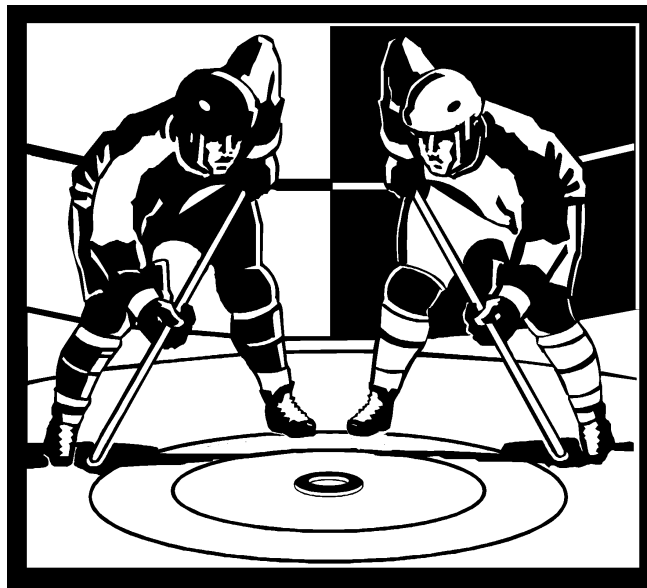


# Special Olympics Northern California and Nevada

## Floor Hockey



### 2009 Guidelines & Rules



**Special Olympics**  
*Northern California*

September 2009

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# **SPECIAL OLYMPICS**

## **MISSION STATEMENT**

**The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.**

## **SONC / SONV PLAYS BY THE RULES**

**All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.**

**The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.**

# **SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA**

## **COACHES' CODE OF CONDUCT**

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior should serve as a positive example for their Special Olympics athletes. Their coach's behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals in Special Olympics. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

### **HAVE RESPECT FOR OTHERS**

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, sex, ethnic origin, religion, race, color, religion, ancestry, national origin, disability, ability. medical condition, marital status or sexual orientation.
- I will be a positive role model for the athletes I coach.

### **ENSURE A POSITIVE EXPERIENCE**

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure that each athlete competes in events that challenge that the athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

### **ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS**

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including inappropriate or unwanted sexual advances on others, verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.
- I will abide by the Special Olympics policy that prohibits coaches from dating athletes.

**PROVIDE QUALITY SERVICE TO THE ATHLETES**

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body Rules for my sport(s) coached, as well as all SONC/SONV policies and procedures, as amended.

**ENSURE THE HEALTH AND SAFETY OF THE ATHLETES**

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete’s registration form and be aware of any limitations on that athlete’s participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

SONC/SONV may take any or all of the following actions in its sole discretion Should the behaviors and/or abilities of any a coach, other volunteer, coach or other representative or faction of a school/organization, violate: a) any of either the principles stated above; (including) the any other SONC/SONV policies and/or procedures, as amended) ; and/or c) the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach or other volunteer may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach or other volunteer may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics training, competition, activity or event or tournament;
3. The coach, other volunteer, or sponsoring school/organization may be suspended from participating in any or all Special Olympics training, competition, activity or event activities or events for a specified period of time; and/or
4. The coach, other volunteer, or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics training, competition, activity or event. activities or events.

**I have read and understand the foregoing SONC/SONV Coaches’ Code of Conduct, and agree to abide by its terms.**

By: \_\_\_\_\_  
(Signature of Volunteer Coach)

Print Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

# **SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA**

## **ATHLETE'S CODE OF CONDUCT**

Special Olympics are committed to the highest ideals of sport and expect all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Partners agree to the following code:

### **SPORTSMANSHIP**

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

### **TRAINING AND COMPETITION**

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.

### **RESPONSIBILITY FOR MY ACTIONS**

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by Special Olympics Northern California and Nevada up to and including not being allowed to participate.

# **SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA**

## **LEVELING CRITERIA (DEVELOPED BY SONC / SONV FLOOR HOCKEY SMT)**

**Teams will be placed in competitive divisions based on the following criteria:**

### **LEVEL 1 (highest level)**

- Good understanding of rules
- Better athletes—physical ability
- The team can execute passing plays
- Defensive players play up the court on offense and play their positions on defense
- Goaltenders can stop most shots when in position and not screened

### **LEVEL 2**

- Basic understanding of rules
- On starting team, typically 2-4 good players
- Most offensive players will move to the puck and take good shots
- Some defensive players will move to guard opposing players
- Goaltenders stop many direct shots and know how to handle the puck

### **LEVEL 3**

- Limited concept of rules
- Lower athletic ability; usually only 1 or 2 good players
- Several offensive players can move to the puck and execute lift shots
- Defensive players do not move very much
- The goalie positions him/herself but is slow to react to a shot

### **LEVEL 4**

- Very limited understanding of rules
- Players have the basic fundamental skills but at a low level
- Players do not move very much and most do not go after the puck
- The goalie does not position him/herself well and is slow to react to a shot

# SPECIAL OLYMPICS NORTEHERN CALIFORNIA AND NEVADA

## FLOOR HOCKEY RULES AND REGULATIONS

The Official Special Olympics Northern California and Nevada (SONC / SONV) Rules shall govern all Special Olympics Floor Hockey competitions. As an International sports program, Special Olympics has created these rules based upon the Rules of Floor Hockey, as approved by the International Governing Body for Floor Hockey. These rules shall govern all competition except when in conflict with the Official Special Olympics Sports Rules. In such cases, the Official SONC / SONV Sports Rules shall apply.

### SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have an application for participation and release form filled out and signed by a certified physician in order to participate. Also, each unified partner must fill out an unified partner release form in order to participate. This is in accordance with Special Olympics General Rules.
2. Each team is required to play all team members in every game played.

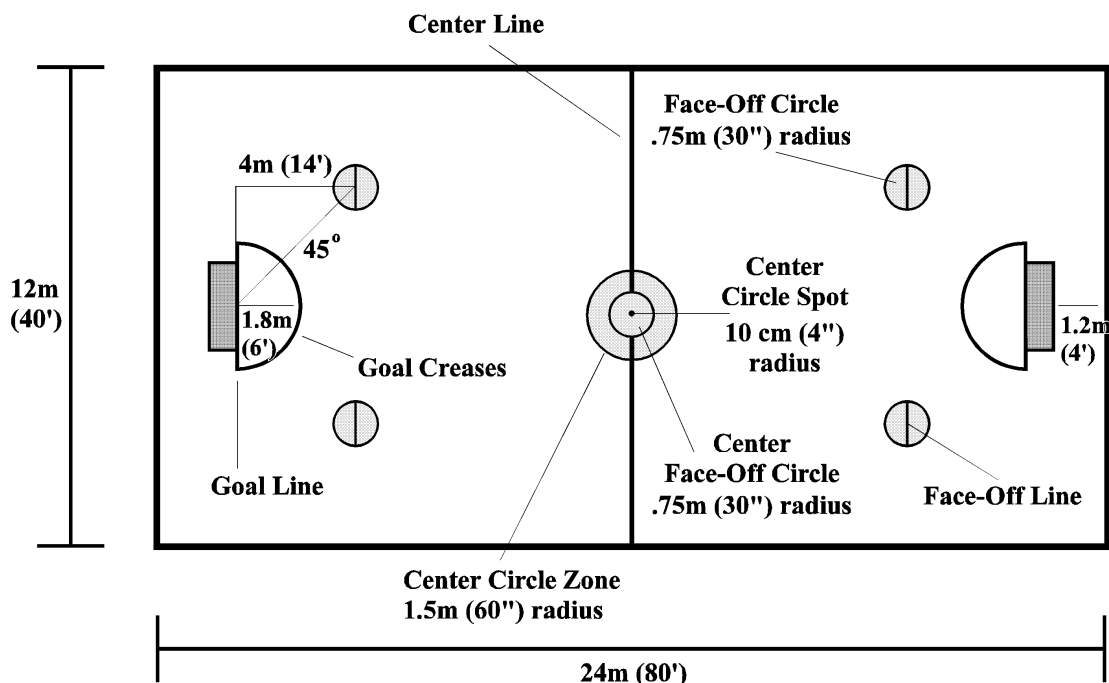
### SECTION B - OFFICIAL EVENTS

The following are Official Floor Hockey Events offered by SONC/SONV:

1. Team Competition – Level 1, 2, 3 & 4
2. Individual Skills Contest

### SECTION C – FACILITIES

Official Dimensions of the Floor Hockey Playing Surface:



1. Floor Hockey Playing Surface:
  - a. The playing surface shall be a maximum of 15m x 28m (49' x 92') and a minimum of 12m x 24m (40' x 80') on a level surface and properly marked for Floor Hockey.
  - b. The playing surface shall be free from any projections that a player could encounter in the course of play.
  - c. The playing surface may be defined by lines or by boundary boards. Boundary boards must be constructed of quality sturdy material and 1.1m – 1.2m (42" – 48") on height. If boundary boards of this dimension are not available, low walls may be used.
  - d. The back of the goal shall be set 1.2m (4') out from the endline to allow play behind the goals.
  - e. Both goals are set up with the center part of the goal placed in the center of the width of the playing surface.
  - f. The two goals should each measure 1.8m (wide) x 1.2m (high) x .6m (deep) (6' x 4' x 2').
  - g. A center-line will mark the area of play such that the floor is divided in equal halves. Goals and end lines are equidistant from the center-line.
  - h. Center Circle Spot:
    - i. A line 10cm (4") in length, perpendicular to the center-line or a circular spot 10cm (4") in radius to be marked in the center of the center face-off circle.
  - i. Center Face-Off Circle:
    - i. A circle with a radius of .75m (30") and a line width of 5cm (2") to be marked outside the center circle spot.
  - j. Face-Off Zone:
    - i. A circle with a radius of 1.5m (60") and a line 5cm (2") in width to be marked outside the center court face-off circle. This may be done with 1" or 2" tape (3M 471 tape is recommended).
  - k. Goal Line:
    - i. A line 5cm (2") in width is drawn between the goal posts of each goal and extends to the goal crease.
  - l. Goal Crease:
    - i. The goal crease is a semi-circle with a 1.8m (6') radius drawn from the center of the goal line.
  - m. Face-Off Circle:
    - i. Face-off circles are marked with a circular spot of 10cm (4") in radius or a line of 10cm (4") in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle located on a 45 degree angle from the center of the goal line. The center face-off spot of each face-off circle is determined by measuring a point 4.3m (14') to the left or right of the center of the goal line, then measuring out 4.3m (14") from that point toward the center-line. Each circle has a radius of .75m (30"), and a line drawn through the center point of the face-off circle that is parallel to the center-line.

