



# **FLOOR HOCKEY LEAGUE RULES**

**Last Updated: April 2012**



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### 1. RECENT REVISIONS & UPDATES

None as of 2012

### 2. SPORTSMANSHIP

The SSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the SSC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

#### ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, the SSC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in SSC leagues. Games Coordinators are required by the SSC to ask players to leave the gym/field if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player or Coordinator.
- Making comments to instigate an altercation with another player or Coordinator.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by the SSC to the involved player or team.

#### SPORTSMANSHIP RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent. The sportsmanship rating for your opponent gets reported directly to the Games Coordinator at the end of each game.

Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The best rating you can receive per game is +3, the worst is -3. The rating refers to Spirit of the Game as well as Accountability for calling your own infractions and penalties.

For a description of how to rate your opponent, see below.

**Rating** **Explanation** (+1) The team was a lot of fun and made a genuine attempt to call their fouls. (0) The team was OK. There are two scenarios: (1) they were average in both Fun and Accountability; (2) They were strong in one area but weak in the other area. (-1) The team was not fun (too intense or aggressive) and generally did not follow the rules and call their own infractions/penalties.

The GC will rate "Accountability" and "Spirit" as separate scores while Team Captains will rate them together. The ratings work as follows:

#### **"Accountability" Rating:**

This rating is based solely on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them.

#### **"Spirit of the Game" Rating:**

This rating is based on two criteria:

- How fun your opponent was. A high rating would be for a team that appeared to put fun first and winning second and encouraged themselves or their opponent in a positive way.
- The level of respect that the opponent displayed towards the GC.

#### **REPORTING SPORTSMANSHIP CONCERNS**

- If during the game you have a concern with the other team, address the issue respectfully with the Games Coordinator at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to the SSC by 5pm the next day by using the online complaint form - [Click here](#).
- If you give a -1 and do not support the rating with a complaint form by 5pm the next day, SSC staff cannot properly act on the issue and the rating will be changed to a zero.

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [Nominate a team with great sportsmanship for the Lady Bing Award](#)

### **3. WAIVERS**

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines the SSC's liability and sportsmanship policies.

## 4. WEATHER POLICY FOR INDOOR SPORTS

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled and rescheduled would be if the facility is closed, teams will be contacted if this is the case.

## 5. DEFAULTS

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- All teams are to be at the facility 15 minutes before their scheduled game time.
- At game time any teams not meeting the minimum player requirements will default the game.
- Defaults are recorded as a 10-0 score with the winning team getting +3 and the losing team getting -3 for spirit.
- If a team defaults, the fee is \$50.
- Teams must pay defaults within 7 days of the default occurring.
- If a team fails to pay on time their next game will be played, but will be recorded as a loss to them with a score equal to the default score. The actual score of the match will be applied to their opponent; they will not be awarded a default win. The score of this match will not be changed once the team pays their default fee.
- Teams defaulted against will be refunded \$50 to the credit card that was used to register the team.
- If a team defaults on a second night, their status in the league will be under review.
- Singles players are not charged a default fee if their team defaults. If a singles team is defaulted against, they will receive a gift certificate to the Season Ending Party.

## 6. THE GAMES COORDINATOR (GC)

Games Coordinators (GCs) are SSC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. If players are not calling their own fouls the GC reserves the right to step in and call these fouls. The roles of a GC include:

### GYM MANAGER

- Facility Liaison – Open the facility if required, coordinate with the caretaker, and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time – Start the clock at the scheduled start time and manage the time for the remainder of the game.
- Keep Score – Keep track of the score throughout the game using a score clock or score sheets. Team captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the gym.

### PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/game play expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to the SSC staff.

### MEDIATOR

- Halftime Meeting – Act as a mediator for the captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team captains are expected to communicate all issues to their teammates.
- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC will not be allowed to continue playing and must leave the facility before the game will resume.

- Call Penalties – Call any violations that the players do not call themselves. All penalties are recorded on the game sheet and reported to the SSC.
- Disagreements – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the team captain should address it with the GC either at the half or at the end of the game.
- Disputed Goals – If there is a disagreement as to whether a goal has been scored, a decision must be made quickly. A player from the team who was scored against should confirm whether any of his/her team mates saw the play. The GC will decide if the teams cannot agree.

