



Floor Hockey Rules and Regulations of Play

RINK

All games will be played at the Floor/Roller Hockey Rink 1 or 2 at Central Park in Morris Plains.

EQUIPMENT

- **Sticks:** Players must bring their own sticks. Referees will determine what is/is not a “legal” stick. In general, player sticks should be made of wood, composite material, aluminum, or plastic, should not exceed 65” in length, and should have a blade with a minimum height of 2”.
- **Protective Goggles:** All players must provide and wear their own goggles while playing.
- **Gloves, shin guards, mouth guards, elbow & kneepads:** Recommended and encouraged. Players are responsible for bringing their own if they choose to wear them.
- **Goalie Equipment:** There is no mandatory goalie equipment. However, full goalie equipment is recommended and encouraged. It is the responsibility of the team to provide equipment for their goalie if they choose to. Any type of regulation-sized goalie pads is allowed. Baseball mitts/catching gloves are allowed.

ANY PLAYER WHO DOES NOT WEAR THE ABOVE PROTECTION IS RESPONSIBLE FOR ANY INJURY OR BRUISE THAT MAY OCCUR DURING PLAY.

TEAMS AND PLAYERS

- All players must be at least 21 years of age to participate, adequately and currently health-insured, and registered with NIS, including full completion of the registration process.
- Teams consist of 6 players on the rink, 1 being female, with other team members as substitutes. All players must be in uniform. No more than 5 men may be on the court at one time.
- Any fully registered player who has received a team shirt and does not wear it the day of the game can be asked for photo ID during check in.
- During playoffs if a fully registered player does not have their correct team shirt on the opposing captain may choose to not allow them to play.
- If the opposing captain does not permit the player to play because of not having his/her t-shirt, that player can pay the sub fee and play if they have participated in 3 regular season games.
- There is no maximum number of players allowed on a team’s roster.
- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the fifth week of play. After the third week, no new names may be added to a team’s roster. Only players on the roster will be eligible to play.
- A team must field at least 4 of its own players to begin a game, with at least one being female.
- Substitute players must sign a waiver prior to playing and pay the \$10/daily fee the day of the game. Subs are eligible for the playoffs if they participate in at least 3 regular-season games.
- Subs are only eligible to participate in a playoff game to get a team to 10 total players. Subs will not be eligible for playoffs to get a team past 10 people even if they have subbed 3 times.
- Exception to this rule is if a team is short the female minimum.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captain’s discretion. If he/she approves, an email must be sent to NIS prior to arriving at the game.

SUBSTITUTIONS

- Substitutions may occur during game play (“on the fly”), unless the referee deems them unsafe. There is no limit on the amount of substitutions per team. During the course of the regular season, teams are allowed to “pick up” players that are not on their roster in order to field a full team. In playoffs, no non-roster players will be allowed to play unless approved by the opposing captain.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team’s roster. Only players on the roster will be eligible to play.
- All teams must have a minimum of 10 fully registered players for the season, with one being female.
- If a team is short the minimum number of fully registered players by the start of their game for Week 1 they will automatically forfeit that game. They may still play but will receive a loss in the standings. This rule applies for week 2, 3, 4, and 5 (6 if applicable) as well.
- Captains can choose to pay the remaining balance to keep his/her team in the league during playoffs but must be fully paid by the end of the regular season games.
- If a team is still short the minimum number of fully registered players at the end of their Week 5 game (or end of the regular season) the team’s season will end and will be removed from the final playoff weeks of the league schedule.

GAME PLAY

- Regulation Games will consist of (3) 15-minute periods separated by a 1-minute break. There will be a running clock throughout the game. The referee will maintain a running clock. Each team is granted one (1) 60-second timeout per game.
- Games are played 5-on-5 plus a goalie for a total of 6 players on the floor for each team.
- Teams that don’t meet the minimum roster requirements to start a game will receive the following penalty: 5 minutes late – 1 goal; 10 minutes late – 2 goals; 15 minutes – forfeit and the game will be played for fun.
- The ball will be dropped at center court by the referee.
- The referee may stop the clock at any time if he/she feels that a team is intentionally stalling or delaying the game, or to prevent a possible injury.
- Regular season games that end in a tie at the end of regulation time will result in each team being awarded one point. There is no overtime or shootout during regular season games.
- If a tie remains in the playoffs, there will be a 5-minute sudden death overtime to determine the winner.
- The goalie can be pulled (“empty net” with 6 players on the floor) at any time during the game if the captain so chooses.