## SECTION D – EQUIPMENT

1. Floor Hockey Puck
  - a. The puck is a circular felt disc with a center hole.
  - b. Dimensions
    - i. Diameter: 20cm (8")
    - ii. Center Hole: 10cm (4") – may be reinforced with leather
    - iii. Thickness: 2.5cm (1")
    - iv. Weight: 140-225 grams (5-8 ounces)

2. Floor Hockey Sticks
  - a. Must be a rod or dowel made of wood and/or fiberglass with specific dimensions (this does not apply to the goalkeeper's stick).
    - i. Dimensions
      1. Circumference: 7.5cm-10cm (3"-4")
      2. Length: 90cm-150cm (3'-5')
      3. The non-handle end (i.e., the bottom or the floor end) of all sticks other than the goalkeepers' sticks, must be rounded-off. The stick must be of a uniform thickness over its entire length. No tape, string or other object is allowed that will increase the diameter on the bottom of the stick.
3. Floor Hockey Goalkeeper's Stick
  - a. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick.
    - i. Dimensions
      1. The blade of the goalkeeper's stick must not exceed 8.9cm (3 1/2") in width at any point except at the heel where it must not exceed 11.4cm (4 1/2") in width.
      2. The goalkeeper's stick cannot exceed 39.3cm (15 1/2") in length from the heel to the end of the blade.
      3. There is to be no measurement of the curvature of the blade on the goalkeeper's stick. All other elements of the stick are subject to a measurement and the appropriate applicable penalty.
      4. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 66cm (26") from the heel and must not exceed 8.9cm (3 1/2") in width.
4. Protective Equipment
  - a. The goalkeeper may use a stick and must have protective gloves, plus helmet and mask. A goalkeeper will be allowed to wear regulation-size ice hockey goalkeeper pads and gloves or some reasonable facsimile thereof (i.e., street hockey pads, cricket pads, baseball glove). The leg guards worn by goalkeepers must not exceed 12" in extreme width when on the leg of the player.
  - b. Players are required to wear helmets with protective cages or shields (full face cages/shields recommended) and shin guards to ensure player safety. Proper athletic shoes (tennis) must be worn by all persons on the playing surface during play. Elbow pads, and mouth guards may be worn. Protective gloves are recommended to be worn by all players.
5. Goals
  - a. Goals must measure 1.8m wide x 1.2m high x .6m deep (6'x4'x2'). The sides and back of the goal must have appropriate netting. Regulation ice hockey goals are also permitted.

## **SECTION E – PERSONNEL**

1. There should be two certified referees in appropriate and matching attire (i.e., black pants and a black and white striped referee shirt). At the discretion of the games committee, games may be played with less than the minimum personnel.
2. There should be two scorekeepers and one timekeeper. The scorekeepers also act as line monitors. At the discretion of the games committee, games may be played with less than the minimum personnel.

## SECTION F – RULES OF COMPETITION

### 1. Team Competitions

#### a. Player and Line Rotations

- i. A team on the playing area must consist of six (6) players; one (1) goalkeeper that must play from a standing position, two (2) defenders, and three (3) forwards (one center and two wings).
- ii. There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9<sup>th</sup> line), where the goalie can be pulled and an additional player (defender or forward) may be on the floor. This may only be done during a face off or stoppage of play.
- iii. Each player must wear a shirt with distinctive team color and markings. A 15 – 20 cm (6 – 8”) player number must be on the back of the shirt and a 10 cm (4”) must be on the front of the shirt. No jeans may be worn. Matching athletic pants, and socks must be worn. Athletic tennis shoes must be worn (soft soled running style not preferred.)
- iv. By the end of the game, the total number of lines played by any one player, excluding the goalkeeper, must not exceed the total number of lines played by any other teammate by more than one line. The goalkeeper may play the entire game or may split playing time. If two goal keepers are designated during the same game, by completion of the game they must have played within one line of each other. If a player is designated to play goal keeper, that is the only position he/she will be allowed to play during the game.

#### b. Rotation of line:

- i. Teams must start a game with a minimum of 8 players and a maximum of 16 players. Teams may play with as few as 4 players in instances of injury, game misconduct or behavior. The recommended rotation of lines shall be as follows:

#### **11-Player Team (11<sup>th</sup> player is goalkeeper):**

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
<b>Players</b>	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5

#### **12-Player Team (12<sup>th</sup> player is goalkeeper):**

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
<b>Players</b>	1,2,3,4,5	6,7,8,9,10	11,2,3,4	5,6,7,8,9	10,11, 1,2,3	4,5,6,7,8	9,10,11,12	3,4,5,6,7	8,9,10,11,1

#### **13-Player Team (13<sup>th</sup> player is goalkeeper):**

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
<b>Players</b>	1,2,3,4,5	6,7,8,9,10	11,12,1,2,3	4,5,6,7,8	9,10,11, 12,1	2,3,4,5,6	7,8,9,10,11	12,1,2,3,4	5,6,7,8,9

#### **14-Player Team (14<sup>th</sup> player is goalkeeper):**

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
<b>Players</b>	1,2,3,4,5	6,7,8,9,10	11,12,13,1,2	3,4,5,6,7	8,9,10,11,12	13,1,2,3,4	5,6,7,8,9	10,11,12,1	2,3,4,5,6

### 15-Player Team (15<sup>th</sup> player is goalkeeper):

	Period 1			Period 2			Period 3		
	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Players	1,2,3,4,5	6,7,8,9,10	11,12,13,14,1	2,3,4,5,6	7,8,9,10,11	12,13,14,1,2	3,4,5,6,7	8,9,10,11,12	13,14,1,2,3

(Note: If two goalkeepers are designated then the minimum they must be rotated is each game. They may be rotated on an equal basis within each game. In order to rotate on a shift basis then both goalkeepers must be dressed with full equipment to minimize delays.)

