



Casco Bay Sports Coed Floor Hockey Rules

Teams & Players:

1. Teams are coed and consist of six players on the floor at one time, five offensive players and a goalie. **At no time (except when the goalie is pulled) is there to be more than 3 men on the floor**, not including the goalie. You can have a woman goalie but you cannot have 4 men on offense, it must be 3 men and 2 women.
2. Teams must have a minimum of 5 total players (including **at least one female**) to start a game to avoid a forfeit.
3. **Picking up players to avoid a forfeit or playing shorthanded:** If a team is shorthanded, but has at least 4 players, **including at least one female**, they may pick up players from teams playing in the previous game (or from any team within the league). **You cannot pick up extra players unless a team only has 1 woman.** They would be allowed to pick up a woman from the previous game. If one of your regular players shows up late, one of the pickup players must stop playing. *If a team is missing their goalie, they may also pick up any goalie from the league.* **Picking up players is ONLY ALLOWED IN REGULAR SEASON GAMES, NOT in the Playoffs.**
4. Players may be added to the team's roster up until the 3rd week of the season. Any "special circumstances" for roster additions or subtractions must be presented to the League Director.
5. Players must compete in at least 3 regular season games to be eligible for the playoffs.

Equipment:

1. CBS provides floor balls and goals. Players are responsible for all other equipment.
2. Sticks with pure wood blades are not allowed. Wood blades must have the fiberglass coating on them.
3. Players may wear gloves for hand protection.
4. **Protective eyewear, mouth guards & Shin Guards are mandatory.**
5. Goalies must wear a regulation catcher's mask or goalie's mask.

Game Play:

1. Each game will consist of two 25-minute running time halves.
2. In the last minute of the game or in overtime, the clock will stop on every whistle if the game is tied or within 1 goal.
3. Each team will be allowed one (1-minute) time-out per game. A team may call a time-out while in possession of the puck, or at a stoppage of play. There are NO timeouts in overtime.
4. The clock will run during player injuries, unless the official deems the injury as serious. The official may also stop the clock for other circumstances deemed appropriate.
5. All regular season ties will remain ties (No overtime).
6. Playoffs will have a 5 minute sudden death overtime, then a 3 player shoot-out will take place (1 of the 3 players must be a woman). If no winner is declared after a 3-player shoot-out, then each player on the team will have 1 shot on the goalie (alternate man, woman, and man on every shot).
7. A face-off is used to begin each period, after each goal, after any stoppage in play (ex: goals, whistles, tie ups, injuries or when the puck goes out of play). Players must square up on a face-off, keep their sticks on the floor and cannot use their bodies to lean in and gain advantage. An infraction of this rule will result in the official asking for two new players to face-off.
8. Offside will only apply to face-offs. All players must be on their defensive side during the face-off.
9. **Absolutely no body checking or contact will be tolerated.**
10. There will be no icing.
11. A hand may only be used to knock down the puck. Hand passes will result in a face-off in the offender's zone.
12. A goalie may catch the puck in their glove. A Goalie must put the puck in play within 3 seconds if no defenders are around OR if surrounded by defenders the goalie may hold the puck and wait or ask for a whistle. Anytime a goalie falls on the puck or traps it on the floor with his glove the play will be whistled dead and result in a face off.
13. Goalies when clearing the puck must keep stick below waist height. If a goalie throws it past the centerline a player from his/her team cannot touch the puck first. A player from the opposing team must first touch the puck; otherwise it will result in a face off in the offender's zone.
8. Substitutions are free and can be made at any time. When the puck is live a player can only enter the court when the other player is completely off the court.

Scoring:

1. A goal is scored when the puck passes completely across the plane of the goal line.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in or the hand bats the puck.
4. A penalty shot will be awarded if a defensive player throws a stick to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
6. Goal crease violations. If an offensive player is stationary in the crease without the puck or the puck being in the crease, there will be a face off at the other end of the rink. If a player interferes with the goalie trying to make a save in the crease, it is a minor penalty. If any player on the defensive team grabs or covers up the puck in the crease, it results in a penalty shot.

Penalties:

1. ALL penalties are at the discretion of the game officials. If an official feels that a player is playing "out of control" or in a dangerous manner, then the official has the right to give that player a verbal warning. If the player does not start to play in a fun safe manner, then the official has the right to issue a penalty or ask that player to sit down for the remainder of the game.
2. Teams cannot play with fewer than three (4) players. If more than two (2) players are penalized during the same time, penalties shall be served in succession.
3. ONLY minor penalties will expire if the team playing with the advantage scores a goal. Penalty minutes will carry over into the next period. If two or more players are penalized only one player may return per goal scored against their team. The player who has the least amount of time left on their penalty will return.
4. When a violation occurs, a delayed penalty (held whistle) will be called if the offended player/team retains possession of the puck and has a clear opportunity to score.
5. Any player who receives 4 MINOR penalties of any combination shall be disqualified from the remainder of the game. The player could also be suspended for the following game IF the game official and League Director feel that their actions were flagrant.
6. Any player who receives 2 MAJOR penalties shall be disqualified from the remainder of the game, and will be suspended for the following game. A player could also face league expulsion if the game official and League Director feel that their actions were in the intent to hurt another player(s).

Major Penalties:

1. All major penalties will result in that player serving a 5-minute penalty. Major penalties do not end if the other team scores.
2. Major penalty fouls include: (**Note: penalties are at the discretion of the game official**)
 - Intentionally tripping another player by using the stick or any body part. (Note: unintentional tripping or falling down will result in a delayed whistle and stoppage of play for safety concern for the player, unintentional tripping is at the discretion of the official and will not result in a penalty if the official sees it as unintentional).
 - Intentional Elbowing - Intentionally using the elbow to impede or hit an opponent.
 - Throwing the stick - Intentionally throwing the stick.
 - Slamming a stick in an unsportsmanlike manner either on or off the floor.
 - Intentional holding of a player from scoring on a breakaway or during regular play.

Minor Penalties:

1. All minor penalties will result in the player serving a 2-minute penalty. Minor penalties will end if the team with the advantage scores a goal.
2. Minor penalties include: (**Note: penalties are at the discretion of the game official**)
 - High sticking - above the waist at anytime during the game.
 - Holding. A player cannot hold another players stick using their hands or by "trapping" another players stick by placing their stick on top and holding the other players stick down.
 - Lifting an opponents stick. At no time can a player lift another player's stick to gain the advantage.
 - Interference - inhibiting the progress of an opponent when they are not in possession of the puck, or knocking the stick out of the opponent's hand, or preventing a player from regaining possession of a dropped stick.
 - Intentionally sliding or leaving the feet will result in a minor penalty.
 - Intentionally moving the net. If a player intentionally moves the net to stop or prevent a shot on goal, it will result in a minor penalty **and a penalty shot**. If the action was unintentional, it will result in a face-off in that zone.

3. Minor penalties may be considered major if viewed as flagrant by the official.

Penalty Shots:

1. A penalty shot will be awarded to a player who, in the official's judgment had a clear opportunity to shoot on goal and was interfered with by a defender. A penalty shot will also be awarded if a defender throws a stick at the puck or the offensive player or prevents a shot **in the crease** by covering the puck.

2. All players except the goalie and player attempting the shot will move to the opposite half of the floor.

The shooting player will place the puck on the centerline. The shot must be taken within five (5) seconds, following the official's whistle. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot, the play shall be considered complete.

3. The goalie must be stationary inside their crease until the puck is played.

4. If the shot is missed, play will immediately be dead and a face off will occur at the nearest designated spot on the floor. If the shot is made a face-off will occur at center court.

