

PSAA FLOOR HOCKEY RULES

Revised: Jan. 2014

1. U14 teams will be playing 4 per side [3 out and a goaltender] while the U12 and U10 teams will play 5 per side – with the basic alignment being 1 netminder/goaltender and 4 players per side playing out on the floor. NOTE: It was agreed upon at the General Meeting at the start of the 2013 – 14 school year to go 4 on 4 for the U14 teams to see if providing more space per player on the court would improve the quality of the play and the game would be played in a less physical manner. [IMPORTANT NOTE TO COACHES: We need to see a change in the style of game from some of our teams and their players if this program is going to continue. There was sufficient dissatisfaction with the style of play at the tier one level that many of the athletic directors are prepared to drop the U14 tournament. Providing more floor space should allow for more space, less congestion and better overall team play. We are expecting to see all coaches strictly enforcing their team members in keeping their sticks below waist height at all times, that there should not be any physical contact anywhere on the court, and that everyone needs to respect all calls made by the official.]
2. You cannot double shift any players – other than the goaltender as mentioned in 1; players must sit out at least one shift before they return to play. Goaltending substitutions should take place during the regular shift change time slot, unless an injury occurs. 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. [Keep this in mind when you are selecting your team – minimum roster size will mean you will not be able to pull your goaltender for an additional goal scorer since all the players that are off for the last shift have just played the previous shift and there is no double shifting. The same would be true if a player becomes hurt and cannot play –

you will not have anyone to take the place of the injured player.]

3. We generally have all games played as 9 shifts of 3 minutes with time running the entire shift. This means with a count down clock – the clock is set at 27:00 and the changes are at 24:00, 21:00, 18:00, 15:00, 12:00, 9:00, 6:00, and 3:00. This is done to keep the timing procedures simple for time keepers and to try and keep the tournament games within a 30 minute time slot so that games can be played every 35 minutes. Some tournaments may only have 4 teams playing and the schedule might be able to accommodate 40 minute time slots and thus the game could go 10 shifts of 3 minutes. This would be beneficial during the championship matches that are played on another date.
4. Players must wear protective goggles for their eyes; it is the responsibility of each team to provide their own goggles. The lens should be a shatter-proof polycarbonate lens.
5. Players must wear soccer shin guards.
6. Teams should provide their own appropriate floor hockey sticks. 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. We are NOT ALLOWING composite sticks, wood sticks, aluminum shafted sticks, or the fiberglass shafted stick – such as the DOM ELITE style stick.
7. Teams must provide their own appropriate goalie equipment and goalie stick. [It was agreed upon at the General Meeting at the start of the 2013 – 14 school year that ice hockey goal pads, glove, blocker would not be permitted. Player may use a real ice hockey goal mask.] Goaltenders are to wear ball hockey leg pads, blocker and catching glove. A full face mask and helmet combination is mandatory – NO wood, metal, or fiberglass shafted sticks will be permitted.
8. 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].
9. 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.]
 10. 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.
 11. 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. 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.
 12. 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.

13. Here are some common calls:

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.

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 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 previous 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.

Dangerous Position - Players are to stay on their feet-cannot 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.

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.

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

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.

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

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.]

WE ARE TRYING TO GET THE PLAYERS TO PLAY A GAME THAT INVOLVES PUCK AND PLAYER MOVEMENT. We do not want contact and collision plays. 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.]

[IMPORTANT NOTE TO COACHES: We need to see all coaches and players promoting safe play. SHOULD A PLAYER BE CALLED FOR A PENALTY, PLAYERS SHOULD IMMEDIATELY GO TO THE PENALTY BOX [area designated for players to wait before they can reenter the shift] WITHOUT COMPLAINT OR DISCUSSION. The official will make the call clearly so that the players and coaches are aware what the penalty call was. We ask the coaches help reinforce the rationale of the call by explaining the call to team members on the bench and then when the player who got the penalty returns to the team bench, the coach and help the player understand what needs to be corrected. WHAT WE DO NOT WANT IS – “THE REF MADE A BAD CALL, IT WAS NOT REALLY HIGH STICKING”. [If the ref did not think it was high sticking, why was the call made?]

REGARDING REFEREES: It is suggested that there be one adult referee to handle the action on the court and that you may wish to have 2 goal judges at each end [this can be a student] to help with whether a puck went into the net or not.

14. For the U12 and U14 tournaments teams will be awarded three points for a win, one point for a tie and no points for a loss during pool play. In the event of a tie at the end of pool play between two or three teams, the following tie-breaking formula will determine order of finish:

- A) Head-to-Head record (only used if this does not eliminate a team from playoffs ie. to determine 1st or 2nd in a pool)
- B) A 3 person team shootout will be used to break the tie.

C) In the case of a three-team tie, the following tie-breaking shootout will take place. 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 for Team C; then A + C shoot on goalie for Team B; then B + C shoot on goalie for Team A. Which ever 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.

Sample shootout scoresheet: [Progress from left to right]
 Capital letter represents the team such as team A and Team B and Team C. The number represents the shooter – thus each team is using three different shooters against another team's goaltender. Team may use different shooters for the second phase – shooting against the next team's goaltender. [i.e. A1 = Frank; A2 = George; A3 = Irving against BG; A1 = Frank; A2 = George; A3 = Bert against CG]

→	→	repeat
A1 v BG;	B1 v CG;	C1 v AG;
A2 v BG;	B2 v CG;	C2 v AG;
A3 v BG;	B3 v CG;	C3 v AG;
A1 v CG;	B1 v AG;	C1 v BG;
A2 v CG;	B2 v AG;	C2 v BG;
A3 v CG;	B3 v AG;	C3 v BG;

Sample result:

AG gives up 5 goals; BG gives up 4 goals; CG gives up 4 goals. Team B and C move into the playoff round. Break tie between B and C based on head to head as sited in [A]. If this does not break the tie look at shootout result between those two teams [the B vs CG and C vs BG results]. If tied again, go to round by round shootout [sudden victory shootout format] as opposed to the team format. Each

team is to have at least 5 different shooters ready to take part. For this phase you will need to go through 5 different shooters before you can have a player repeat. A team may go as deep as their bench allows before repeating a shooter. If B1 and C1 both score or neither scores, go to B2 and C2. If after that round one team scores and the other does not the match has concluded.

15. In the 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 of [U12 format] 4 on 4 [1 goaltender and 3 players – one less than during the regular shifts] - with shifts being only 2 minutes in length. First team to score is the victor. We have capped the extra play to 5 OT shifts of 2 minutes per shift. If the game is still tied, then we go to the shootout format with a 3-person team shootout. If still tied, we go to a 5-player sudden victory shootout format – may use the players used in the 3-person team shootout. If still tied, repeat 5-player sudden victory shootout format – can change order – can use any player on roster. [U14 format] EXTRA SHIFTS will be 3 on 3 [1 goaltender and 2 players – one less than during the regular shifts.] First team to score is the victor. We have capped the extra play to 5 OT shifts of 2 minutes per shift. If the game is still tied, then we go to the shootout format with a 3-person team shootout. If still tied, we go to a 5-player sudden victory shootout format – may use the players used in the 3-person team shootout. If still tied, repeat 5-player sudden victory shootout format – can change order – can use any player on roster.