

Specific Rules of Play
2019-20 PSAA FLOOR HOCKEY RULES AND REGULATIONS

FAIR PLAY

Expectations:

- Coaches need to make certain that their players, assistants, and players' parents also respect the decisions made by the on court observers.
- Comments made from the sideline should be positive, constructive, and encouraging.
- Comments by players on the court should be positive and encouraging and relating to the play.
- That everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational and not condescending.
- Players are not to shout/scream in a manner to unsettle a player in order to gain an advantage.

Referees will address the players and coaches cordially. They will know these rules and will apply them fairly. They will attempt to maintain good position on the court in order to make the proper call.

Coaches need to be supportive of the calls the referee makes. The key is that the referee makes consistent calls. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. This is not about whether you agree or not regarding who gets called out, or whether a foul or violation should have been called or not.

Following the game, this information should be directed to the tournament convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



1.1 Time:

- a) Game length is made up of 8 three minute shifts with running time through the entire shift (24 minute games, counting down from 24 minutes).
- b) One “time out” per game – 1 minute in length, team must have possession to call a “time out”.

1.2 Positions:

- a) U12O, U12G, and U14G Teams will play 5 per side – with the basic alignment being 1 goaltender and 4 players per side playing out on the floor.
- b) U14O will play 4 per side – with the basic alignment being 1 goaltender and 3 players per side playing out on the floor.
- c) You **CANNOT DOUBLE SHIFT** any players – other than the goaltender. Goaltending substitutions should take place during the regular shift change time slot, unless an injury occurs.
- d) If you elect to pull your goaltender for an extra attacker, that player is not to have played on the previous shift.
- e) If your team elects to come with the minimum number of players and a player becomes injured, one of the shifts will play shorthanded. If you elect to pull your goaltender for an extra attacker, that player is not to have played on the previous shift.

NOTE: Overtime is treated like a **NEW GAME**, in the sense that any line-up can be used to start the overtime.

1.3 Uniforms:

- a) Brings bibs/pinnies in case of duplication in shirt/jersey color.
- b) Standard numbered shirt is a necessity.

1.4 Equipment

- a) Players must wear protective goggles for their eyes
- b) Players must wear soccer shin guards.
- c) Hockey sticks are to be of the DOM cup or DOM pro style stick or the newer DOM VISION style stick. These sticks feature a plastic blade, plastic shaft that has a reinforced fiberglass rod running through it.

NOTE: We are NOT ALLOWING composite sticks, wood sticks, aluminum shafted sticks, or the fiberglass shafted stick – such as the DOM ELITE style stick.

- d) Teams must provide their own appropriate goalie equipment and goalie stick.
- e) Goaltenders are to wear “ball hockey” leg pads, blocker, and catching glove. They may use a real ice hockey goal mask. A full face mask and helmet combination is mandatory – NO wood, metal, or fiberglass shafted sticks will be permitted.

NOTE: If the goalie chooses to wear upper body equipment to protect his arms and chest, this equipment MUST be “ball hockey” equipment.

1.5 The Crease

b) Nets will be the regulation 4' x 6'. The goal crease is to extend 1' to either side of the goal posts and run perpendicular from the goal line for 4' creating a rectangular crease of 4' x 8' wide. Goaltenders must have a part of their body in the goal crease in order to cover and “freeze” the puck. If the goaltender covers the puck and gets a stoppage in play but is outside the goal crease, a penalty shot will be awarded to the opposing team [rather than a 1 minute penalty for delay of game].

Players are to stay out of the crease [excluding the goaltender]. They may reach into the crease for the puck once the puck is in the crease but are not to enter the crease at any time. [If a player scores while in the crease the goal will be disallowed. We want to protect our goaltenders and do not want players running the net and chopping and poking at pucks covered by the keeper.]

1.6 Faceoffs

At the start of each shift and after each goal, the puck will be placed at center. The players from each team will be on side and the two players executing the face-off are to take neutral positions with their stick blades touching the ground 1' from the puck. The puck is put into play on the call of the official. Players not doing the draw for the face-off must be at least 10' from the puck.

