may pass the puck to another player in the defensive zone only. A player is allowed to throw the ball with an open hand, push or bat the ball, but is not allowed to pick the ball up and throw it.
- 6.4 Player takes longer than 5 seconds to execute a penalty shot.

RULE 7 - PENALTIES

Penalties will result in a recorded infraction and will be followed by a face-off at the nearest designated hash mark. The clock will continue on penalties but will be stopped for injuries, penalty shots, lost balls, or when deemed necessary by the official(s). Power plays will start once the player committing the foul has stepped off of the floor.

- 7.1 **PENALTY** - When a penalty is called, the game will resume with a face-off.
 - a. Minor Penalty – One (1) minute or until scored upon by the opponent.
 - b. Double Minor Penalty - Two (2) minutes or until scored upon by the opponent.
 - c. Major Penalty - Disqualification from the game and a four (4)-minute, shorthanded situation. The disqualified player(s) must leave the playing area immediately and can no longer return to the game. That player(s) can only be replaced with a substitute after the full 4-minute penalty has been served, regardless of how many goals are scored against the shorthanded team.

- 7.2 Shorthanded situations (power plays) will carry over into the next period, unless the game is over (or end of the overtime period).
- 7.3 Delayed Penalty - When a player in possession of the puck is tripped or otherwise fouled, the referee shall not stop play until the penalized team has obtained possession of the puck.
- 7.4 If a team incurs a second penalty before the first one has been finished, the team must play with two players down. If this causes the team to be below the minimum of three players, the penalties will be staggered. The offending player must still come off and be replaced with someone else.
- 7.5. In CoRec, if a team is playing with four court players, two of one gender and one of another gender, and the gender with only one player commits a penalty, a player of the other gender must serve this penalty in order to keep the minimum of one court player of each gender.

7.6 PENALTY DEFINITIONS:

1. **Minor Penalty** - One (1) minute penalty served by violator. Face-off will resume play at the hash-mark closest to the location when play was called dead.
 - a. Slashing an opponents' stick from above. Any slashing on the stick or anywhere near the body is not allowed.
 - b. Intentional moving of goal cage – if it was moved during a shot on goal, a penalty shot will be given.
 - c. Roughing – Unnecessary rough play, with attempt to play the puck.
 - d. Hooking - latching stick onto opponent's body or the extremities. (This includes deliberately hitting or knocking an opponent's stick out of the way and not making an attempt to play the puck.)
 - e. Stick Holding - clasp or trapping an opponent's stick in such a manner to prevent any movement toward the puck.
 - f. Passing the ball with the foot to others. The ball can only be passed via foot to the players own stick.
 - g. Controlling the ball with the head or with the hands.
 - h. Placing the stick between an opponent's leg
 - i. Playing with a broken stick.
 - j. Unsportsmanlike –
 1. Placing one or both knees on the floor in an attempt to intentionally block the puck (sliding).
 2. Placing stick so that the entire shaft is on the floor
 3. Excessive pounding of the floor with stick. A second violation could result

in a major penalty or expulsion.

- k. High Sticking (no contact made) – Bringing the stick above the shoulder at any time without making contact with another player. A player does not have to be in the same vicinity in order for this call to be made.
 - l. Improper Substitution – Entering the court before the outgoing player exits the court or jumping over the wall.
 - m. Holding – Holding an opponent with the hands or in any other manner.
 - n. Tripping – Placing the hand, elbow, arm, knee, foot or stick in such a manner to cause the opponent to stumble or fall.
 - o. Obstruction – a player shall not:
 - 1. Interfere with or impede the progress of an opponent who is not in possession of the puck
 - 2. Deliberately knock a stick out of an opponent's hand
 - 3. Prevent a player who has dropped the stick, goggles, or any other piece of equipment from regaining possession of it
 - 4. Knock any abandoned or broken stick, illegal puck, or other debris toward an opposing puck-carrier in a manner that could cause the player to be distracted.
 - p. Delay of Game -If a defensive player covers up the puck for more than 3 seconds anywhere on the court.
 - q. Icing.
 - r. Deliberate kicking of the ball- Even if a player drops his/her stick, they cannot continue to play the ball with their feet. The player must go and pick up their stick to continue play on the ball.
2. **Double Minor Penalty** - Two (2) minute penalty. Face-off will resume play at the hash-mark closest to the location when play was called dead.
- b. Slashing an opponent's body.
 - c. Disputing an official's decision or showing disrespect for an official.
 - c. Using excessive profane language.
 - d. High Sticking with contact made- Bringing the stick above the shoulder and making contact with another player.
 - e. Boarding – trapping opponent against wall
 - f. Excessive roughing
 - g. Deliberate Checking

