

**The University of Maine
Campus Recreation
INTRAMURAL SPORTS PROGRAM**

Floor Hockey Rules

To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)

Specific Rules:

1. The game starts with a face-off at Center Circle.
2. Face-off will be used to start a period after a goal or a double penalty. After a penalty, the team who did not commit the penalty will bring the ball back into play where the official blew the play dead. If the action is stopped in front of the opposing goal, the ball will be placed on the side.
3. The defense must be at least 6 feet away for a free pass. All free passes are indirect plays.
4. No offensive player will be allowed in the goalie crease, otherwise, a penalty will be assessed. A defensive player is not allowed to stay in the crease for a long period of time (5 seconds), or a penalty will be called.
5. Body check will not be allowed. The only contact that will be allowed is incidental contact between players playing the ball and not the body.
6. All standard ice hockey penalties will be enforced, such as hooking, tripping, interference, etc.
7. No diving head first into the play. This is a dangerous act and will result in a two-minute violation.
8. At no time may the stick come above the shoulder height. Violation will result in the loss of possession or a two-minute penalty, depending on the severity.
9. Offside will not be called.
10. Game will be two 18-minute period of running time. The clock will stop on all whistles in the last minute of the game.

11. Gloves are strongly recommended for all players. Work gloves or hockey gloves will suffice. Goalies will be required to wear a facemask. Other equipment for goalies will be available. Helmets are strongly recommended for all players.
12. There will be 5 players including the goalie. For co-ed games there needs to be a minimum of two members from the opposite sex on the playing surface at all times.
13. Games can end in a tie. During layoffs, a 5 minute sudden death overtime will be used, and if still tied after this, 5 players from each team will be in a shoot-out from the designated line to declare a winner. No slap shots will be allowed during a shoot-out or penalty shot.
14. Team will be allowed 2 one-minute time outs per game.
15. A player cannot use an ice hockey stick (wood, fiberglass, or graphite) without a sock.
16. Any player who starts a fight will be kicked out for the remainder of the game and his/her team will have to play shorthanded for the rest of the game. If both teams have a player kicked out for fighting the team will remain playing 5 on 5 instead of 4 on 4. Finally the player who is kicked out will be suspended for at least the next game.
17. Teams do not have to wait for a referee's whistle to substitute.
18. Goalies have about 3 seconds to release the ball to the side before losing possession. If the goalie does hold the ball too long, the opposing team will bring the ball back into play on the side.
19. If a team is up by 8 goals with 5 minutes left in the game, the game will be called.