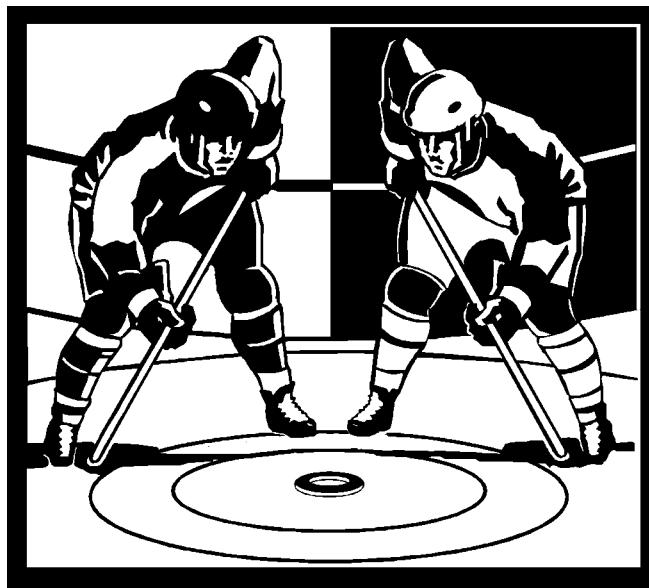


Special Olympics Northern California and Nevada

Floor Hockey



2006 Guidelines & Rules



Special Olympics
Northern California

October 2006

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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 mental retardation, 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 Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California and Nevada that the coach shall:

- Provide a good example in appearance, conduct and language, abide by the letter and spirit of the rules and be responsible for conducting him or herself in a sportsmanlike manner at all times.
- Demonstrate and instill in their players a respect for and courtesy toward the opposing players, coaches, officials, and spectators.
- Exhibit and develop in their players the ability to accept defeat or victory gracefully. The coach shall never place the value of winning above the value of instilling the highest desirable ideals of character. Coaches shall ensure that athletes compete in events which challenge their potential and are appropriate to their ability.
- Be knowledgeable of all existing Special Olympics and National Governing Body Competition Rules.
- Provide for the general welfare, safety, health, and well-being of each Special Olympics Athlete in their charge this entails supervision 24 hours a day.
- Direct coaching toward their athletes in a constructive, positive, and objective manner.
- Will refrain from the consumption of alcoholic beverages and non-prescriptive controlled substances while in supervision of Special Olympics Athletes.
- Require medical examinations for all players and follow the medical recommendations given to them by qualified personnel.
- Cooperate with the Special Olympics Northern California and Nevada personnel in establishing and conducting a quality Sports Program.
- Encourage spectators to display conduct of respect and hospitality toward opponents and officials and to recognize good play and sportsmanship.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of Special Olympics Athletes or Special Olympics, Special Olympics Northern California and Nevada may (will):

1. (May) Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. (Will) Ban the coach or organization from participation in Special Olympics Northern California and Nevada indefinitely.

SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA

ATHLETE'S CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects 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)

Coaches will be asked to enter their teams in a particular level at competitions and it is expected that their athletes will be trained. During the level process, teams may be moved to other level if warranted by their level of play. Levels are for Traditional and Unified Divisions.

LEVEL 1

- 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 A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH ATHLETE IS REQUIRED TO PARTICIPATE IN THE REGIONAL EVENT (COMPETITION) PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.

