

Vienna Rec Adult Floor Hockey Rules

2015

1. Play starts with the placing or dropping of a puck, for a face-off, at the center of the playing area, by the referee.
2. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line not less than 10cm from the puck.
3. At the face-off players must be on their own side of the face-off spot.
4. There is no offside rule (except for face-off positioning).
5. Players may be substituted at a face-off or on the move.
6. Play is resumed by a face-off when play is stopped for:
 - a. Penalties - at point of infraction.
 - b. Goals - at center.
 - c. Pucks held by goalie in the crease area or against the net for longer than 5 seconds - on spot on floor on that side of goal.
 - d. Pucks which land on mesh of net at the back - on spot on floor on that side of goal.
 - e. Puck passed using hands (except in defensive zone by defensive players) - in the area of hand pass.
7. Goalies:
 - a. May assume any position, except to fall on their knees without pressure being applied. (in other words you can't lay on your knees when the ball is at the other end. You must assume the 'ready' position on feet.)
 - b. May hold the puck in the crease or on the side of the net for 5 seconds.
 - c. May not hold the puck outside the crease. Must use stick to control.
 - d. Delay of game will be called if puck is not in movement within 5 seconds. This is a penalty.
 - e. When moving the puck after stoppage, Goalie **cannot** throw the ball any distance over 5'. If Goalie throws ball. A Delay of Game Penalty **WILL** be assessed.
8. Goal Crease:
 - a. The crease (masking tape) shall be 1 m wide and 2 m long
9. Goals are disallowed if:
 - a. The offensive player(s) has any part of his/her body in the crease area when a goal is scored.
 - b. If an attacking player is pushed into the crease and a goal is scored.
10. Equipment:
 - a. Sticks – are provided or you may use your own. No wooden sticks allowed. Titanium & Fiber Glass must be approved prior to game.
 - b. Ball or puck may be used.
 - c. Goalie - street hockey pads (NOT ICE HOCKEY), trapper, and blocker only. Goaltender's mask must be worn. A baseball glove may be used in place of a street hockey trapper.
 - d. Player - knee pads (with or without shin guards) may be worn.
11. Penalties:
 - a. No more than 2 players penalized at one time per team (two players off the floor).
 - b. Two minutes for minor infractions.
 - c. Five minutes for major infractions.
 - d. Severity of an infraction (minor vs major) is determined by the referee.

- e. Infractions:
- i. Slashing. Minor or Major based on severity
 - ii. Holding. Minor or Major
 - iii. Roughing or body checking.
 - i. First offense – minor penalty
 - ii. Second offense – major penalty
 - iii. Third offense – Game Misconduct and/or suspension
 - iv. Fourth offense – Gone from league NEVER to return
 - iv. Disputing a referee's call.
 - i. First offense – Warning
 - ii. Second offense – Minor Penalty
 - iii. Third offense – Major Penalty
 - iv. Forth offense - Game Misconduct and/or Suspension
 - v. Fifth offense – Gone from league NEVER to return
 - v. Unsportsmanlike behavior OF ANY KIND.
 - i. First offense – minor penalty
 - ii. Second offense – major penalty
 - iii. Third offense – Game Misconduct and/or suspension
 - iv. Fourth offense – Gone from league NEVER to return
 - vi. High sticking (a raised stick - tip of blade or more above waist - should be called anywhere). A goalie may also be given a penalty for a high stick if, in the opinion of the referee, it was dangerous to an opposing player.
 - vii. Freezing the puck.
 - viii. Catching the puck with hand (defensemen may catch in mid-section and hold for a face-off). You may catch release backwards or slap ball down. If any forward progress is made with the ball, this is a Minor Penalty. NO EXCEPTIONS
 - ix. Too many players on the floor. – Minor Penalty
 - x. An offensive player hitting the goalie's glove with the stick if the goalie has his/her glove on the puck. Minor or Major depending on severity and referee discretion.
 - xi. Interference: Offensive player may stand in front of goalie to block vision but may NOT touch goalie or stand on crease line. Must stay approximately 6" outside of crease.
- f. Roughing, Disputing, & Unsportsmanlike Conduct Penalties can & will be carried over as season offenses. These penalties will not be tolerated on a week by week basis.

12. Length of Game:

- a. The game consist of four 12 minute periods (straight time).
 - i. Teams will switch ends between 2nd & 3rd quarters
- b. A 1-minute rest period between periods.
- c. Sudden death overtime will be played only in the final championship game.
 - i. Playoffs will consist of normal game time. Finals will consist of four – 15 minute periods w/1 min quarter rest. 3 min half time rest.
 - ii. After Sudden death if winner is not determined a Shoot Out may take place OR continued play based on time and day of final game.

13. Players per Team:

- a. No more than 12 dressed per game.
- b. Game is played as 5 on 5. Two forwards, two defensemen, & a goalie.
- c. All Players may move the length of the court.

14. Schedule:

- a. Season Schedule will be determined by commissioner and team captains at a meeting held 4 weeks before first game.
- b. Schedule will be based on the number of teams and available weeks for games.

Playoff Schedule: Single Elimination Rules.

- a. Seeding will be done based on Regular Season Record. With no more than eight teams making the playoffs.
- b. Schedule will then be set up with High/Low rankings

Week one: 1 v 8, 2 v 7, 3 v 6, 4 v 5

Week two: Highest Rank v lowest rank, 2nd highest rank v third highest rank.

Finals: Remaining 2 teams – game time dependent on availability.

- c. Higher ranking team in each game chooses first on which end of the court to start on.

15. Rules must be read to each player and signed verifying understanding of rules to be allowed to play. Once signature is received it must be turned into the commissioner for verification before season starts. This is then filed and used in cases where suspension is necessary to verify player new and understood the rules.

Once Rules are agreed upon and signed by player the rules are valid for 4 seasons. Any changes and omissions will not take place until after the fourth season. If changes are necessary for the betterment of the game, the commissioner may call a special meeting at the end of each season to address the issue. The change may ONLY occur if a majority vote is reached. Only Captains and Commissioner may voter. With the Commissioner getting the last and final vote in case of a needed tie breaker.

New ideas may be brought to team captain. It is up to the team captain to approach commissioner and provide the idea in writing to be address at the end of the season.

The above is the rules and regulations for the Vienna Rec Hockey League as agreed upon on:

DATE: _____ Commissioner: _____