## **GAME REPORTER**

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.
- Sportsmanship Ratings - A major focus of their report and the ratings they give each team is based on how well the team adjusted their style of play in the second half, after hearing the feedback at half-time.

## **WHAT THE GC DOES NOT DO**

- The GC is not a trained referee. Therefore, they will not 'referee' the game - the players are expected to respect their opponents, the GC, and play by the rules of their sport. Players should call the GC by their name – teams that call the GC 'ref' may lose spirit points.
- In any dispute, teams are expected to act in a mature manner and resolve the issue between themselves based on the current rule book. If the GC needs to step-in, their say will be final and the dispute will be considered over. Arguing beyond the GC's decision may cause teams to lose spirit points as this is considered to be a lack of respect towards the GC.

## **WHAT HAPPENS IF THERE IS NO GC AT THE GYM**

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- Team captains must e-mail in their scores and sportsmanship rating to [gcscores@edmontonsportsclub.com](mailto:gcscores@edmontonsportsclub.com) by noon the next day.

If you would like to learn more about the benefits of being a GC, [click here](#).

## **7. SCHEDULES**

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact the SSC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.
- Singles team names are assigned by the SSC office staff. All individuals' names will appear on the schedule with their team name.

## **8. ROSTERS & SUBS**

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A team that registered as a full team may add new players to their team that were not listed on the original roster. These players must fill out a waiver prior to playing.
- In standard Floor Hockey, a full team on the floor consists of 5 players (one being a goalie) with a minimum of 2 females. If the goalie is female it does not count towards the female minimum. In 3 on 3 floor hockey, a full team on the floor consists of 4 players (one being a goalie) with a minimum of 1 female. In 5 on 5 floor hockey, a full team on the floor consists of 6 players (one being a goalie) with a minimum of 2 females.
- If the goalie is female it does not count towards the female minimum.

- The minimum amount of players required in order to not default in standard and 5 on 5 Floor Hockey is: 4 total players including at least 1 female. The minimum required to not default in 3 on 3 floor hockey is: 3 total players with at least one minimum girl.
- Any team may bring in subs (if they are short players for one game) that are not listed on the roster. They must fill out a waiver prior to playing.
- A sub-list can be requested from the office. If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- If you are playing in a league where there are other SSC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. The SSC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- Teams may bring in subs for playoff games but these players must have played at least one game during the regular season with the team, unless the team would otherwise default.
- If a team's goalie is injured during the game then there will be a short (2 minute) timeout to replace the goalie with either another player or another goalie if there is one present waiting for the next game.
- Individual team rosters will be e-mailed out 48 hours prior to game one.
- Subs in Playoffs:
  - Subs are expected to play at the same skill level of the player that they are replacing.
  - The top 4 teams can only bring in subs that have played at least one game in the regular season.
  - To help avoid defaults in the **playoffs**, teams, excluding the top 4 (teams ranking 1-4 in the standings after regular season games), are welcome to bring in subs who have not played at least one regular season game with the team.

## 9. FACILITIES

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes the SSC to receive a complaint regarding a facility will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please click [here](#).
- Facilities are chosen based on quality and location. Some leagues utilize many facilities; the SSC always tries to ensure a fair distribution of locations throughout the city in each division.
- The SSC asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch, set up nets, and any other pre-game preparations.
- Players are not allowed into the gym until the start of the permit time so be patient. Some schools will allow us into the gym early and some will not, please ask your EC or the caretaker before entering the gym.
- Players must wear clean non-marking running shoes. **PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE SCHOOL - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.**
- Players are responsible for property damage.

## 10. EQUIPMENT

- Each Player must bring a light and dark shirt to each game. Teams can also pick their own unique color to wear in the games but are still required to bring a light and dark shirt. Teams will decide at the gym who is wearing light and who is wearing dark.
- Players who do not have shirts to match the rest majority of the team may be asked not to play by the GC or the opposing captain.
- The facilities provide the nets. The SSC provides sticks, balls, goalie masks, goalie sticks and **one each** of goalie leg pads, chest protector, trapper and blocker for emergency use only. All equipment provided at the facilities must be returned to their appropriate locations so that the teams playing the following game can find it. Goalies who require equipment must put keys or drivers license as a deposit for the equipment.