SECTION B - OFFICIAL EVENTS

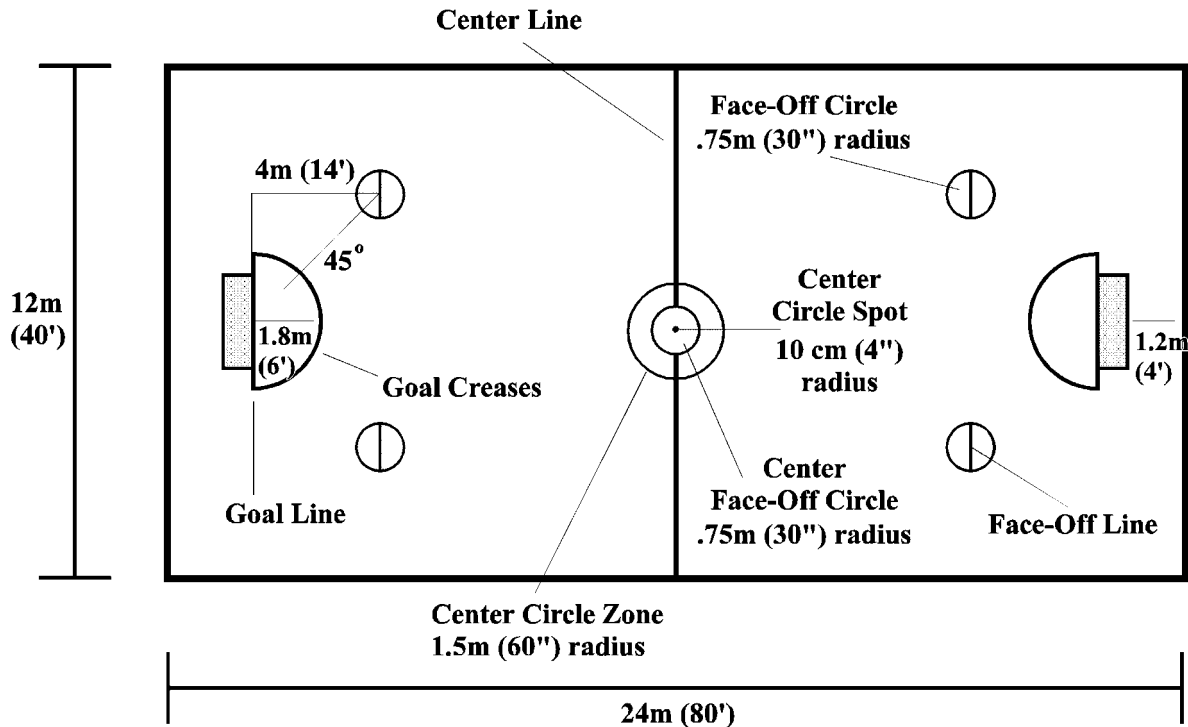
1. Team Competition
2. Individual Skills Contest

Team Competition	Individual Skills
Level 1	Shoot Around the goal
Level 2	Pass
Level 3	Stick Handling
Level 4	Shoot for Accuracy

Note: Leveling Criteria for each of the levels of Competition.

SECTION C – FACILITIES

1. Official Dimensions of the Floor Hockey Playing Surface:



- 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.
- The playing surface shall be free from any projections that a player could encounter in the course of play.
- 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") in height. If boundary boards of this dimension are not available, low walls may be used.
- The back of the goal shall be set 1.2m (4') out from the endline to allow play behind the goals.
- Both goals are set up with the center part of the goal placed in the center of the width of the playing surface.
- The two goals each measure 1.8m wide x 1.2m high x .6m deep (6' x 4' x 2').
- 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.
- Center Circle Spot: 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.
- Center Face-Off Circle: a circle with a radius of .75m (30"0 and a line width of 5cm (2") to be marked

outside the center circle spot.

- j. Face-Off Zone: a circle with a radius of 1.5m (5') 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: a line 5cm (2") in width is drawn between the goal posts of each goal and extend to the goal crease.
- l. Goal Crease: 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: 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 4m (13') to the left or right of the center of the goal line, then measuring out 4m (13") 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. The puck is a circular felt disc with a center hold and have the following dimensions:
 - a. Diameter: 20cm (8")
 - b. Center Hole: 10cm (4") - may be reinforced with leather
 - c. Thickness: 2.5cm (1")
 - d. Weight: 140-225 grams (5 – 8 ounces)
2. Sticks other than goalkeepers' sticks must be a rod or dowel made of wood and/or fiberglass conforming to the following dimensions:
 - a. Circumference: 7.5 – 10cm (3-4")
 - b. Length: 90 – 150cm (3-5')
 - c. The non-handle end (i.e. the bottom or floor end) of all sticks other than 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. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick. The blade of the goalkeeper's stick must not exceed 8.9cm (3 ½") in width at any point except at the heel where it must not exceed 11.4cm (4 ½") in width; nor must the goalkeeper's stick exceed 39.3cm (15 ½") in length from the heel to the end of the blade. 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. 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 ½") in width.
4. Protective Equipment: 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 twelve inches in extreme width when on the leg of the player. All other players

are required to wear helmets with protective cages or shields and shin guards to ensure safety. Proper athletic shoes (tennis) must be worn by all persons on the playing surface during play. Gloves, elbow pads, and mouth guards may be worn.

