



FLOOR HOCKEY *Cheat Sheet*

ROSTERS

- In standard (4 on 4) Floor Hockey there are 5 players (including goalie) with a minimum of 2 females on the floor.
- For 3 on 3 Floor Hockey there are 4 players (one being a goalie) with a minimum of 1 female on the floor.
- In 5 on 5 Floor Hockey there are 6 players (one being a goalie) with a minimum of 2 females on the floor.
- The minimum amount of players required in order to not default in 5 on 5 and 4 on 4 is: 4 total players including at least 1 female. For 3 on 3 the minimum is 3 total players including 1 female.

GAME PLAY

- A game consists of two 25 minute halves, and a 5 minute half-time.
- Ties are not allowed in the regular season or playoffs. Games tied with 5 minutes or less to go in regulation will proceed automatically to a shoot-out.
- Mercy will be called after a 10 point lead, the scores freezes but teams are encouraged to keep playing for fun.
- Only DOM brand sticks are allowed to be used in SSC Floor Hockey Leagues (with the exception of premium 5-on-5 Rink and Street Hockey offerings where there are no stick restrictions).
- Games Coordinators (GCs) are present at all games to encourage sportsmanlike play and to help to keep the games running smoothly.
- A faceoff occurs to start the game, after a goal, after a penalty, and when the ball leaves the court. The ball must hit the floor before a player can play the ball on a face-off.
- All styles of shots are allowed, including 'slap shots' provided that the players stick does not go above the waist in delivery and/or follow-through.
- Pulling the goalie for an extra player is not permitted.
- A player cannot remain stationary in the opposing team's crease.
- If a goalie has possession of the ball they can use their stick to pass the ball immediately, at this point the ball is live. The goalie can also pick up the ball and drop it over the net to their own player, that player has 3 seconds to put the ball into play.

PENALTIES AND VIOLATIONS

- Players cannot pass the ball to their teammate by directing the ball to them with their hands. Players can catch the ball, but they must drop the ball to the floor immediately.
- When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least a stick length away and giving 3 seconds before attempting to get the ball.
- A player can never shield the ball (have their back to the opponent) while stick handling or advancing the ball.
- When stationary a player can only have their back to their opponent for 3 seconds. A player can never remain stationary in the crease.
- Players cannot slide at any time.
- Players cannot reach around another player with their stick when pursuing an opponent that is moving.
- A player can't hook or slash over top an opponent's stick while they're carrying the ball or receiving a pass.
- A player can lift their opponent's stick only once while they are receiving a pass or in possession of the ball.
- A high stick occurs when a player's stick goes above their waist.
- Goalies must keep at least one foot in the crease at all times.
- Players cannot hack at the goalie while they are trying to gain possession of the ball.
- Minor penalties result in the player sitting off for two minutes and the team is not shorthanded.
- Major penalties result in the player sitting off for two minutes and the team is shorthanded.