### LEGAL AND ILLEGAL EQUIPMENT

#### Goalies - Legal

- Glove, blocker, mask, chest protector, cup, hockey pants, goalie stick with wooden shaft and plastic blade, shin pads, or any style of goal pad (leather or synthetic) as long as they conform to the SSC size restrictions. Leg pads may not be taller than 34 inches or wider (at their widest point) than 11.5 inches.
- Goalie Sticks: The shaft can be made of any material. The blade must be plastic and must not be taped.

### **Goalies - Illegal**

- Wooden blade on goalie stick, tape on the blade, goalie leg pads with extra "butterfly add-on" or oversized leg pads.
- Goalies with non-conforming pads will not be allowed to play in the game. The SSC will have 1 set of conforming pads at each facility for use.

### **Players - Legal**

- Players can opt to wear protective gear, this includes: shin pads (soccer shin pads only, not ice hockey), workman gloves, mouth guards and/or eyewear. The SSC does not make this equipment mandatory because past history has shown players who wear protective gear tend to play more aggressively than those who don't.
- Only DOM brand sticks are allowed to be used in SSC Floor Hockey Leagues. These have a fiberglass or plastic shaft (must be hollow) and a plastic blade. The DOM 'Elite' or DOM 'Pro' sticks can be purchased at United Cycle. The DOM 'Vision' Sticks are not allowed. The reason for restrictions on sticks are:
  - Player safety; certain shafts (e.g. wooden) are heavier and may injure unprotected players.
  - There is an unfair advantage to players who use composite sticks.
- Sticks may have extensions but the player must be able to prove that the stick is hollow (e.g. a hole in the shaft, removable insert, hole in the extension).

### **Players - Illegal**

- Any sticks that are not DOM brand sticks or any blade that is not plastic (except in the NSD league).
- Any tape on the bottom of a stick's blade.
- Ice hockey, floor hockey, or lacrosse gloves.

## 11. REPORTING RESULTS

- After the game, captains must confirm the scores with the GC and report the sportsmanship rating of their opponent.
- Teams who do not report to the GC will be given a 0 sportsmanship rating from their opponent and the score will be processed as the GC has recorded on the game report.
- Mercy will be called when one team gains a lead of 10 goals. The score will freeze and teams are encouraged to play the rest of the game for fun.

## 12. STANDINGS

For all SSC sports, scores are to be reported by the GC/EC/Team Captain (as applicable) to the office by 5pm the day after the game. The SSC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of SSC standings will display notes at the bottom outlining how the standings are calculated.

### **HOW TEAMS ARE RANKED**

#### **Recreational**

- 1st criteria: Total column is derived from 2 points for a win and 1 for a tie. PLS can negatively affect your Total (see above). Actual spirit points are then added to your points earned from wins and ties to result in your Total points

- 2nd criteria: Differential of goals/points scored vs. goals/points allowed (Mercy rule in effect in each game)

### Recreational Plus and Intermediate Plus/ Competitive

- 1st criteria: Total column is derived from 2 points for a win and 1 for a tie. PLS can negatively affect your Total (see above)
- 2nd criteria: Actual spirit points earned
- 3rd criteria: Differential of goals/points scored vs. goals/points allowed (Mercy rule in effect in each game)

## 13. PLAYOFFS

- All teams are guaranteed 2 playoff games. The top 4 teams will play for the league championship.
- League champs receive t-shirts and need to attend the Season Ending Party to pick them up.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to play their final game or participate in future seasons.
  - If a team receives two -1 ratings in a playoff game they automatically lose the game.
  - If a team receives one -1 rating, the game will be reviewed by the league. The Club will make a decision based on this review.
  - If both teams receive two -1 ratings in a playoff game they automatically lose the game and do not continue to play in the finals.
- For rules regarding subs in playoffs, please see Section 8: Rosters and Subs.
- There are no ties in playoffs.
  - To allow for the possibility of an overtime period, halves are shortened to 23 minutes in playoffs.
- In playoffs, tied games will be broken as follows:
  - An NHL style shoot-out: 3 players from each team get to take a penalty shot. One of the 3 shooters from each team needs to be female. After three shots each, the team with the most goals wins. If the score remains tied, each team alternates shooters until the tie is broken per pair of shooters. At least every third shooter must be a female. No player can shoot twice until all players have gone.

