



Healthy Buffalo Floor Hockey Rules

V 3.1 (Updated May 2024)

1. TEAMS, PLAYERS & SUBSTITUTIONS

- A. 5-on-5 plus goalies
- B. Teams must have three players and a goalie, or 4 players, to start the game.
- C. Each team must have a designated captain.
- D. Teams may consist of both men and women there is no required roster split.
- E. Registration includes up to 8 jerseys, but there is no limit on roster size. The official league jersey is required for league play. Additional jerseys may be purchased as needed. There is no penalty for the first two players without the league jersey. There is a one goal penalty for each additional player without the league jersey after the first two.
- F. Players must play in at least half of the regular season games to qualify for post season play.
- G. Players may substitute on the fly.
- H. Any player who is bleeding must immediately leave the game and may not return until appropriate care has been administered.

2. SCORING, LENGTH OF GAME & OVERTIME RULES

- A. The game consists of three fifteen-minute periods. The clock will run through each stoppage of play with the exception of the final three minutes of the third period. The clock will stop for each whistle in the final three minutes of the 3rd period.
- B. Male goals will count as one point and female goals will count as two points. Female goals will be worth two points in any situation including penalty shots, shootouts and instances where a team puts the ball into their own goal and a female player receives credit for said goal. If it is unclear if credit should go to a male or female player only one point shall be awarded.

3. OVERTIME RULES

- A. If the score is tied at the end of regulation there will be a five (5) minute sudden death overtime period. If neither team scores in the extra period, the game will then go to a shootout.
- B. Each team will select five players to participate in the shootout.
- C. For regular season games, if the game is still tied after each team shoots five times, the game will end in a tie.
- D. For playoff games if the game remains tied after five players from each team shoot the teams will continue to shoot until a winner has been decided.
- E. Once every available player (excluding goalies) from a team has taken a shot in the shootout, that team will then start back with the first shooter and continue in the same order if necessary.

4. FACEOFFS

- A. Each. Will begin with a face off at the "center ice" face off spot. The location of all other faceoffs will be determined by the reason for stoppage play.
- B. Both centers will have their sticks on the playing surface, on their team's respective side of the face off dot, until the referee drops the ball.
- C. During each stoppage of play the home team will have the opportunity to change their lineup last based off of the players the opponent puts on the floor.

5. GOALIES

- A. Goalies may handle the ball anywhere on their team's defensive side of the center ice red line (no trapezoid/restricted area).
- B. The goalie may only freeze the ball while pressured and in their crease area, or while making a save on a shot from an opposing team's player and immediately freezing the ball while already out of the crease area (cutting down the angle).

C. Teams may pull their goalie for the extra attacker.

6. EQUIPMENT

- A. Wood, plastic, and carbon fiber sticks are all permitted, however, the facility and/or referee may forbid the use of any sticks deemed to pose a risk of injury to a player, referee, or spectator, and or damage to the facility.
- B. Floor hockey balls will be provided by the league for use in the game. Teams may use their own balls for warmups.
- C. Goalies are required to wear their own gloves and face mask, but are also encouraged to wear full goal equipment, or any other reasonable protective gear not determined by the referee to provide an unfair advantage.
- D. Gloves, shin guards, and mouth guards are not required for non-goalie players, but any safety equipment is encouraged.

7. PENALTIES

- A. Minor penalties will be two minutes.
- B. Major penalties will be five minutes.
- C. Severity in the infraction will be determined by the referee.
- D. The referee has the authority to eject a player from the game for exceptionally dangerous and or sportsmanlike infractions. In these instances, another player on the floor at the time of the infraction shall serve the penalty in place of the ejected player.
- E. All penalties shall be delayed calls and the referee shall raise his arm to signal. The penalty while play will continue until the offending team gains possession of the ball.
- F. All standard ice hockey penalties will be called as well as any body checking it or unnecessary contact. Shooting the ball out of play from your own defensive zone will not be considered a delay of game violation.
- G. THIS IS A NON-CONTACT LEAGUE. All players are required to be in full control of their body at all times. If the referee determines that neither player made a reasonable attempt to avoid contact both players will be penalized.
- H. High sticking: All players are required to keep the blade of their sticks below their waist at all times. The consequence of infraction will be determined by the potential danger to other players as follows.

- I. High sticking infractions that include contact with another player (opponent or teammate), or official, will be considered a major penalty.
- II. High sticking infractions in the immediate vicinity of other players or officials shall result in a minor penalty.
- III. High sticking infractions committed while making a play on the ball, while not in the immediate vicinity of another player, will result in the play being blown dead, and the ensuing face off shall take place at one of the faceoff dots closest to the goal defended by the offending team.
- IV. IV. High sticking will not be called if the player raises their stick above the waist while running, calling for a pass, falling/losing their balance, or other scenarios where it had no impact on the play, provided there are no other players in the immediate area.
- V. High sticking will not be called in cases where raising the stick was necessary to avoid potential injury as determined by the referee. This shall include but is not limited to cases where a player falls and another player must jump or lift their stick over the downed player, or other similar scenarios.

8. OFFSIDES

- A. If the facility has blue lines on the floor we shall play with the laid off sides. Tagging up will be allowed.
- B. If the facility does not have blue lines painted on the floor there will be no offsides, aside from where players must position themselves for a face-off.

9. ICING

- A. Icing shall follow the hybrid icing guidelines similar to the NHL.

10. HAND PASSES

- A. Hand passes shall only be allowed if initiated and accepted in a team's defensive zone. If there are no blue lines painted on the floor at the facility a team's defensive zone will extend all the way to the red line at center ice.

11. PENALTY SHOTS

- A. Any penalty deemed to have taken away an obvious 1 on 1 scoring chance will result in the non-offending team being given the option to take a penalty shot instead of the normally awarded penalty.
- B. If a non-goalie player closes their hand on the ball in the crease of the goal defended by their team, the non-offending team shall be awarded a penalty shot. This shot must be taken by a player on the floor at the time of the infraction. If a team has a female player

on the floor at the time a violation occurs the female player may be the one to take the penalty shot and that team shall be awarded two points if she scores.

12. CODE OF CONDUCT:

- **Sportsmanship:** A high level of sportsmanship is expected out of all players. We are all a big family, and you are expected to act as such during games. While you are automatically banned for threatening behavior and fighting, we will also ban you if you don't exhibit good sportsmanship during league play.
- **Ejections:** If you are ejected from the game you must leave the facility immediately and must sit at least one additional game. Additional punishment will be determined by the league officials.
- **Fighting & Banned Players:** If a player throws a punch or verbally threatens or intimidates a player, official or other staff member they will be banned from all Healthy Buffalo activities for three years in addition to whatever punishment they face from the host facility. Before being readmitted the player must submit a written letter to the Board of Directors explaining what happened and why they should be considered for readmission to Healthy Buffalo activities, at which point readmission is at the discretion of the board of directors.

13. ANYTHING NOT COVERED BY THESE RULES SHALL BE DETERMINED BY THE REFEREE, LEAGUE OR FACILITY AS NEEDED.