SCORING

- Each goal will count one point.
- A goal is scored when the entire ball...
 1. Completely crosses the goal line.
 2. Breaks the plane of the goal.
- In cases where the net moves, it is up to the referee to determine if the ball would have gone in the net and thus been a goal. If the defense intentionally moves the goal, it is up to the referee to continue play or declare a delay of game penalty.

NON – GOALS

- A goal will not be awarded if an attacking player interferes with the goaltender or is positioned in the goalie box when the ball enters the goal unless the attacking player was physically pushed into the goalie box by a defending player.
- A goal will not be awarded if the ball is **deliberately** directed into the goal by the attacking team by any means other than a stick, even if the ball subsequently deflects off another player.
- A goal will not be awarded if the ball deflects into the goal off the referee.

MERCY RULE

- If a team reaches a lead of 7 goals in a game, the score will freeze at that time, and the two teams may continue to play for fun with no further recording of goals.

BALL TRAPS/HAND PASSES

- Play will be stopped if a player has directed the ball in any manner using a hand to a teammate who is in the neutral or attacking zone. If this occurs, play will be ruled dead and a faceoff will occur.
- The ball cannot be advanced with the hands.
- Goalies are also not allowed to throw the ball to a teammate who is outside the defending zone.
- A **minor penalty** will be given to any player that closes a hand on the ball with intent (as judged by the referee) to delay the game or intentionally force a stoppage of play.
- A **penalty shot** will be awarded to the other team if a player closes a hand on the ball in his/her goalie's crease.

PENALTIES

- The offending player shall serve the penalty unless otherwise specified. That player shall go directly off the court and remain there until the referee or scorekeeper indicates the penalty time has expired.
- Penalty times begin when play resumes at the next faceoff.
- If a game disqualification penalty is also imposed on the player, that player shall be represented by a teammate for the penalty and report to the referee.
- Major and Misconduct penalties do not terminate when a goal is scored.
- Misconduct or Game Misconduct penalties do not reduce the number of players on the rink.
- If the penalty time has not yet expired at the end of a period, the penalty carries over into the next regular period or sudden death period.
- During sudden death play, a team shall not be reduced by time penalties so that it has fewer than 2 players during first overtime and one player during second overtime.
- If 2 concurrent penalties are called against a team, then 2 players will be sent to the box at the same time, resulting in the other team having a 5-on-3 advantage (not including the goalie).

MINOR PENALTY - 2 min.

A minor penalty shall be assessed for the following:

- A. **Tripping**
- B. **Hooking**
- C. **Holding an opponent or an opponent's stick**
- D. **Interference**
- E. **High sticking**
- F. **Roughing**
- G. **Slashing**
- H. **Crosschecking**
- I. **Unsportsmanlike conduct**
- J. **Elbowing**

- K. **Boarding**
 - L. **Kneeing**
 - M. **Delay of game**, including but not limited to stalling, trapping, or holding the ball/puck, or intentionally displacing the goal.
 - N. **Too many players on the court**
 - O. **Returning to the court before penalty time expires**
 - P. **Sliding/Diving**, except the goaltender
 - Q. **Grounded Stick**: Field players may not lay their sticks on the ground to prevent a goal or to block an inbound pass. The goalie may do this legally.
- If any of the above is deemed excessive, a major penalty can be called and/or cause for removal from the game and/or league.

MAJOR PENALTY - 5 min.

A major penalty shall be assessed for the following:

- A. **Any penalty deemed excessive can be assessed as a major penalty and/or cause for removal from the game and/or league.**
 - B. **Fighting**: Not tolerated under any circumstances and will result in removal from the game and possibly the league.
 - C. **Checking, Checking from behind**
 - D. **Charging**: Taking more than 3 steps before forcefully contacting another player.
 - E. **Spearing**
 - F. **Butt-ending**: Using the top of the stick to hit an opponent.
 - G. **Throwing Stick**: Intentionally throwing stick at the ball or player.
- A second major penalty infraction will result in an ejection from the game (game misconduct). Players who get ejected will be suspended from the next scheduled game and not be permitted to play.

MISCONDUCT PENALTY - 8 min.

A misconduct penalty shall be assessed for the following:

- A. Persisting in conduct where a minor penalty for unsportsmanlike conduct was already assessed.
 - B. Refusing to obey a referee's decision.
 - C. Intentionally shooting the ball out of reach of the referee who is retrieving it during a stoppage of play.
 - D. Intentionally shooting the ball out of the rink during a stoppage in play.
- A misconduct penalty does not affect the number of players on the rink.
- If a player receives a minor or major penalty in addition to a misconduct, the offending team must place another player in the penalty box to serve the minor/major penalty time.

GAME MISCONDUCT PENALTY – Ejection from game.