## 14. LEAGUE SPECIFIC RULES

### EXPECTATIONS OF PLAYERS

All players participating in SSC co-ed leagues are expected to play with respect and a "fun first" attitude. In floor hockey, there is an emphasis on the players to know the rules and manage their own actions on the floor.

- All players participating in SSC leagues are expected to play with respect for everyone at the gym and with a "fun first" attitude. Hockey can be an intense and physical sport however, the SSC floor hockey leagues must be a fun, non-threatening environment.
- All players are expected to know the rules and manage their actions on the floor.
- Players are required to call themselves if they commit violations or penalties. Not calling yourself can be considered poor sportsmanship.
- Players should promote fun and safety throughout the game by: yelling "corner" to their own player when running into the corner; yelling "Goalie's ball" to prevent hacking at their hand; talking to their players who are not following the rules.
- Promote fun and safety throughout the game. Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- Players should be mindful of how hard they shoot the ball, especially if an opponent is directly in front of them.

- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offense and will result in suspension from the SSC.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.
- Players can provide constructive feedback to the SSC as needed, regarding gym conditions, unsportsmanlike play, or helpful comments.

## GAME TIMES

- Player should arrive 15 minutes prior to the scheduled game time.
- Players should only enter the gym at the appropriate time (when play is in the other end or play is stopped).
- The total floor time is 60 minutes. The clock starts at the scheduled game time and teams should warm-up for no more than 5 minutes. Each game must end exactly when the next one is scheduled to begin, regardless of what time your game actually started.
- Games consist of two 25 minute periods, with a 5 minute intermission.
- In regular season games, ties are allowed - no overtime or shoot-outs.
- The clock does not stop for any reason as each game must end on time.

## GAME PLAY EXPECTATIONS

- Before the game, the captains will meet with the GC to introduce themselves, discuss gym specific restrictions and rules or sportsmanship issues that need to be emphasized.
- Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- At halftime, the team captains meet with one another and the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- At the end of the game, all players shake hands and team captains meet up to discuss any issues with the game.

## GENERAL PLAYING GUIDELINES

- **Ball in Play:** All areas (wall, ceiling) are generally considered to be 'live'. Further clarifications:
  - If a ball is dumped over the boards and into an area that is not considered part of the playing floor (e.g. the player bench area) then the whistle is blown and there will be a face-off.
  - At gyms that have curtains or benches on the floor area, if the ball gets caught up in these areas, the first player to arrive should dig the ball out and play will resume without a whistle. The player who retrieved the ball will get 3 seconds to gain control and opponents should stand at least one stick length away.
  - Icing and off-sides are not in effect.
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent standing at least a stick length away. The opposing player must not approach for 3 seconds and must count out '1, 2, 3' once the player has gained control of the ball. Teams should yell 'corner' to their own player, if this does not happen the GC will call it. Further clarifications:
  - If there is a race towards the corner, whoever is leading within five feet of the corner must be given possession of the ball; the pursuer must stop and give a stick's length space.
  - If a player carries the ball into the corner, the 3 second rule does not apply but all other non-contact rules apply (e.g. no body contact).
  - If the ball moves into the corner from close proximity (less than 20 feet), the 3 second rule does not apply; the 3 second rule is set-up to avoid collisions when two players are running at fast speeds into the corner.
- **Face-Offs:** The ball must hit the floor before a player can play the ball on a face-off. Face-offs occur after: a goal, a penalty or the ball leaving the playing floor. In most cases, face-offs are done at centre.
- **Shooting:** All styles of shots are allowed, including 'slap shots' provided that the players stick does not go above the waist in delivery and/or follow-through.
- **The Bench:** Players should keep their body and stick out of the playing area. Bags, coats and other items should be stowed safely out of the way.
- **Changing On the Fly:** The player that is being replaced must be at the bench area before a substitute can replace them on the floor.
- **Pulling the Goalie:** Pulling the goalie for an extra player is not permitted.
- **Crease Area:**
  - The crease area will be confirmed by the GC with the captains prior to the start of the game.