- ii. Each team must submit an approved scoresheet to the scorekeeper 10 minutes prior to the start of the game. Each scoresheet must include team name, head coach, all players' names and individual numbers on the respective lines throughout the game reflecting the rotation of all players. The score sheets will go as follows: one copy of the scoresheet will be kept by the scorekeeper, one by the coach of the opposing team and one will be given back to the coach. If the scoresheet is not turned in on time, a 1-minute bench penalty may be assessed to the late team.
- iii. Injuries and Penalties
  1. When a player gets injured (including seizures, over-exertion, etc.) a substitute may come in. This will throw off the line rotation and having everyone play within 1 line of each other. Since the injury was not intended (if the referee determines that the injury was staged in order to gain a free substitution, then the substitution should be treated like a behavior substitution), the coach may substitute any player not on the court at the time of the injury. If the injured player is not able to play in future lines, then the coach has to rotate the substitutes among any players not on the injured player's line so that no player substitutes twice for the injured player until all others not on the injured player's line have substituted once.
  2. When a player has to leave the game for behavior problems (player ready to blow up, disciplinary reasons, fake injury, etc.), or game misconduct, a substitution may come in. This will throw off the line rotation and have everyone play within 1 line of each other. In this instance, the opposing coach has to designate the player to substitute – from among any of the players not on the court at the time of the behavior. If the player with the behavioral problem is not able to play in future lines, then the opposing coach has to designate different players from among any players not on the behavior player's line so that no player substitutes twice for the behavior player until all others not on the behavior player's line have substituted once. This will also apply for a player disqualified for game misconduct.
  3. When more than two players from a team are penalized, all the penalized players will sit in the penalty box. The number of players over two sitting in the penalty box will be substituted for by a player(s) not on the court at the time of the penalty, giving the team four total players on the court. Only two penalties can be served at the same time.
    - a. Whenever an additional penalty is waiting to be served, the time will begin at the completion of the earlier penalties. Any time more than two players are in the penalty box, the following will occur:
      - i. At the completion of the first penalty and at the first stoppage of play, the first penalized player may go back into the game in place of the substitute player. At the completion of the first penalty, the

third player's penalty will begin. As each additional penalty is completed, the players are allowed to return to the game.

- ii. At the completion of the first penalty, if there is no stoppage of play, the third penalty will begin. At the completion of the second penalty, if no stoppage of play has occurred, the player from penalty one may return to the game and the substitute continues to play. At the completion of the third penalty, if no stoppage of play has occurred, the player from penalty two may also return to the game and the substitute continues to play, which puts the team back at full strength. The player from penalty three will return in place of the substitute when there is finally a stoppage of play.
- iii. This is repeated for each additional penalized player (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, etc.) until normal playing conditions return.

b. All players attending the tournament must be included in the original line rotation each game except for players with injuries or players with behavior problems.

- iv. In case of a line change during the course of a player's penalty, a player from the incoming line will serve the remaining portion of the penalty. If the penalized player is not scheduled to play in the incoming line then the coach of that player's team will determine which player of the incoming line must serve the balance of the penalty.
- v. Only players dressed for the current game (maximum of 16) are permitted to sit on a team's bench.
- vi. To be eligible for higher level competition (i.e. international), teams must have competed in the next lower level of competition (i.e. program, regional) with at least (11) players so that the 11-player international rule has been met.

#### c. Divisioning

- i. Teams will be divisioned according to a team score compiled in the Individual Skills Contest (for new teams), assessment of teams at trainings or competitions (including Regional Events), interviews with coaches and input from the Floor Hockey Sports Management Team.
- ii. Coaches of new teams must submit their team's Individual Skills Contest team score prior to conducting the competition. The team score is determined by adding all players' scores and then dividing by the total number of players.

#### d. Time of Play

- i. Games will consist of three 9-minute periods with 1-minute rest periods between each period. The last three minutes of the third period shall be stop time unless waived by both coaches prior to the start of the final period. One 1-minute time-out is allowed per team per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands.
- ii. A time-out may only be permitted during an official stoppage of play.
- iii. There will be three line shifts per period. The timekeeper will signal the time for line changes with a horn/towel/whistle. Play will resume with a face-off at the face-off circle nearest the stoppage of play.
- iv. Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).
- v. Teams may change ends after each period of play. If a team desires to change ends the head coach must inform the referees prior to the beginning of play. If neither team requests this option the team will remain on the side of the surface they began the game throughout the game.

