



UMW CAMPUS RECREATION
MEN'S, WOMEN'S AND COREC FLOOR HOCKEY INFORMATION SHEET

A. Key Dates

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| 1. Team Registration Period: | Monday, September 12 th -Wednesday, September 28 th |
| 2. Tournament Dates: | Saturday, October 1 st - Sunday October 2 nd |

B. Rules of the Game

1. Intramural Floor Hockey is 5-on-5. If a team falls below 5 during a game due to injuries or ejections play may continue as long as the game remains competitive.
 - a. In CoRec, the number of male and female players cannot differ by more than 1.
2. Games consist of three 10-minute periods and a 3-minute break between periods.
3. Teams will not have any timeouts, but officials may suspend time as necessary (e.g. injury, delay of game).
4. Face-offs
 - a. A face-off will be used to begin each period, after each goalie, and for a puck out of play. The face-offs will take place from the center circle.
 - b. Face-offs will begin by the official dropping the puck in the middle of the floor. No movement is allowed until the puck is dropped.
 - c. Players not involved in the face-off must be outside of the center circle.
5. Gameplay
 - a. The puck may only be advanced by use of the stick or by kicking in.
 - b. The hands may be used to knock down an airborne puck with no advancement or directional placement.
 - c. Shots may be taken only by shooting or deflecting with the stick when the stick blade is being held below the waist. Shots bouncing off of a player and into the goal shall be legal as long as the puck contact with the person is accidental as determined by the official.
 - d. Shots may be taken from anywhere on the floor. However, if the shot is taken from behind the center line, it must be touched by a player (on either team) on the offensive side of the floor to be scored.
6. Substitutions
 - a. Players may only substitute before a faceoff. There will be no running substitutes.
7. Goals
 - a. The entire puck must cross the goal line in order to be counted as a goal.
 - b. Goals will not be counted if:
 - i. The stick blade is held above waist level
 - ii. The puck is kicked in
 - iii. The puck is batted in with the hand
 - iv. An offensive player is in the crease
 - v. The shot is taken from the opposite side of the floor and is untouched by any player.
8. The Goalie
 - a. There will be no official goalie for Floor Hockey. All players must remain outside of the goal crease.
 - b. A player may stand in front of the crease, but cannot crouch, kneel or obstruct the goal with anything, but their feet and hockey stick.
9. Out of Play
 - a. There will be no off-sides or icing.

- b. If the puck leaves the playing area, or is tied up along on the wall. It will be brought back into play at the nearest face-off spot.

10. Penalties

- a. An automatic goal will be awarded if a defending player throws a stick to prevent the puck from entering the net.
- b. If a penalty occurs, the offending player will receive a 1-minute penalty. The player must sit next to the scorers' table and the team must play down a player. Teams may receive multiple penalties which may result in playing as much as 2 players down. A player will receive a 1-minute penalty for the following:
 - i. Tripping
 - ii. Holding
 - iii. Slashing the stick out of an opponent's hand
 - iv. Body/Hip Checking
- c. If a goal is scored during the powerplay, the player with the least amount of penalty time remaining may return to the ice.
- d. A penalty shot will be awarded to a player who had a clear scoring opportunity and was tripped, held, etc. by the opponent.
- e. There will be no body checking. Any excessive contact, accidental or intentional, may result in an ejection in addition to penalty time.

11. Penalty Shot

- a. In the event of a penalty shot, the player who was fouled will get a chance to score against one defender. The offense will begin at the center circle.
- b. Both players must remain outside of the crease.
- c. The player and puck must be continually moving for the duration of the penalty shot. The player will only get one shot attempt. If the puck is shot, or the attempt gets interrupted the play will be over.
- d. If the shot is missed or interrupted, a faceoff will take place at the nearest faceoff spot. If a goal is made, the puck will be returned to center ice.

12. Overtime Procedure

- a. If there is no winner at the end of regulation play there will be an overtime period.
- b. The overtime period will be 3 minutes, sudden death.
- c. Teams will not be allowed to substitute even in the case of injury.
- d. All rules and regulations will still apply in the overtime.
- e. If the game is tied at the end of the 3-minute overtime period, kicks from the penalty mark will be used to determine a winner.
 - i. Kicks will be best of 5 shots. A team must select 5 different players to take penalty shots. The team with the most goals at the end of 5 rounds will be the winner. If no team is winning, it will be a 1 for 1 shootout until a winner is declared. No player on a team may take a second shot until all players have taken a first shot.

C. Player Eligibility

- 1. All current undergraduate and graduate students and Faculty/Staff of the University are eligible to play. Such persons will remain eligible until they withdraw from the University or fail to comply with eligibility standards.
- 2. A valid, UMW EagleOne card is required to play. Participants must present this card before the start of the game in order to sign-in for the game. ID cards must be readable and in proper condition. Cards with unrecognizable pictures, names or ID numbers will not be considered valid.
- 3. Participants may play for only one single-sex team and one CoRec team.