5. Goals must measure 1.8m wide x 1.2m high x .6m deep (6' x 4' x 2'). 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; for example, black pants and a black and white striped referee shirt. *
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. Players and Line rotations

- 1) 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).
- 2) There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9th line) and in overtime when the goalkeeper maybe removed for an extra forward/player. This may only be done during a face off or stoppage of play.
- 3) 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.)
- 4) 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.

5) Rotation of line:

- (a.) Teams shall start a game with a minimum of 8 players and a maximum of 16 players. The recommended rotation of lines shall be as follows:

11-Player Team (11th 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	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 (12th 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	11,2,3,4	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 (13th 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	11,12,1,2,3	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 (14th 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	11,12,13,1,2	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 (15th 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.

b) 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 2-minute bench penalty may be assessed to the late team.

c)

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.) 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.
 - 3) 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.
- d) 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 will determine which player of the incoming line must serve the balance of the penalty.
 - e) Only players dressed for the current game (maximum of 16) are permitted to sit on a team's bench.
 - f) 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.

b. Divisioning

- 1) 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.
- 2) 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.

c. Time of Play

- 1) 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.
- 2) A time-out may only be permitted during an official stoppage of play.

- 3) 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.
- 4) Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).
- 5) Teams must change ends after each period unless both coaches decide before the game not to do so.
- 6) 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.

d. Face Offs

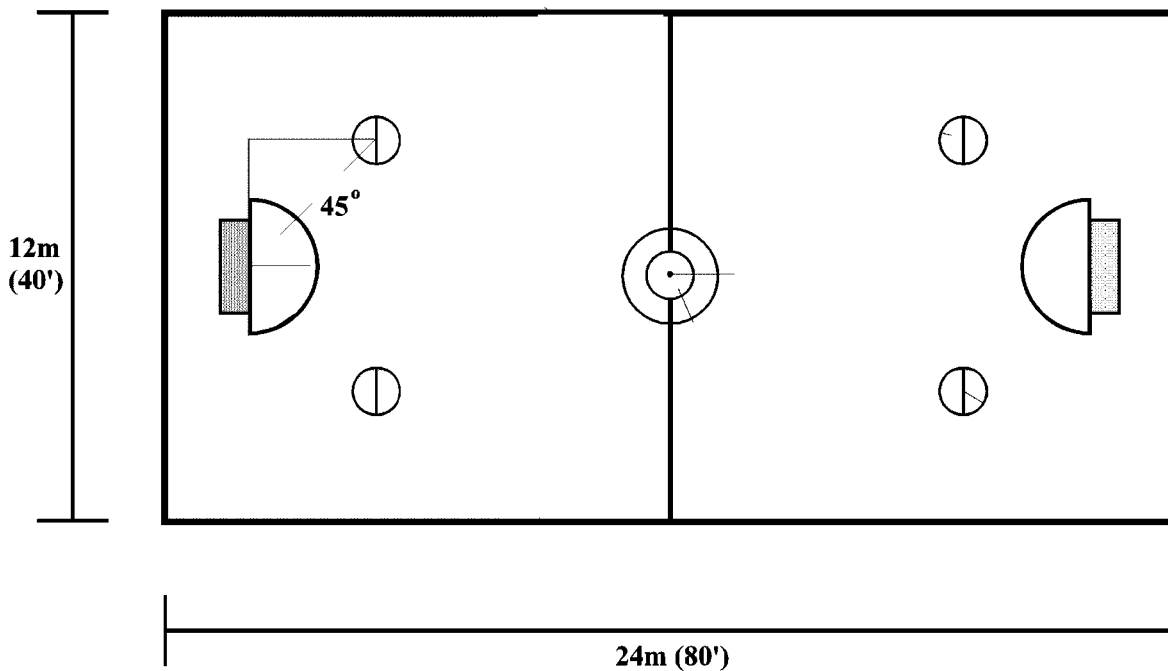
- 1) A face-off shall occur at the following times:
 - a) To begin the game and each period at the center floor face-off circle;
 - b) After each stoppage of play during a period, except after a goal, at the nearest face-off circle;
 - c) After each goal at the center floor face-off circle;
 - d) After each minor or major penalty at the offending team's defensive end;
 - e) 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.
- 2) 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.
- 3) 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.
- 4) Player starts when the referee blows the whistle.
 - a) 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.
- 5) 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.

e. Goals

- 1) 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.
- 2) 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.
- 3) A goal is scored anytime the puck is put into the goal in any way by a defending player.

f. Minor Fouls

- 1) The following events shall result in a stoppage of play and face-off at the nearest face-off circle:
 - a. The goalkeeper throws the puck forward to a teammate (i.e. puck is thrown anywhere up-court from the goal – see diagram).