- vi. Time of play must be running time. However, when a penalty is called, the clock will be stopped until play is resumed. Play is resumed with a face-off and the sound of the referee's whistle. The clock will also be stopped for time-outs, line changes, and whenever the referee so designates.

e. Face-offs

- i. A face-off shall occur at the following times:
  - 1. To begin the game and each period at the center floor face-off circle;
  - 2. After each stoppage of play during a period, except after a goal, at the nearest face-off circle;
  - 3. After each goal at the center floor face-off circle;
  - 4. After each minor or major penalty at the offending team's defensive end;
  - 5. When an unsafe condition exists due to a cracked or broken stick(s) in the vicinity of play or at any other time deemed appropriate by the referee. A face off must take place at the nearest face-off circle to the position of the puck when play was stopped.
- ii. For all face offs, all players must stand with their sticks and bodies completely to their team's side of the face-off line. Only two players participate in a face off. Both players who are facing off may have the tips of their sticks to the same side of the face-off circle as long as the tip of each player's respective stick is in the respective half of the face-off circle. During the face-off players must play the puck. They are not allowed to interfere with the other player's stick during the face-off.
- iii. The players facing off and their sticks must be equal distance from the puck in the face-off circle. Their sticks must be "on-sides", (on their team's side of the center line). Only the players facing off are allowed in the face-off circle.
- iv. Player starts when the referee blows the whistle. In a case where there is a hearing-impaired player, the referee shall raise their arm(s) to indicate that play is about to start. The referee must then simultaneously blow the whistle and drop the arms toward the puck to indicate the start of play.
- v. The puck must be swept out of the face-off circle in a manner such that the stick does not make contact with the center of the puck. Contact with the puck outside of the face-off circle must be made by a player other than those facing off before the players facing off can place their sticks in the center of the puck. The players who are facing off may continue to sweep the puck until the puck is swept out of the face-off circle. After the initial sweep, the players who are facing off may kick the puck out of the face-off circle.

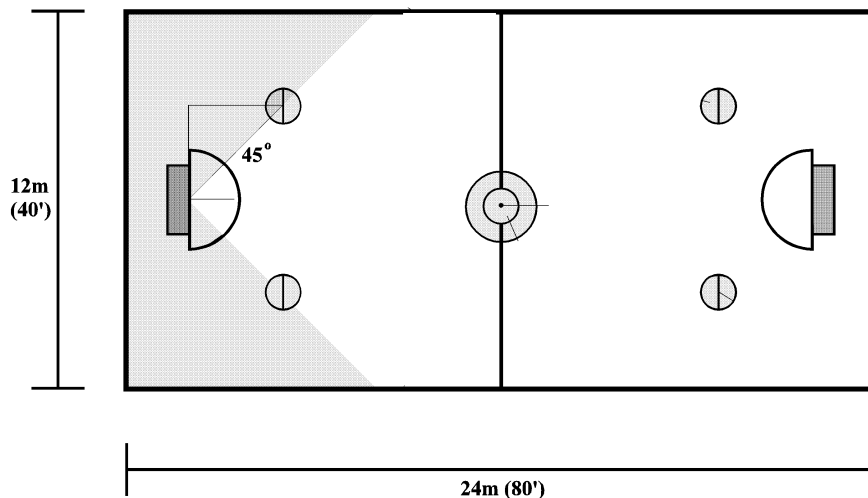
f. Goals

- i. The entire puck must pass over the goal line to count as a goal scored. The puck needs to be in the goal before the signal sounds to end the line change or period for the goal count. One point is counted for each goal scored.
- ii. The offensive player must put the puck into the goal with the stick from outside the goal crease areas. Kicking or throwing the puck into the goal is not allowed. It is legal to kick the puck during play, but it is illegal for an offensive player to kick it into the goal. If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, a goal must be allowed.
- iii. A goal is scored anytime the puck is put into the goal in any way by a defending player.

g. Minor Fouls

- i. The following events shall result in a stoppage of play and face-off at the nearest face-off circle:

1. The goalkeeper throws the puck forward to a teammate (i.e. puck is thrown anywhere up-court from the goal – *see diagram below*). The goalkeeper may throw the puck to the side at (a 45° angle) to a teammate as long as the puck is behind the center spot for the defensive side of the face-off circles.



2. Any player other than the goalkeeper who holds the puck in their hands or passes the puck with his / her hands to a teammate.
3. A player stands on the puck.
4. A player(s) holds the puck longer than 3 seconds.
5. A stick is cracked or broken.
6. A player falls in the immediate area of the puck.
7. An attacking player and the players' stick may not break the plane of the goal crease areas, which includes the goal crease line. The face off in this instance must occur in the face-off circle in the offending player's side of the center-line. A defending player may not enter the goal crease area, but the player may clear the puck out from the goal crease with his stick. If a defensive player brings a puck into the goal crease area or if any part of his/her body touches the goal crease areas, a minor foul will be called.

- ii. In the event a crease violation is called against a defensive player whose team does not have control of the puck, the referee will indicate a "delayed foul" by raising his arm. Play will not stop until the defending team gains control of the puck at which time a face-off shall occur at the nearest face-off circle at the time of the foul.

h. Minor Penalties

- i. Minor penalties shall result in a 1-minute penalty for the offending player. The resulting face off must be taken in the face-off circle of the offending team's defensive end. Minor penalties include the following:
1. Holding (impeding progress of an opposing player).
  2. Tripping.
  3. Charging (running, jumping into, or charging opponent who has a clearly established position).
  4. Interference (impeding the progress of an opponent who is not in possession of the