4. Team captains are responsible for checking player eligibility for his/her teammates and the players of the opposing team. The Intramural Staff is not responsible for checking player eligibility, but reserves the right to impose disciplinary action for players/teams discovered to be ineligible.
5. As long as the game is ready to begin on time, any participant who arrives after that time may participate provided they properly check in.
6. Refer to the Intramural Sports Handbook for questions regarding Varsity athlete eligibility or eligibility in general.

D. Sportsmanship

Intramural Sports expects all participants and their spectators to conduct themselves in a sportsmanlike manner at all times. Unsportsmanlike conduct or other inappropriate behavior occurring in Recreational Sports indoor and outdoor facilities before, during, and after intramural events will not be tolerated. Teams and their captains will be held accountable for the actions of their players (both participating and non-participating) and their fans. Officials and the Intramural Sports staff have the authority to impose and enforce penalties on teams, players and/or fans that have committed offenses. Penalties for post-game, playoff, and tournament play violations may be carried over into subsequent games and/or sports seasons.

Following each game, officials and/or supervisors will evaluate team behavior and issue sportsmanship rating for all teams. Captains may view their sportsmanship rating online on IMLeagues. Questions regarding particular sportsmanship ratings should be directed to the Intramural Sports Staff by emailing umwimsports@gmail.com. In order to be eligible for the playoffs, teams must have an average sportsmanship rating of 3.0 for all regular season contests. In the playoffs, teams must receive at least a 3.0 to advance to subsequent rounds.

The sportsmanship ratings will follow these guidelines:

“5” Excellent Sportsmanship: Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

“4” Good Sportsmanship: Team members display minor disagreement and unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team that wins by forfeit will receive a “4.”

“3” Average Sportsmanship: Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game. Teams that default will receive a “3” rating.

“2” Poor Sportsmanship: Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” or below. Forfeiting teams receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

“1” Unacceptable Sportsmanship: Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited-other than by not showing – may receive a “1” rating.

“0” Team Disqualification: Player(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

E. Ejections

The Intramural Sports staff reserves the right to eject any individual, team or spectator who interrupts the flow of the game in any manner. Players do not have to accumulate a minimum number of infractions to be ejected.

Player may be ejected before, during or after any contest and ejections can be made by any official on the contest or any Intramural Supervisor or administrative staff.

The jurisdiction of the Intramural Sports staff begins when the participant or spectator enter the visual confines of the field/court and ends when the involved persons leave the facility in which the contest is being held and the visual confines of the playing area. Any ejected player(s) must **immediately** leave the playing area and the facility in which the event is being held. If the player refuses to leave, the game will be forfeited by the team committing the infraction. Captains must assist Intramural Sports staff with retrieving the ejected participant's identification. It is strongly encouraged that the ejected participant(s) cooperate with the Intramural Sports staff to ensure a smooth reconciliation of the situation and safety for everyone.

Anyone who is ejected will be suspended from all Intramural Sports activity until a meeting with Intramural Sports administrative staff has been conducted.

F. Equipment

1. Teams are required to bring a white and a dark-colored team shirt/jersey to all team contests.
 - a. The dark-colored shirt/jersey must be the same shade of color for all team members.
 - b. Opposing teams are not allowed to wear similar colors during the game.
 - c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will default the game.
2. All jewelry except medical alert bracelets must be removed before play.
3. Taping over jewelry is not an acceptable alternative to removing jewelry.
 - a. If a supervisor suspects a team member has taped over jewelry, the team member will be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play. Players wearing jewelry will be penalized according to sport rules.
 - b. This policy is strictly enforced—jewelry poses a safety risk for the player wearing jewelry and others.
4. Cleats are acceptable as long as they do not have metal spikes.
5. Intramural Sports hockey sticks and pucks must be used in the games.
6. No casts are allowed. No pads or braces are allowed above the waist.
7. Knee braces made of hard, unyielding material are not allowed unless covered with at least ¼ inch of closed cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties (such as the Lenox Hill Sport sleeve or a Neoprene sleeve).
8. Any mistreatment of the Intramural Sports Equipment may result in an automatic ejection.

G. Champ Shirts

1. Teams may be as large as they would like, but only 10 champ shirts will be awarded to the winning team.

H. Game Location and Parking

1. All games are played in Goolrick Aux Gym.
2. All participants are encouraged to park in properly marked University spaces to avoid being ticketed.

I. Questions

1. Email umwimsports@gmail.com
2. Visit the Fitness Center.
3. Consult the Intramural Sports Participant Handbook.

***Note: All Non-Sport Intramural Sports rules can be in the Intramural Sports Participant Handbook. This Rule sheet does not cover all Intramural Sports rules. Check the Handbook to ensure everything is followed correctly. ***