A game misconduct penalty shall be assessed for the following:

- A. Persisting in conduct where a misconduct was already assessed.
- B. Recklessly endangering an opponent.
- C. Receiving a second misconduct penalty in the game.
- D. Attempting to intimidate or physically contact a referee.

OFFSIDES AND ICING

- **3-Line Pass**: A player in the attacking zone **when the ball is passed or shot from a teammate in the**

defensive zone may not play the ball in any circumstance without first leaving the attacking zone. For this offence, a faceoff in the defensive zone will take place.

- Offsides only occurs if the ball is thrown by the goaltender beyond the centerline and is touched by a teammate without first being touched by an opponent.
- Offsides will result in a warning to the goalkeeper. Subsequent offsides will result in a delay of game penalty.
- **There is no icing.**

STOPPAGES

The following stoppages of play will be followed by a face-off:

- Goals.
- Penalties.
- Injuries.
- Time-outs (one time-out per team, per game).
- Dead ball (out of play).
- A freeze in play where the goaltender holds on to the puck.

GOALTENDERS

- A goaltender will be allowed to handle the puck with his/her hands within the crease only.
- If the goalie is clearly delaying in putting the puck in play, the referee may stop the clock at his/her discretion and have a faceoff or, if it persists, assess a delay of game penalty.
- The goaltender can put the ball back in play by rolling it to a teammate on his/her side of mid-court or passing the puck with his/her stick.
- Offensive players may not enter the crease without the ball or without the ball being in the crease.
- Crease Rule: Goalies may come out of their crease to play the ball but cannot cover it if they are out of the crease. Offensive players are not allowed to stand in the crease to obstruct the goalie's view or movement. The referee may stop play in this situation and conduct a faceoff outside of the attacking zone.
- Goalie Possession of Ball: Players may not hit or hack the goalie while they are trying to glove the ball in the crease. Goalies cannot cover nor freeze the ball if they are not in the crease.
- Goalie Rules: Goalies are not allowed to pass the centerline during play. A goalie throwing his/her stick will result in a penalty shot for the other team.

BODY INTERFERENCE

- A player may not use his/her body or back to bulldoze through people.
- A player may not use his/her body to prevent an opponent from passing by him/her, such as jumping in front of them.
- A player may not take one hand off his/her stick and give another player a shove with his/her free hand.
- A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab, or hold the stick, jersey, or body on the opponent in a manner that impedes his/her progress. Examples include wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards (preventing them from playing the ball or running), or grabbing the opponent's body, stick, or shirt with one or both hands.

SLIDING

- A player is NOT allowed to slide under any circumstances, including in an attempt to reach the ball or steal the ball from another player. The goalie is the only player permitted to slide or dive to block a shot.

TRIPPING

- A player or goalkeeper is not allowed to place a stick or any body part in such a manner that causes his/her opponent to trip or fall. A penalty shot will be awarded to the other team if a player trips an opponent from behind while the opponent is in control of the ball on a breakaway.

AGGRESSIVE OR THREATENING BEHAVIOR

- Verbal or physical abuse of other players or the referee will absolutely NOT be tolerated. This includes obvious and directed roughness against another player.

WINNING THE GAME

- The team with the higher score at the end of 45 minutes of play will be deemed the winner.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head-to-Head (if applies), Goals Allowed, Goals Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games or are approved by the opposing captain. Subs will have to play the weekly fee to participate in the playoffs as well. Subs are not permitted to play in a playoff game if a team has 10 players.

PLAYOFF OVERTIMES

If a playoff game ends in a tie after regulation play, the following will occur:

- A 5-minute sudden death overtime in which each team drops one male player from the court.

If it is still tied after one overtime period, a penalty shootout will follow:

- Both teams will get 5 penalty shots.
- The teams must state which 5 players are going to shoot; however, they do not have to state in which order they will be shooting.
- No more than 5 men may shoot for either team. Shooters will start at mid-court and get one shot on goal.
- If the goalie, in the eyes of the referee, “takes a player out”, this will result in a goal.
- If it is still tied after the initial 5 penalty shots, then sudden death penalty shots will follow. The same players from the initial 5 penalty shots will shoot again in the same order. If one team scores during the round of sudden death shots and their opponent fails to score, then that team is the winner.
- During the sudden death round, the same 5 players must continue to shoot until there is a winner; there will be no substitutions.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day before the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.
- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM:

- Any team that forfeits after 12:00 pm the day before the game will be assessed a \$50 fee that will be given directly to their opponent and removed from the remainder of the league schedule. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage.
- If a team doesn't show up at all, has no members present, and doesn't notify NIS by game time they will be removed from the schedule for the following weeks game.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season, we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$10 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.