- puck).
5. Deliberately delaying the game by lying or standing on the puck or shooting it out of the playing area.
  6. Hooking, slashing, or kicking. Slashing is defined as any of the following:
    - a. A swing of the hockey stick or goalie stick that strikes another player
    - b. Repeated downward striking with the hockey stick on an opponent's stick
    - c. Free swing or baseball swing with the hockey stick or goalie stick
  7. High sticking (a player's stick must be held below his/her own chest at all times).
  8. Roughing (using any part of the body such as an elbow to hit an opponent or modify, by contact, the opponent's direction).
  9. Goalkeeper outside the goal crease (both feet must stay inside the goal crease area). Delayed penalty if the goalie comes out of the crease and the other team has possession of puck.
  10. Charging from behind.
  11. Cross-checking (occurs when a player holds their stick horizontally and shoves a player with it).
  12. The goalkeeper sits, lies down, kneels on the ground, or holds the stick horizontally along the floor during the play. A goalkeeper may go to the ground while making a save or to smother the puck. The goalkeeper will be warned the first time.
  13. Abuse of officials or unsportsmanlike conduct committed by team members, coaches or spectators. A player who is on the court at the time of the call will serve the penalty. The coach makes decision as to which player serves the penalty.
  14. A team does not submit the score sheet ten minutes prior to the scheduled start of the game or coaches other than the designated "head coach" try to discuss rules and rule interpretations with the referees during the game. The coach makes decision as to which player serves the penalty.
- ii. In case of a line change during the course of a player's penalty, a player from the incoming line shall serve the balance of the penalty.
  - iii. If a goal is scored against a team that is short-handed, the player serving the penalty may return to the game even if the penalty time has not elapsed. A team shall not be required to play with fewer than four players. If more than two players are penalized during the same time, penalties shall be served in succession (see Section F under "Players and Line Rotations"). If both teams have a player in the box and a goal is scored, then both players will remain in the box until the penalty is served. Note: Definition: "Short handed" – means that the Team is below the numerical strength of its opponent on the court at the time the goal is scored. See the following examples:
    1. A coincident minor penalty results in both teams playing at equal strength. Players will sit the entire penalty whether a goal is scored or not.
    2. Team A gets a minor penalty and is "short handed." Team B gets a minor penalty 30 seconds later. Both teams are considered to be equal strength until the end of Team A's penalty at which point Team B will be "short handed" for the remaining 30 seconds of their player's penalty.
  - iv. If the goalkeeper commits a minor penalty, a teammate playing on the court at the time of the penalty can serve the 1-minute penalty for the goalkeeper.
  - v. In the event a penalty is called against a player whose team does not have control of the puck, the referee will indicate a "delayed penalty" by raising their arm. Play will not stop until the defending team gains control of the puck. The full duration of the penalty shall be enacted at the time play is stopped. If the opposing team scores during the time of the

“delayed penalty”, the goal shall count. Play will be stopped and the player who committed the penalty will then serve the penalty.

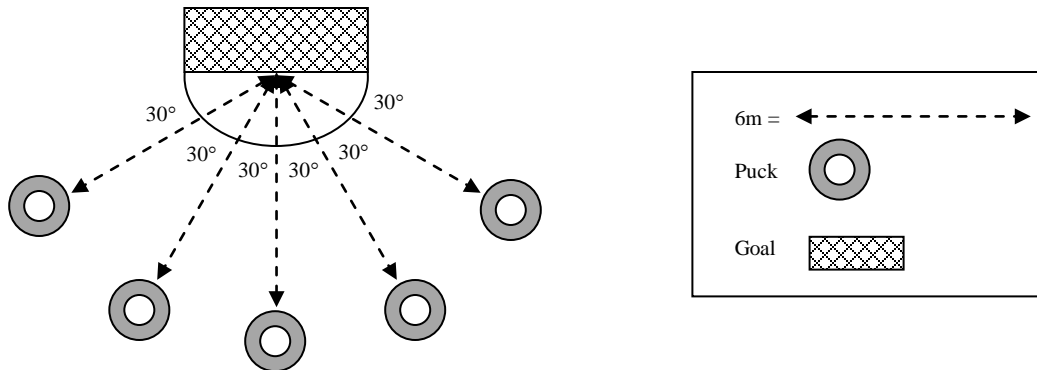
- vi. The team’s conduct before, during and after the game is the responsibility of the head coach. If the referee determines that a team’s play is too rough or inappropriate, the referee will give the head coach one warning and then the head coach may be subject to a one-minute penalty for unsportsmanlike conduct. If the problem persists, the head coach may receive a two-minute major penalty and be removed from the game.
- i. Major Penalties
  - i. The following events must result in expulsion from the game for the offending player. The referee will stop play. The timekeeper will stop the game clock. The head coach will adjust the roster/line rotation so the each player, excluding the goalkeeper, will play within one line of each other. The player shall be substituted for by a teammate who shall serve the 2-minute penalty. The resulting face-off shall be taken in the offending teams’ defensive end. Even if a goal(s) is scored while the team is short-handed for the major penalty, the player serving the 2-minute penalty may not return to the game before the two minutes have elapsed. Again, the head coach will decide which player shall serve the penalty. Major penalties include the following:
    - 1. Unsportsmanlike behavior (e.g. profane or offensive language). (Discretion of the referee.)
    - 2. Committing any intentional foul that might injure another player.
    - 3. Fighting.
    - 4. Any action on the part of a player or coach which is intended to provoke or incite unsportsmanlike behavior on the part of another player. If the penalty is assessed on a coach, he will be required to leave the bench and refrain from participating in his role as a coach for the remainder of the game. Refusal to adhere to this rule by the coach will result in forfeiture of the game.
    - 5. Minor penalties, discretion of the referee, are committed deliberately and with intent to injure another player, coach, or referee.
    - 6. Deliberately throwing or swinging a stick at the puck or another player.
- j. Off-sides
  - i. There will be no off-sides in the game. The only time during a game players must be on their side of the playing surface is during a face-off.
- k. Overtime
  - i. Overtime shall consist of one additional three-minute line. The first team to score is the winner. Time shall be running time for all lines during overtime.
  - ii. The coach may choose any existing line to begin overtime. Team may choose any member designated in the game as a goalie.
  - iii. If, at the end of the line, the score is still tied, the game will go to a shootout.
- l. Shootout
  - i. If games are still tied after one line of overtime then a shootout will take place. Five players will be selected from each team (the 'shoot-out roster') and teams will take alternating shots on the opposing goalie. A coin flip will be used to determine which team shoots first. Teams will have the choice to shoot first or defer to the other team. The shootout time is not considered a line of play, and any player can be selected no matter the number of lines they’ve played.
  - ii. There will be a 10 second shot clock. Players will have to shoot before the 10 seconds expire or they lose the shot. Players must move forward at all times or referee will disqualify the shot. Minor fouls, minor penalties or major penalty (e.g. crease violations or high sticking) will disqualify a shot.

