

## Co-ed Floor Hockey Rules

\*Note: This league has refs (not self-officiated) the officials calls are final and any arguments will not be tolerated.

***This is a fun-league.** We are all playing to have fun & add some exercise into our life. Aggressive/unsportsmanlike players will not be tolerated in this league and will be addressed by the official. Connect Sports London runs fun and fair sport leagues where physical play is not permitted. Players who don't respect the game and others will not be tolerated.*

### Details:

1. 4 on 4 games plus a goalie
2. 2 male/female minimum on at all times. In the event a team cannot fulfil this requirement they will forfeit the game unless agreed upon by the opposing team.
3. Game Balls: Provided by Connect Sports London (Soft orange balls)

### Equipment

#### Players

- All sticks are provided by Connect Sports London due to indoor regulations.
- Eye protection is not mandatory but can be worn.

#### Goalies

- Goalies may provide their own equipment. We ask that all goalies use road hockey/ball hockey equipment as opposed to ice hockey equipment. This ensures fairness across the league with regards to the size of padding.
- Masks/Helmets must be worn at all times.

#### Format

13 week Full Season (Tuesday Night League)

→ 11 Regular Season Nights

→ 2 Playoff Games

\*Subject to change due to the amount of teams registered

### Regular Season Standings

Win a game= 2 points

Tie a game= 1 point

\*In the event of a tie during the regular season standings the goals for/goals against ratio will determine who is ahead.

### Game Length-Regular Season

- Teams will play 2 games vs the same opponent in the same night.
- Games will consist of two (27 minute games) with a 2-5 minute break provided.
- The ref will notify players by whistle when each period is done along with a provided 1 minute notice.
- Games can end in ties during the regular season.

### Playoffs Format

- \*Playoffs will be 15/15/20 minute non-stop time (1 Game) and 5 min overtime.
- 3 man shootout then sudden death shootout (during sudden death, 1 player can continue to shoot, they don't have to rotate as this point)

### Team Rosters

- Team Rosters cannot exceed 14 players total.
- Players are allowed to sub in for teams but must notify the ref before-hand and fill out a waiver. Not completing this act will result in a forfeit of the game. Liability and insurance are too important.
- Playoffs: A player must play a minimum of 3 regular season games to be eligible to play in the playoffs. I.E no ringers.

### Rules

- No body contact of any kind-2 minute penalty (second infraction will result in player being kicked out of the game) Incidental contact often occurs and will be addressed by the ref.
- Shooting- Sticks cannot come past players waist to shoot (i.e wrist shots & snap shots only) Players will be given a warning by the ref.
- Stick Etiquette: i.e no batting the ball out of the air, calling for passes, high sticking etc. Player safety is crucial and any infraction will result in a 2 minute penalty. Any player with 3 high sticking violations during the game will be suspended for that game and the next.
- Aggressive play and constant penalties by any player may result in 1 game suspension deemed by the ref.

### Included Penalties (2 minute penalty)

- Slashing
- Holding The Stick
- Abuse of official

\*If a power play goal is scored, the player may return from the box.

### General Information

- Player's may sub on the fly.
- If a ball is shot out of bounds the ref decides who touched it last and it is the other teams ball in their end.
- Players cannot pass the ball with their hands, they must drop it immediately.
- After a goal the ref will drop the ball at centre court.
- No players are permitted inside the goalie crease which will be marked prior to each game.
- 1 timeout is permitted (30 secs during each game except during the final 5 minutes of play)
- The ref will keep track of the score/time and update players whenever asked during a stoppage.
- Teams may switch goalies but this only permitted between games.
- Refs will report scores to the admin and update all information online.

### Suspensions

\*Refs have the final call in suspending players for the game and any arguing/insults will simply not be tolerated.

**LET'S HAVE SOME FUN!!!!!!!**