

# HOPE FIELDHOUSE WINTER CLASSIC

## ADAPTIVE/POLY FLOOR HOCKEY RULES 2023

### Equipment

- Sticks – blade and shaft must be plastic. Blades may not be taped.
- Curving Sticks – athletes may curve the blade of their sticks, but the amount of curvature cannot exceed the width of a dime.
- Puck - Hard plastic/vinyl pucks.
- Helmets and Pads - all athletes must wear hockey helmets.
  - \* Optional equipment includes shin guards, elbow pads, mouth guards, knee pads and protective cups.
- Goals – will be provided by the tournament committee but will either be laying down so that players are shooting into normal base part of the net or a cover will be provided for a regular net with the corners open for scoring.
- Goalies – no goalies

### Roster

- Most teams will consist of 6 players but will be adjusted as determined by the tournament committee.
- Positions- all players can play the full length of the court and team organizers will help teams decide who will take the face offs.
- Playing time- all players on the roster should roughly play the same amount. However, in case of an uneven number on a team or injury team organizers will help teams decide who should play any extra shifts.

### Gameplay Rules Face-offs - face-offs start at the center circle and at the sound of the referee's whistle

- Time and Periods – three, nine-minute periods. All periods shall be running time but will stop at the three minute mark and the six minute mark to change lines or if an injury or infraction occurs. One minute break between each period.
- Puck is placed at center court to start each period. Refs will determine where the face off will occur at the time of line changes based on where the puck is at when play is stopped.
- Face-offs - face-offs start at the center circle and at the sound of the referee's whistle
  - \* Face-off Player Placement – when there is a face-off at center court, all players shall be on the side of the puck of the goal they are defending. All players not involved in the face-off must

be approximately 3 meters from the face-off circle during the face-off. The referee will place the puck and play is started at the sound of the whistle.

- Puck out of Play - play does not stop when a puck leaves the court. The referee will simply drop a puck in play at the spot closest to where the puck left the playing area. The new puck is live as soon as it hits the floor.
- Puck Movement - the puck may be advanced by either a player's stick or a player's feet. However, no goal can be scored by a player's foot.
- Scoring Goals – After a goal is scored referee will assist in retrieving the puck and the team that was scored upon will be given the puck and the team that scored will retreat to at least the midcourt line. Play will resume on referee's whistle.

\* Scoring – Each goal is worth one point. The puck must cross the goal line completely to count.

\* Deflection - The puck can be deflected off a player or piece of equipment accidentally into the goal and be considered a goal. The puck cannot be kicked or thrown into the goal by an offensive player.

• Goal Crease - a goal cannot be scored on an offensive foul or with an offensive player or his/her stick in the goal crease. If a defensive player is in the goal crease when a goal is scored, the goal will count.

• Extras - a goal will be scored if the puck is put into the goal by a defensive player, the puck needs to be in the goal before the signal sounds to end the period, or a goal can be scored from a face-off in any locations.

- High Sticking - players may not raise their stick above their waist when shooting. This is considered high sticking and is an infraction.
- Timeouts - two, one-minute timeouts per game and teams may only call one timeout per period. Only one timeout per overtime (no carryover). Timeouts may only be called during a normal stoppage of play. A bench penalty will occur if called during a live play.
- Scoring- The team with the most goals in regulation wins the game. If the game is tied at the end of regulation there will be a shootout.

## Shootout Rules

- The shootout will consist of three rounds and the start will be determined by a coin flip. Teams will alternate attempts.
- A round will consist of one athlete from each team taking a shot from a designated spot at the goal. No advancement of the puck will be allowed. Teams will shoot at the same goal as determined by the referee.
  - Teams will pick three different athletes to participate in the shootout
- If the shootout is tied after three rounds, it will go into sudden death rounds until one team scores and the other does not.
- An athlete cannot shoot twice until the team has gone through the entire roster in a shootout.

## Infractions

- Infractions - result in referee stopping play and faceoff location is dependent on the type of infraction.
- Infractions occur in the following instances:
  - When a player deliberately holds, lies on, or steps on the puck.
  - \* When a player other than the goalkeeper deliberately leaves their feet to block a pass or shot.
  - \* When a player and/or their stick goes into the goal crease at any time.
  - \* When high sticking takes place. This infraction occurs when a player raises their stick above their waist.
- Five Infractions – on the fifth infraction, a player will receive a one-and-a-half-minute penalty and a player from the bench will be inserted into the game.

## Penalties

- Penalties - result in a one and a half minute expulsion of the offending player. The offending team will be able to substitute a bench player for the offending player.
  - Penalty time begins at the start of the next play
- Penalties occur in the following instances:
  - When a player charges an opponent from behind, trips, elbows or intentionally pushes.
  - When a player crosschecks an opponent.
  - When any deliberate roughness takes place.
  - When a player accumulates five infractions.
  - When a bench penalty takes place.
  - When unsportsmanlike conduct takes place.

## Ejections

- Ejections – a player commits an act which results in the ejection penalty must leave the playing area for the remainder of the game and will not be allowed to return to any games scheduled that day .
- Ejections occur in the following instances:
  - Commits three penalties or ten infractions.
  - When a player deliberately does anything that could cause injury or harm.
  - When a player intentionally throws or swings a stick.
  - When a player engages in a fight or throws a punch.\
- when a player is ejected from a game, an alternate may substitute for the ejected player.

### Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.