- iii. If still tied after the first five players from each team have taken one shot each, a sudden death shoot-out will occur (teams will be given equal number of shots). The team that shot first in the initial shoot-out will once again shoot first. Only players who participated in the first round of the shoot out will be available for this round. Those that scored in round one must wait until the remaining players from the shoot-out roster have had a chance to score before they can take another shot.
- iv. The shoot out will continue until a winner is decided. No goals during the shoot out will be credited for or against.
- m. Tie Breakers: In Order
  - i. In case of a tie for awarding purposes, divisioning games, or seeding for medal play, the following procedures will take place:
    - 1. Head to Head: counting only games between the teams that are tied; if still tied proceed to 2.
    - 2. Lowest total defensive points allowed, counting only games between the teams that are tied; if still tied proceed to 3. (no divisioning or play-in games)
    - 3. Lowest total defensive points allowed, counting games against all common opponents. (no divisioning or play-in games)
    - 4. Games Rules Committee will make final decision on outcome of the tie.
    - 5. Forfeit Rule:
      - a. If any team involved in a tie and has forfeited a game (no divisioning or play-in games) it will be placed in the lowest position of the teams involved.
      - b. If any team involved in a tie played a team that forfeited a win to them, all games involving that team will be tossed out.
      - c.

## SECTION G – INDIVIDUAL SKILLS CONTEST

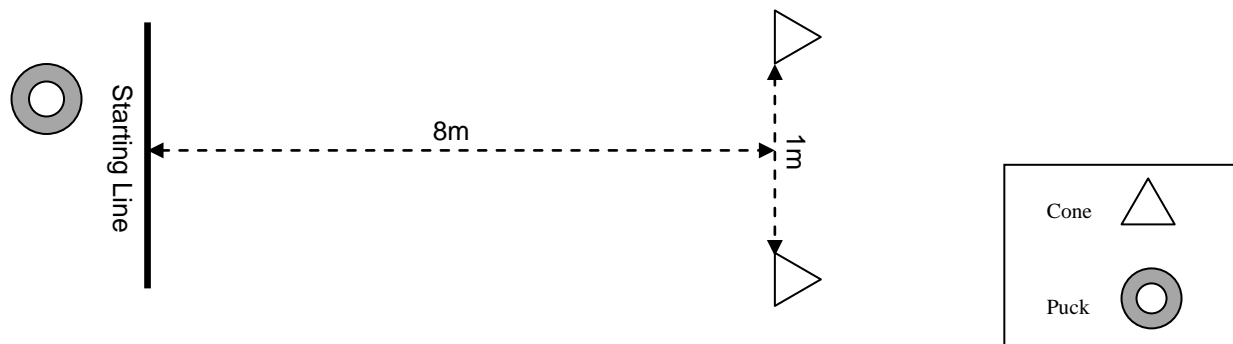
1. The following events provide meaningful competition for athletes with lower ability levels. There are four events at the ISC level. The combination of all four events will determine the placement and award for the athlete.

### ISC Event #1: Shoot Around the Goal



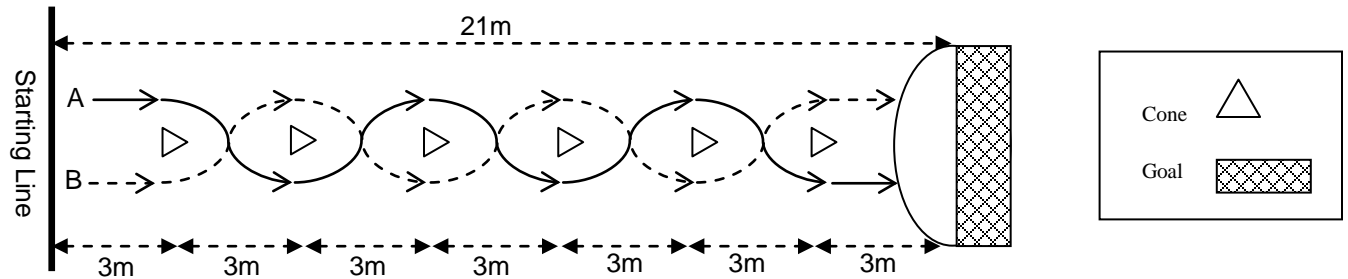
1. Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
2. Equipment
  - a. Floor Hockey Stick
  - b. 5 pucks
  - c. Tape
  - d. Stopwatch
  - e. Goal
3. Description
  - a. Athlete takes one shot on goal from five different spots around the goal. These spots are located at the end points of five 6-meter long rays which starts from a common point at the center of the goal line. Each ray is drawn such that it creates a 30° angle with the goal line extended or with a previously drawn ray. The athlete has a 10 second time limit to shoot all pucks. One puck shall be at each spot before the athlete starts shooting.
4. Scoring
  - a. Each puck, which completely crosses the goal line into the goal, is worth five points. The score is the total of the five shots; 25 points maximum.