- b) Any player other than the goalkeeper who holds the puck in their hands or passes the puck with his / her hands to a teammate.
- c) A player stands on the puck.
- d) A player(s) holds the puck longer than 3 seconds.

- e) A stick is cracked or broken.
 - f) A player falls in the immediate area of the puck.
 - g) 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.
- 2) 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.

g. Minor Penalties

- 1) **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:
- a) Holding (impeding progress of an opposing player).
 - b) Tripping.
 - c) Charging (running, jumping into, or charging opponent who has a clearly established position).
 - d) Interference (impeding the progress of an opponent who is not in possession of the puck).
 - e) Deliberately delaying the game by lying or standing on the puck or shooting it out of the playing area.
 - f) Hooking, slashing, or kicking.
 - g) High sticking (a player's stick must be held below his/her own **chest** at all times).
 - h) Roughing (using any part of the body such as an elbow to hit an opponent or modify, by contact, the opponent's direction).
 - i) 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.
 - j) Charging from behind.
 - k) Cross-checking (occurs when a player holds their stick horizontally and shoves a player with it).
 - l) 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.

- m) 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.

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.

Again, the coach will decide which player shall serve the penalty.

- 2) 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.
- 3) 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. 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
- 4) 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.
- 5) 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.

h. Major Penalties

- 1) 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:
 - a) Unsportsmanlike behavior (e.g. profane or offensive language). **(Discretion of the referee.)**
 - b) Committing any intentional foul that might injure another player.
 - c) Fighting.
 - d) 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

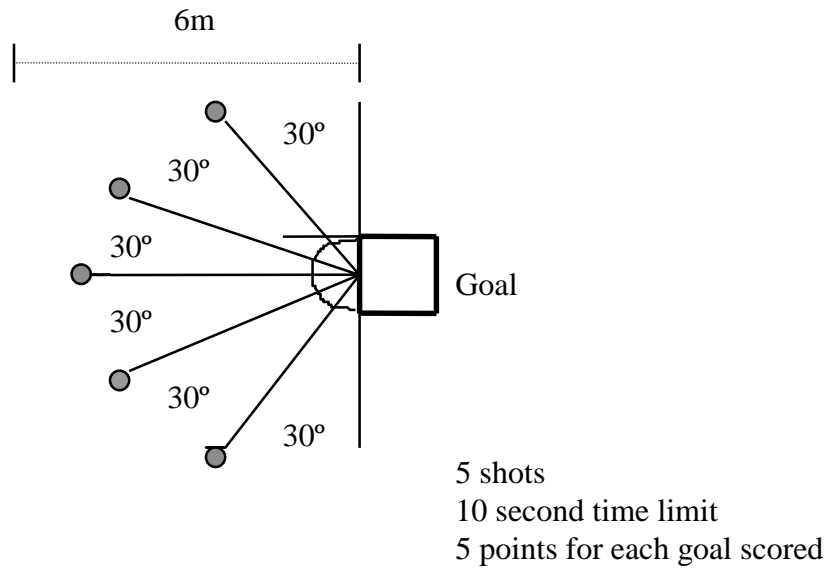
- e) Minor penalties, discretion of the referee, are committed deliberately and with intent to injure another player, coach, or referee.
- f) Deliberately throwing or swinging a stick at the puck or another player.
- i. Off-Sides - There will be no off-sides in the game. The only time during a game players must be on their side of the playing surface is during a face-off.
- j. Overtime
 - 1) Overtime shall consist of one additional nine-minute period. The first team to score is the winner. If, at the end of the period, the score is still tied and no winner is needed for the competition to be completed, the game shall result in a tie. If a winner is needed then the game continues until a goal is scored. The coach may choose any existing line to begin overtime. Subsequent lines must be in natural rotation. Team may choose any member designated in the game as a goalie.

2. INDIVIDUAL SKILLS CONTEST – 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.

a. 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: Floor hockey stick, 5 pucks, tape stopwatch, goal
- 3) Description: 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 degree angle with the goal line extended or with a previously drawn ray. The athlete has 10-second time limit to shoot all pucks. One puck shall be at each spot before the athlete starts shooting.
- 4) Scoring: 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.

