



FLOOR HOCKEY *Cheat Sheet*

ROSTERS

League	Total # of Players Required on the Court	Total # of Females Required on the Court	Minimum Players Required to avoid default
3 on 3	3 + Goalie	1	3 (1 Female)
4 on 4	4 + Goalie	2	4 (1 Female)
5 on 5	5 + Goalie	2	4 (1 Female)

GAME PLAY

- Games Coordinators (GCs) are present to facilitate the gameplay and monitor the action
- A game is 60 minutes in length:
 - Two 25-minute halves
 - A 5-minute warm-up and half-time
- Ties are not allowed:
 - If a game is tied with 5 minutes (or less) remaining in regulation, the game proceeds to a **shoot-out**
 - 3 different players from each team will shoot (minimum 1 female)
 - If still tied after 3 shooters, teams will alternate shooters until the tie is broken (per pair of shooters)
 - After the initial 3 shooters, any player on the team can shoot in any given round (repeats are allowed)
- Mercy will be called if one team gains a 10-goal lead
- Faceoffs always occur at centre court
- When the ball leaves the court, corner possession is awarded to the team that did not last touch the ball
- The 'Corner Rule' is in effect for facilities that do not have corner boards in place
- Slap shots are permitted as long as the player's stick does not go above the waist in delivery or follow-through
- A player cannot remain stationary in the opposing team's crease, but can enter the crease to score a goal
- A goalie's ball is called when the goalie has possession of the ball;
 - The goalie can play the ball immediately, or drop it behind the net for defensive possession (3 seconds)
- Pulling the goalie for an extra player is not permitted

PENALTIES AND VIOLATIONS

- **Violations** are rule infractions that result in a loss of possession
- Teams are expected to call their own violations and penalties; although the GC will also confirm or deny calls
- Common violations include;
 - Hand Pass, Corner Violation, Shielding, Reaching Around, Over the top, Sliding, Delay of Game
- **Penalties** temporarily or permanently remove a player from the game
- **Minors:** 2-minutes, not short-handed
- **Majors:** 2-minutes, team is short-handed (the gender of the player taking the penalty)
- Common penalties include;
 - **High Sticking** – above the waist – second offence results in a game ejection
 - Tripping, Slashing, Holding, Interference, Reckless Play, Unsportsmanlike Conduct
- The offending player serves the full penalty (unless the team would remain short-handed after a goal is scored)