- A player cannot remain stationary in the opposing team's crease. If a goalie thinks that a player is interfering with them, they are prohibited from making contact with the player. If a goal is scored and the GC deems that an offensive player was interfering with the goalie, the goal will be disallowed.
- Players should try to avoid running through the crease and must never make contact with the goalie.
- Players are permitted to score while in the crease.
- Defensive players are permitted to block shots with their body while they are in their own crease.
- Once the goalie has covered the ball, the play is dead. In this case, the GC will yell 'goalie's ball' and play will resume as soon as the goalie releases the ball.
- **Goalie Possession:** If a goalie gains possession, they can:
  - Use their stick and pass the ball immediately. The ball is considered live at this point.
  - Pick up the ball and drop it over their net to their own player; his/her player now has 3 seconds to put the ball in play. The opposing team may shadow the movement of the player with the ball but must not cross the goal line in pursuit of the ball until a 3 count has been given. If the goalie tosses the ball to the corner or around the side of the net, it is considered 'live' and the 3 second rule does not apply.
  - Note: a goalie may smother the ball as long as they have at least one foot in the crease.
- **Net out of Position:** If the net is moved during a play, the GC will decide whether to stop play and fix the net (applicable if there is potential for a goal to be scored) or fix the net while the play continues (if the play has moved down the court). The goalie may readjust their own net.
- **Kicking the Ball:** A player cannot score by kicking the ball or intentionally directing it into the net with their foot. If a ball deflects off a player's body inadvertently, and a goal is scored – the goal will count.

## VIOLATIONS

Violations in SSC Floor Hockey are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. They do not result in a penalty or short-handed play unless they are repeated by the same player or team.

- If a player commits a violation, the player or their teammates are expected to call it.
- Players can call a violation by apologizing to their opponent and stepping back from the play. If a player has illegally taken the ball because of a violation, they should give the ball back to them and resume play.
- A GC can call a violation by blowing the whistle and stopping the play or by verbally warning the player and allowing the play to continue.
- If the GC notices the same violation being repeated by a team or player, he/she is obligated to issue penalties (**minor**, major, game misconduct). For example, if a player repeats a violation, it may become a **minor** penalty.

## SSC List of Violations

- **Hand Pass:** Players cannot pass the ball to their teammate by directing the ball to them with their hands. Players can catch the ball, but they must drop the ball to the floor immediately. Goalies are also restricted from throwing the ball to a teammate. GCs must blow the whistle and do a face-off after any hand pass.
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least a stick length away. If one player does not stop, the GC will blow the whistle and re-start the play with the person who reached the corner first getting possession. If the player with the ball is not given 3 seconds and a stick's length to play the ball without interference, this is also a violation.
- **Shielding the Ball:** There are two types of shielding in SSC floor hockey leagues:
  - When a player stick-handles or advances with the ball while their back is to their opponent. This is never allowed.
  - When player is stationary, has possession of the ball turns and has their back to their opponent. This is allowed, but for no more than 3 seconds, the defender is allowed to count out 3 seconds. After 3 seconds, the player must turn and face the play.
- If a player violates either of the two shielding rules, the GC will yell 'turn around' and if the player does not, play will be stopped with a whistle.
- **Sliding:** Players cannot slide at any time; this includes cutting off an opposing player or trying to block a shot. Blocking shots is permitted if the defensive player is stationary; this includes kneeling.
- **Reaching Around:** A player cannot reach around another player with their stick when pursuing an opponent who has the ball and is moving. Note: if a player is stationary with their back to the play, the opposing player is allowed to attempt to gain the ball by going around the player with their stick (this does not apply to The Ball in the Corner rule – in that instance, the defender must always give 3 seconds before challenging their opponent) but if they slash or trip their opponent they will receive a penalty.

- **Going Over The Top:** A player cannot impede an opponent's progress by hooking or slashing over top of their stick while they are carrying the ball or expecting to receive a pass.
- **Lifting The Stick:** A player can lift their opponent's stick only one time while they are receiving a pass or in possession of the ball. An aggressive lift that results in contact with the opponent's hands or violently lifts their stick will result in a penalty to the defensive player.
- **Goalies:**
  - Are permitted to sweep their sticks around the side of the net unless it interferes with an individual's motion or play. Aggressive sweeping will be called a slash.
  - Goalies must keep at least one foot in the crease at all times.
  - Players cannot hack at the goalie while they are trying to gain possession of the ball.
  - Goalies are not penalized if their stick goes above their waist while making a save. If they are shooting, passing or batting the ball out of the air, they are subject to the same high-sticking rules as all players.
- **Too many players:** If a player comes onto the floor several steps before their teammate reaches the bench the GC will stop the play.
- **Delay of Game:** Any player who purposely shoots the ball out of bounds or deliberately falls on a ball.