## ISC Event #2: Pass



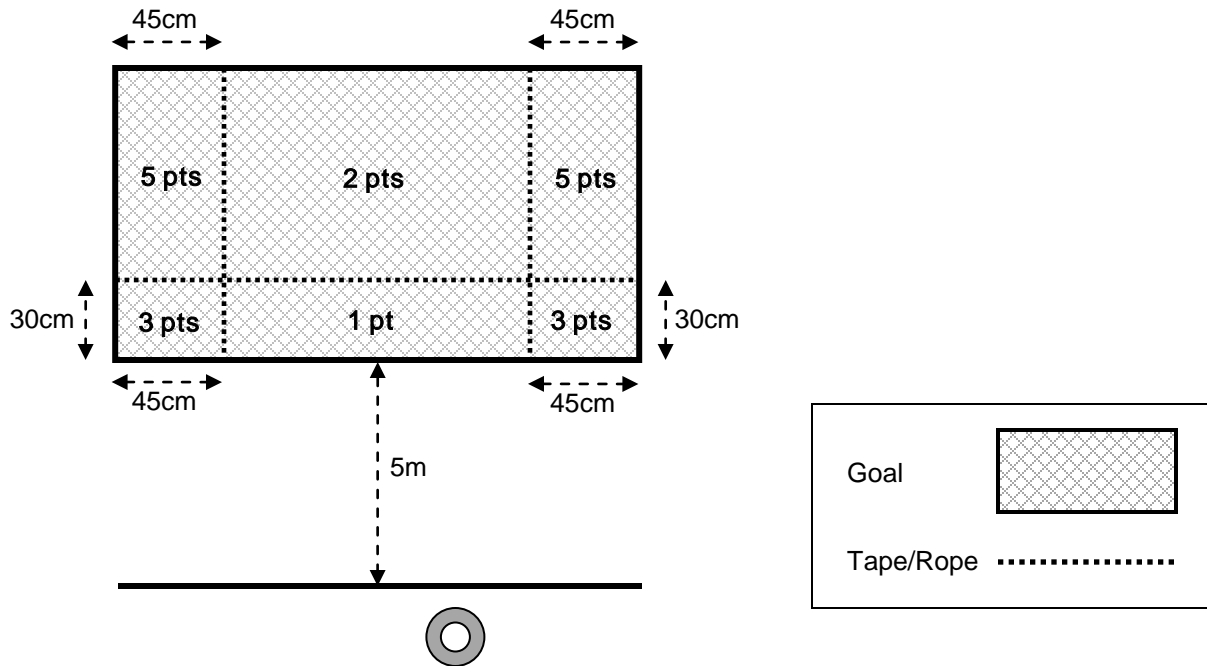
1. Purpose: To evaluate the athlete's control and accuracy when passing the puck.
2. Equipment
  - a. Floor Hockey Stick
  - b. 5 pucks
  - c. Tape
  - d. 2 Cones
3. Description
  - a. Athlete makes five passes from behind the starting line. Athlete tries to pass the puck between 2 cones (1 meter apart). Cones are placed 8 meters from the passing line. Each time the puck completely crosses the line between the 2 cones, the athlete shall be awarded five points. If the puck hits the
4. Scoring
  - a. Each time the puck completely crosses the line between the 2 cones, the athlete shall be awarded five points. If the puck hits the cone and completely crosses the line, the athlete shall be awarded three points. The athlete's total score is the sum of the scores from the five passes; 25 points maximum.

### ISC Event #3: Stick-Handling



1. Purpose: To evaluate the athlete's speed and ability to handle the puck.
2. Equipment
  - a. Floor Hockey Stick
  - b. Puck
  - c. Tape
  - d. 6 Cones
  - e. Stopwatch
  - f. Goal
3. Description
  - a. Athlete stick-handles the puck from a starting line through a course defined by cones (see diagram-follow path A or B), and shoots the puck at the goal. The distance from the start line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.
4. Scoring
  - a. The time consumed stick-handling is subtracted from 25. Subtract one point for each cone missed. Five bonus points are given if the athlete scores a goal.

## ISC Event #4: Shoot for Accuracy



1. Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.
2. Equipment
  - a. Floor Hockey Stick
  - b. Puck
  - c. Tape/Rope
  - d. Goal
3. Description
  - a. Athlete takes five shots on goal from behind at line that is 5 meters from and directly in front of the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical ropes or tapes are hung 45cm (18") in from each goal post. The horizontal rope or tape is strung 30cm (12") above the floor.
4. Scoring
  - a. The goal is divided into point sections as follows:
    - i. 5 points for any shot entering the goal in either of the upper corners.
    - ii. 3 points for any shot entering the goal in either of the lower corners.
    - iii. 2 points for any shot entering the goal in the upper middle section.
    - iv. 1 point for any shot entering the goal in the lower middle section.
  - b. The puck must completely cross the goal line into the goal for athlete to receive any points, except if the rope or tape stopped puck from crossing the goal line. In this case, give the point total for the lesser section. The score is the total of these five shots; 25 points maximum.

## **SECTION H – 2009 RULE CHANGES**

1. Actual rule changes listed below are underlined and in bold print (within rule book).
2. General formatting and wording changes. Addition of Section H for rule changes.