



### **Healthy Buffalo Floor Hockey Rules**

1. Play starts with the placing or dropping of a ball, for a face-off, at the center of the playing area, by the referee.
2. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line 4" from the ball.
3. At the face-off, players must be on their own side of the face-off spot.
4. There is no offside rule (except for face-off positioning).
5. Substitutions may be made at any time during play. Players entering the game must wait until the player leaving the floor is completely off the rink before entering. Should any player be injured during the game, a referee shall stop play so the injured player can leave the rink. A substitute shall immediately take the place of the injured player.
6. Play is resumed by a face-off (both players must have the blade of their stick resting on the floor when the referee drops the ball) when play is stopped for:
  - a. Penalties - at point of infraction.
  - b. Goals - at center.
  - c. Balls held by goalie in the crease or against the net.
  - d. Balls which land on the back mesh of the net.
  - e. Ball passed using hands.
  - f. Balls which land behind designated court boundaries
7. Goalies:
  - a. May assume any position, except to fall on their knees without pressure being applied.
  - b. May catch, hold, or cover the ball while in the crease or on the side of the net.
  - c. May hold the ball outside the crease but may not cause a delay in game.
  - d. Once the ball is covered by the goalie, the opposing team may not play it. All attacking team players must clear the zone to give the goalie room to release the ball.
  - e. After the opponents have cleared the zone and the official has blown the whistle, the ball must be released into play immediately.

- f. The goalie may throw the ball to the side and not beyond the center line or put it on the floor and pass it anywhere with his/her stick.
8. Goal Crease: Goals are disallowed if the player or teammate has any part of his/her body in the crease area when a goal is scored or if an attacking player is pushed into the crease and a goal is scored.
9. Equipment:
  - a. Sticks: wood, plastic and carbon fiber sticks are all admissible unless stated otherwise depending on the league.
  - b. Floor hockey balls will be used.
  - c. Goalie: Personal mask and gloves must be worn. It is recommended that shin guards and/or tube socks also be worn.
  - d. Other Players: Mouthguards, gloves, shin guards and/or tube socks are recommended but not required.
10. Penalties:
  - a. No more than 2 players penalized at one time per team (two players off the floor).
  - b. Two minutes for minor infractions.
  - c. Five minutes for major infractions.
  - d. Severity of an infraction (minor vs major) is determined by the referee.
  - e. Infractions include:
    - Slashing.
    - Holding.
    - Roughing or body checking.
    - Disputing a referee's call.
    - Unsportsmanlike behavior.
    - High sticking (a raised stick - tip of blade or more above waist - should be called anywhere). A goalie may also be given a penalty for a high stick if, in the opinion of the referee, it was dangerous to an opposing player.
    - Freezing the ball. No player, other than the goalie exercising his/her privileges, shall pickup, cover, or trap the ball with his/her hand(s) or body.
    - Passing the ball with hand (the ball may only be played with the stick if the ball is below the player's standing waist level). If caught, it must be immediately dropped.
    - Too many players on the floor.
    - An offensive player hitting the goalie's glove with the stick if the goalie has his/her glove on the ball.
11. Scoring, Length of Game & Overtime Rules:
  - The game consists of three 15-minute periods.
  - There will be a one-minute rest between periods.
  - Male goals count as one point / Female goals count as two points. This is applicable for both goals in regulation and in overtime.
  - Regular season overtime rules: If the score is tied at the end of regulation, there will be a shootout. Each team will select five players to participate in the shootout. If the score is still tied after the shootout, the game will be recorded as a tie.

- Playoff overtime rules: If the score is tied at the end of regulation, there will be a shootout. Each team will select five players to participate in the shootout. If after the first five players shoot, the game is still tied, it will go to sudden death, and the remaining players on the roster will shoot. If the game is still tied, the shootout will rotate back through the original order, until someone scores.

#### 12. Rosters Size and Players Per Team:

- 5 v 5 plus a goalie.
- Teams must have at least 3 players and a goalie to start the game.
- Each team must have a designated captain.
- Teams can consist of both men and women. There is no required roster split.
- Registration includes up to eight jerseys, but there is no limit on roster size. All players must wear the league jersey. Additional jerseys may be purchased as needed.
- Players must play in at least half of the regular season games to qualify for postseason play.