When the goalie covers the puck, while in the crease, long enough for a whistle, the puck is to be put behind the extended goal line and put in play with a pass or brought out from behind the extended goal line by the goaltender's teammate. If the team awarded the puck does not put the puck into play, by passing out of this zone or carrying the puck out of this zone within the 5 seconds given, the opposing team will be awarded the puck from that point.

If the puck goes out of bounds inadvertently, possession is given at the point where it exited, to the team who did NOT touch it last (like a soccer throw-in). The defending team moves back two meters to allow the offensive player to pass/shoot (not carry) the puck back into play.

NOTE: When the puck is placed behind the goal line extended, the opposing team members [the team now fore-checking] must move back behind the foul line of the

basketball key extended until the team awarded the puck puts the puck into play by either passing or carrying the puck out from behind the goal line extended.

NOTE 2: If the fore-checking team is awarded the puck because of the time violation, the defensive team merely needs to be out of zone established by the goal line extended. No direct shot on net from this scenario.

1.7 Penalties

a) Penalties are 1 minute in length and carry over from one shift to the next. When a penalty is called the call must be made decisively, which means all players will hear the whistle that will stop the play and the referee will explain the call – i.e. Number 23 white off for high sticking. Number 3 blue off for interference. Number 5 off for tripping. Number 10 green off for slashing.

b) If the penalty carries over from one shift to the next, the timer should stop penalty clock until and restart the penalty when the next shift starts.

c) If a second penalty is called on a team, that overlaps an existing penalty, the team will be down two players for the allotted amount of time. EXCEPTION: for the Open U-14 tournament that is 3v3 (not including the goaltender), the maximum number of players you can be down during a given shift, is one player. Therefore, if a second penalty is called on the same team, that overlap, the second penalty will not commence until the first penalty has ended (meaning, the team will be down one man for two total minutes).

Common One Minute Penalty Descriptions:

i) Interference

Lifting a player's stick that is not playing the puck – intentionally impeding the progress of a player who is attempting to make a play on a player with the puck.

ii) High Sticking

Any time the player has the blade of his/her stick above his/her waist height this player is in violation of the high sticking rule. When winding up for a shot or following through, the player is to keep the stick shaft below waist height. **Should a player score and be called for high sticking on that shot, the goal will be disallowed [that will be the penalty – rather than the 1 minute off the court – and it will not be both no goal and a 1 minute penalty]. Sometimes a player will lift his/her stick up and around a defensive player to get around that player – this move is illegal as the stick is in a high position and is to be called as such. Players should not celebrate a goal by raising their sticks into the air.

Players can lift an arm, but must keep the stick down as previously stated. If high sticking occurs after the goal, the goal will count and penalty time will be served by the offending player[s]. High sticking can occur at any time and is to be called – not just when a player shoots – not just when there is contact with another player. POSSIBLE HIGH STICK SITUATIONS: winding up for a shot, follow through of a shot, signaling for a pass, making a move around another player and lifting the stick up and over that player, running with the stick while holding the sticks in both hands.

iii) Dangerous Position

Players are to stay on their feet and should not drop to the ground to block shots. We want our players to keep their face out of the area that sticks are allowed to swing freely. We also do not want to have players sliding or diving on the floor.

NOTE: The goaltender should NOT lie across his crease or stay on his knees for extended lengths of time (ie. the goaltender should always be making an effort to return to their feet after going down to make a save or multiple saves in succession).

iv) Stick through the legs

We do not want to have players attempt to reach the puck by placing their stick between the legs of the opponent. Sometimes a player will shield the puck from the defender by turning their back toward that player, and the defender will take the neutral line and reach through the offensive player's legs.

v) Charging

A player cannot run through a defensive player who has established position [similar to basketball]. We do not want players who are using their body to protect the puck to back into a player and push up against player or a player is attempting to run around a defender and drop their shoulder into the chest of the defender

vi) Stepping on the puck

Players may kick the puck but should not step on the puck [excluding the goaltender] in an attempt to cover the puck and keep possession. We want to minimize the possibility of students getting slashed – and a student that is stepping on the puck will have an unfair advantage since we do not want body checking nor slashing to occur in order to win the puck back.