3. **Major Penalties:** Four (4) minute penalty and automatic ejection from the game with possible disciplinary action resulting from any of the following:
- a. Fighting - automatic game misconduct penalty to any individuals involved. More than one fight by members of the same team results in a default to the opposing team.
 - b. Deliberate Roughing - automatic ejection.
 - c. Swinging or deliberately throwing a stick at a player (whether contact is made or not).
 - d. Attempting to injure an opposing player.
 - e. Excessive Unsportsmanlike conduct - Any other unsporting conduct which in the opinion of the official warrants ejection.
 - f. Leaving the bench - when any player leaves the bench to join in an altercation or fight he/she will automatically receive a game misconduct penalty and will be expelled from further play for the game. Further action may also be taken by the Intramural Sports Office.
 - g. Butt-ending or Spearing – Using the stick in any manner that constitutes hitting or thrusting at an opposing player with the butt-end or blade-end of the stick.
 - h. Kicking or Head-butting – Any kicking or head butting of an opposing player are grounds for automatic ejection.
 - i. Throwing stick at any time, except when such an act has been penalized by awarding a goal to the non-offending side.
 - j. Boarding: Forcing an opponent into the wall while they are attempting to play the puck when the opponent has their back turned to the court.
 - k. Body checking into the boards/wall.

7.7 Penalties Resulting in a Penalty Shot

1. When a player, while in possession of the puck (not juggling) or about to obtain possession, is flagrantly prevented from executing a shot on goal, i.e., pulled down from behind, not from the side. (See major penalties that apply to the situation).

- a. For rule 7.4.1, a penalty shot is awarded according to the following criteria below once the puck changes team possession:
 - 1. Infraction must be in the shooter's offensive half of the court.
 - 2. Shooter must have a clean scoring chance at the discretion of the official.
 - 3. No player is between the goal and shooter.

2. Intentional movement of the Goal Cage - during an actual shot on goal, a penalty shot is awarded to shooting team, except when such a foul has been penalized by awarding a goal to the non-offending team.
3. Throwing a stick in their defensive zone (at ball or opponent).

*****NOTE- Off-Set Penalties-** Should player(s) from both teams incur a penalty at the same time for rough play (i.e. roughing on both participants), both players charged with the penalties must serve the entire penalty time, regardless of whether or not their team is scored upon. No player may be substituted in for either penalized player.

RULE 8 - OPERATION OF PENALTY SHOT (Playing or overtime)

- 8.1 While the playing penalty shot is being taken, players of both teams must withdraw to the sides of the court. The clock is not stopped. The ball shall be placed at the top of the three-point ARC. The penalty shot must be taken by the fouled player unless he/she is physically incapable of taking the shot. In such case, the team captain will decide who is to take the shot. Before play begins, the referee shall explain the operation of the penalty shot rule to the player who takes the shot. The player has five (5) seconds to shoot after the official blows the whistle. The shooter must stay stationary and stay behind the three-point ARC when shooting. If a penalty shot is not scored, play is DEAD; play will restart with a face-off at the hash-mark closest to where the foul occurred. (High sticking is a violation on penalty shots.)
- 8.2 All overtime penalty shots shall count as one point no matter who shoots: in CoRec play, a female or male can take the shot if such a choice exists. In overtime games, any three (3) members of each team will be allowed to attempt the shots in a shoot-off, including at least one (1) male and one (1) female in CoRec play.
- 8.3 All penalty shots must be taken within five (5) seconds of the referee's whistle and only one attempt will be allowed during each five (5) second interval.

RULE 9 - TIED GAME (OVERTIME PROCEDURE)

- 9.1 First Overtime Procedures
 - a. Regular Season Play - if during the regular season the score is tied at the end of regulation time, there will be a shootout to determine the winner.
 - b. Play-Off/Tournament Competition - during all play-off games, if the score is tied at the end of regulation time a 3-minute sudden death overtime period

will be played. However, if the score remains tied at the end of overtime, each team will be awarded three alternating penalty shots which must be taken at the goal near the scorer's table, with the home team shooting second and the visiting team shooting first.

1) Each penalty shot must be taken by a different player on each team (by at least 1 woman in CoRec play) with a maximum of three (3) shots per team. The team ahead at the end of the six (6) completed penalty shots will be declared the winner. Should the score remain tied, a second and subsequent penalty shot overtime period ensues (9.2).

2) All overtime penalty shots must be taken within five (5) seconds of the referee's whistle and only one shot attempt is allowed.

9.2 Second and Subsequent Penalty Shot Overtime Period Procedures

If the score remains tied at the end of the first penalty shot overtime period, the following procedures will prevail for the second and subsequent overtime(s):

The visiting team will always shoot first.

a. Overtime shots are taken one at a time by pairs of opponents. Shots are attempted until one player of the pair scores and the other does not. The team whose player scores shall be declared the winner. Players selected may be the same three (3) and may reshuffle the order of shooting. In CoRec play, the home team has the option of choosing which gender shoots first. The gender of each subsequent pair of shooters must alternate.

b. If the score remains tied after all 6 players have completed their shots, the overtime procedure continues with any selected line-up preceded by a flip of the coin as in 9.2a.

9.3 The winner of the shoot-out shall be awarded 1 goal on the final score.

RULE 11 - ROSTERS – The maximum players allowed on one roster is 20. Additions to team rosters can be made at any time up until the last regularly scheduled season contest.

INTRAMURAL SPORTS OFFICE, 232 Activities Recreation Center (ARC), 752-1730