## PENALTIES

Penalties in SSC Floor Hockey are plays that may or may not be intentional, but they are dangerous and are considered to be serious offenses. When a penalty occurs, the play must stop and the player must serve time off.

1. Penalties are categorized as **minor**, **major** or **game misconducts**.
  - **Minor** penalties result in the player sitting off for two minutes and the team is not shorthanded.
  - **Major** penalties result in the player sitting off for two minutes and the team plays shorthanded.
  - **Game misconducts** result in the team being shorthanded for two minutes, the offending player is ejected from the gymnasium and the player will be subject to a possible further suspension.
2. If a player commits a penalty, the player or his/her teammates are expected to call it. If the player or his/her team does not call it, the GC will stop play and enforce the penalty.
3. On all penalties, after the GC stops the play they should announce to the players why the play was stopped and who got the penalty.
4. If the same penalty is being repeated by the same player(s), the GC has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a major in the next incident).
5. If a team calls a penalty against themselves and a goal is then scored on the play, the goal will stand and the player will serve the penalty (i.e. you can't stop a goal by taking a penalty).
6. In recent years, the SSC has become aware of smaller players being aggressive because they think that they are exempt from the rules. All players must abide by the same guidelines.

### Penalty - Illegal Equipment

Players are required to honour the SSC equipment guidelines. These are outlined in section 10 above. Players caught bringing illegal equipment into the gym will be asked to remove the items and replace them with SSC authorized equipment.

- Illegal equipment includes:
  - Goalie leg pads: maximum size is 34 inches tall by 11.5 inches wide. Each GC has access to a measuring device. If a goalie is wearing oversized leg pads, the GC will ask them to remove the pads and put on the set provided by the Club. The game will not be delayed while the goalie changes.
  - Illegal sticks: Section 10 clarifies which sticks are allowed at each facility. Any player caught using an illegal stick will be asked to remove the stick from the gym and replace it with a legal stick.
  - Player gloves: players are not permitted to wear ice hockey, ball hockey or lacrosse gloves.

### Penalty - Reckless Play

Reckless play results in a **minor** penalty and is the result of a player being overly careless or aggressive in a non-threatening manner.

- A player's first offense will result in a 2 minute **minor** penalty.
- A second offense by the same player will result in a **major** penalty.
- A third offense will result in a **game misconduct**.
- The following are examples of reckless play:

- Incidental Body contact: This can occur when a player makes contact with an opponent accidentally. For example, if a player is running too fast or with their head down and brushes another player.
- Tripping: Unintentional tripping occurs when a defender is pursuing a ball carrier and their stick accidentally results in the player falling.
- Slashing: If a player lightly slashes an opponent with their stick while pursuing the ball and it is evident that it was an accident.
- In each of the three reckless play examples above, the GC has the discretion to call a **major** penalty or a **game misconduct** if they deem it was not an accident and/or the offending player does not acknowledge their action.

### Penalty - High Sticking

A high stick occurs when a player's stick goes above their waist - this action is dangerous and strictly prohibited especially because SSC players do not wear protective head gear. A high stick can happen when a player is shooting the ball, deflecting the ball, waving for a pass or going around an opponent.

- Calling high sticks is difficult for the GC as can they happen quickly and sometimes from a distance. A GC may allow for a 'gray zone' that includes from the waist to the bottom of the rib cage. Anything above that level will be called.
- Goalies will not be penalized for a high stick while making a save. If they are shooting, passing or batting the ball out of the air, they are subject to the same high-sticking rules as all players.
- On a player's first high stick, if the team calls the penalty it is a **minor** - the player serves 2 minutes but the team is not short handed. If the GC has to call the first high stick, it is a **major** penalty and the team will be shorthanded.
- A second high stick by a player is a **major** regardless of whether or not their team called the penalty. The offending player will be ejected from the game. The ejected player is allowed to remain in the gym as long as their high sticks were unintentional and they do not argue the call with the GC.
- Lifting The Stick -
  - If a player lifts an opponent's stick, and the player's stick does not go above their waist, but the opponent's stick does, there is no penalty to either player.
  - If a player lifts an opponent's stick, and the player's stick goes above their waist, this is a high sticking penalty to the player who lifted the stick. The opponent would not be subject to a penalty.
- The following actions may not result in an automatic high sticking penalty, but if the player repeats the action, it will lead to a **major** penalty.
  - Running down the floor: If a player is running down the floor and is not directly involved in the play and their stick is slightly above their waist. The GC should yell a warning to the player to lower their stick.
  - Celebrating after a goal: If a player raises their stick accidentally in celebration, they will receive a warning from the GC. This is strongly discouraged.