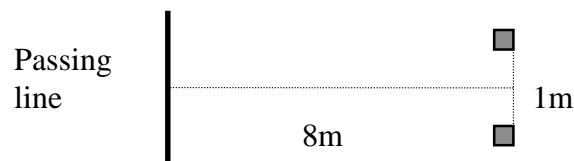
5) Diagram:



b. Pass

- 1) Purpose: To evaluate the athlete's control and accuracy when passing the puck.
- 2) Equipment: Floor hockey stick, puck, tape, marker and cones
- 3) Description: Athlete makes five passes from behind a line. Athlete tries to pass the puck between two cones (one meter apart) are placed 8 meters from the passing line.
- 4) Scoring: Each time the puck completely crosses the line between the two 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.

5) Diagram:



5 passes
5 points for each successful pass

■ indicates
traffic cone

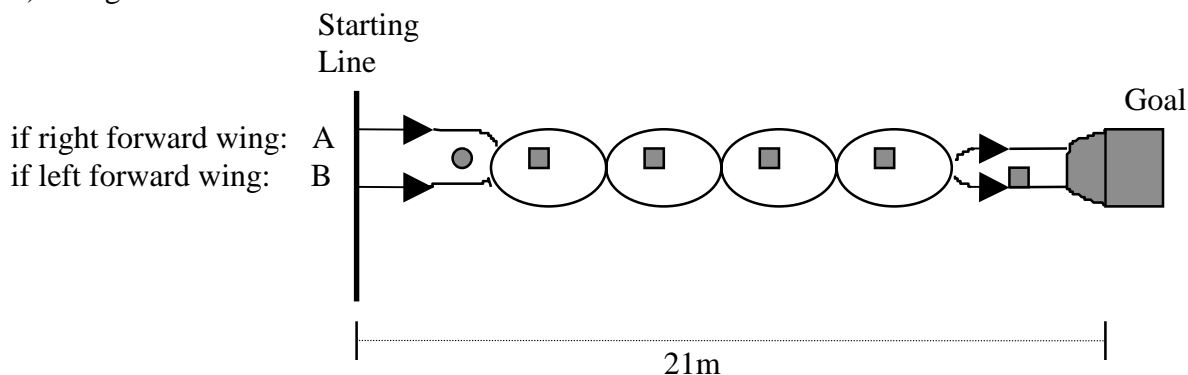
c. Stick-handling

- 1) Purpose: To evaluate the athlete's speed and ability to handle the puck.
- 2) Equipment: Floor hockey stick, puck, 6 marker cones, tape, stopwatch and a goal.

3) Description: Athlete stick-handles the puck from a starting line through a course defined by cones, and shoots the puck at the goal. The distance from 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: The time consumed stick-handling is subtracted from 25. For any cones missed, subtract one pint each. Five bonus pints are giving if the athlete scores a goal.

5) Diagram:



■ -indicates obstacle
Athlete follows either line A or B in direction of arrows

<u>SCORING CHART</u>	
25	
-	__ (time elapsed)
-	__ (1pt. for each cone missed)
+	5 (bonus if goal is score)

TOTAL	

d. 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: Floor hockey stick, puck, goal, tape or rope

3) Description: 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.

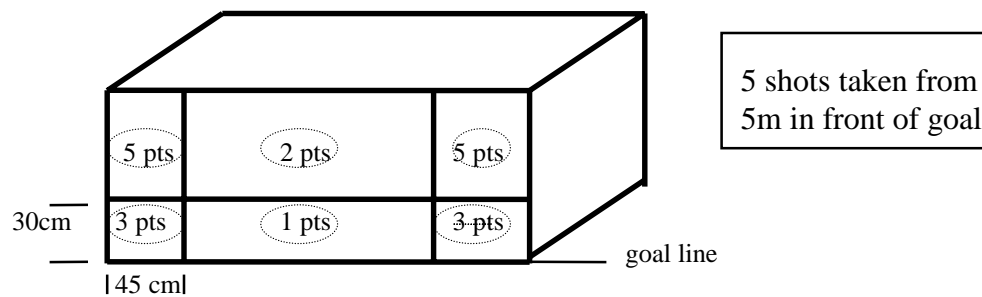
4) Scoring:

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) Each shot 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.

5) Diagram:



e. Final Score:

- 1) A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Contest.