NOTE: If a player steps on the puck while running and does not step on the puck and keep it under foot, this will not be called a penalty.

vii) Holding

Impeding the progress of a player by using hands and arms to either grab onto an opponent's stick or person.

viii) Slashing

Players may poke check, sweep check, and even use their stick to lift the blade of an opponent's in an attempt to gain possession of the puck. However, hitting across the shaft of the players stick with excessive force or striking across the lower body of an opponent with your stick will result in a slashing call. It is hoped that all players will play under control at all times. It is one thing to be assertive, another to be aggressive. [If deemed to be excessive or careless – player will be banned from the rest of the game.]

OVERALL OBJECTIVE: TO GET THE PLAYERS TO PLAY A GAME THAT INVOLVES PUCK AND PLAYER MOVEMENT. We do not want contact and collision plays. The referee can use his discretion to stop the play to discontinue physical play and educate the players on proper conduct. Players need to learn that if they are the second player to the wall they need to slow down and come in under control so that running into the opponent that was first to the wall does not happen.

LET YOUR PLAYERS KNOW THAT THEY MAY BE EJECTED FROM THE GAME FOR:

Body checking – players are not to body check. Players should not be running into one another. [If deemed to be excessive or careless – player may be banned from the rest of the game.]

Tripping [If deemed to be careless or forceful – player will be banned from the rest of the game.]

Elbowing [If deemed to be careless or forceful – player will be banned from the rest of the game.]

Cross-checking [player will be banned from the rest of the game.]

2.0 PLAYOFF QUALIFIERS

- 3 points for a win; 1 point for a tie
- We do not keep track of the final scores!

*** Should a team demonstrate superior play, it is not necessary to convey that information on the scoreboard**

a) Tie breaking procedure for playoff seeding: HEAD TO HEAD WON/LOSS RECORD HEAD TO HEAD against next seeded team [**continue down rankings until tie is broken.**]

b) If a tie needs to be broken and a team will be eliminated from playoff play – then go to 3 player shoot-out will be used to break the tie.

1. Any 3 players from a team's roster may be used for the shootout. [Max of 6 shots]

2. Tied after the team shootout: continue with the same shooters (one shot at a time) until one team has the advantage after equal number of attempts.

3. In the case of a three-team tie, a team shootout format of 3 shooters per team [3 for team A; 3 for team B; 3 for team C]. Keep track of goals against as the teams take turns shooting on each team's goalie.

Ex. Team A + B shoot on goalie from Team C; then A + C shoot on goalie from Team B; then B + C shoot on goalie from Team A.

NOTE: Whichever goalie gives up the least amount of goals finishes 1st, and then 2nd and third. Note: make certain each team's goaltender will face a shot in each round and not have one goaltender face 6 shots and then move on to the next team's goaltender.

2.1 PLAYOFFS

If there is a tie at the end of regulation, the following will be used to break the tie:

a) The format for the overtime in playoff play has been set at extra shifts. U12O, U12G, and U14G will play with 4 on 4 [1 goaltender and 3 players – one less than during the regular shifts], while U14O will play with 3 on 3 [1 goaltender and 2 players – one less than during the regular shifts] with shifts being only 2 minutes in length.

b) First team to score is the victor. We have capped the extra play to 5 OT shifts of 2 minutes per shift.

c) If the game is still tied, then we go to the shootout format with a 3-person team shootout.

d) If still tied, we go to a 5-player sudden victory shootout format – may use the players used in the 3-person team shootout.

e) If still tied, repeat 5-player sudden victory shootout format – can change order – can use any player on roster.

COMMITMENT

- Teams are expected to remain on site for all scheduled matches.
- Each Coach is asked to bring his/her own First Aid Kit.

We are all responsible for leaving the Host School clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.