### Penalty - Unsportsmanlike Play

Unsportsmanlike play is not tolerated in the SSC Floor Hockey leagues and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items may cause a team to lose sportsmanship points from their opponent or the GC, and will result in a **major** penalty.

- A player's first offense will result in a 2 minute **major** penalty.
- A second offense by the same player will result in a **game misconduct**.
- Unsportsmanlike play includes:
  - Showing displeasure at a play by: throwing equipment in a non-threatening manner, slamming a stick or swearing out loud (not directed at another person).
  - Players attempting to make calls during a game: this can include players on the bench or floor trying to make calls against their opponent or petitioning the GC to make calls.
  - Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two players gaining position on the ball and one player pushes against their opponent with their back, hip or shoulder - it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any use of the hands or more aggressive action will result in a **game misconduct**.
  - A defensive player using their hand to smother a ball that is on the ground and in their own crease. There are no penalty shots in SSC Floor Hockey leagues.

### Penalty - Threatening behaviour towards an opponent

Threatening behaviour is a serious offense in the SSC Floor Hockey leagues and will result in a **game misconduct** and automatic further suspension upon review by the Club.

- A player's first offense will result in a **game misconduct**.
- Threatening behaviour towards an opponent includes:
  - Aggressive reaction to a play: throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.
  - Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
  - Physically threatening an opponent:
    - Slashing, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.
    - Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.

### Penalty - Disrespecting a GC

The SSC GCs are valuable assets to the sports programs and without them, there would be no Floor Hockey leagues. As with all other SSC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during the game.

- A player's first offense will result in a **minor** or **major** penalty or a **game misconduct** depending on the severity of the actions. An automatic review will be done by the Club and further action may be taken.
- Disrespecting the GC includes:
  - Challenging calls: any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
  - Players on the sidelines discussing the GC in a negative manner.
  - Players questioning the integrity of the GC: all GCs are trained in the same manner and do not favour one team over another.
  - Swearing at a GC: this will result in an automatic game misconduct.
  - Physically threatening or confronting a GC: this will result in a **game misconduct** and automatic further suspension upon review by the Club.
  - Ignoring a GC as they are giving feedback or having a discussion: these conversations can happen before, after or during a game.

### PENALTIES AND PLAYERS ON THE FLOOR

- Any time a player receives a **minor** or **major** penalty, they must stay off for the full 2 minutes, even if a power play goal is scored.
  - When a power play goal is scored, the team that was penalized can bring on a replacement player but it cannot be the player who is serving the penalty.
  - The exception to this is if the team would be short players if the player serving the penalty does not return to the floor.
- If a team has only two female players at the game and one of them receives a **minor** penalty, she will not serve the penalty because the team would be shorthanded, a male will serve the penalty for her.
- Anytime a female or male player receives a **major** penalty, they will serve it on the bench and the team will be short handed. The one exception to this is if the team only has one female playing; if she gets a penalty a male player would serve it for her.
- No team will be forced to play 2 players short due to **minor** or **major** penalties. Any penalties that would result in the team playing two players short will be served one after another.
  - If a player receives a **game misconduct**, they will always serve the misconduct - even if the team has to play shorthanded for the rest of the game. This applies even if the team is forced to play more than one player short.
- If a team only has the minimum amount of players to field a full team on the floor and one of their players receives a **minor** penalty, that player will serve the penalty and the team will play shorthanded.
- If a goalie gets a **major** penalty, a player on the floor at the time will serve the penalty. If a goalie receives a **game misconduct**, he/she will leave the gym and play must resume without a time-out to warm-up or equip a new goalie.