



Overtime Sports Bozeman 2018 Floor Hockey Rulebook

****The number one goal of Overtime Sports is to have fun and meet new people. If you are looking for a trophy and strong competition, then this league is not for you****

Teams:

1. Coed team rosters of minimum 7 players
2. Teams can field a maximum 4 players on court with at least one females
3. Teams can arrive and play with only 3 players at match location, but rosters must have 7 total paid players.
4. 2 non-roster subs are allowed during regular season
5. Only players who have paid and are on the registered roster can play in playoffs

Games:

1. Games will consist of 2 equal time periods of 20 minutes with a 3-5 minutes half time
2. Games will start no later than 10 minutes after the scheduled start time. If a team cannot field a full team in that time a forfeit will be recorded unless both team captains agree on the amount of players that can play. In the event of an agreement between the captains **BEFORE THE START OF THE GAME** the game will count as an official match.
3. Each team is given **two** 30-second timeouts, which can be called during a stoppage of play such as goal scored, penalty, and injury. If a team calls timeout during play, a timeout will be granted when the team who calls the time out has possession of the puck.
4. Games ending in a tie will end in a 5-minute sudden death overtime period with only 3 players (2males and 1 female). The game will end once the first goal is scored. If a goal is not scored within 5 minutes, then a tie will be recorded. If this occurs in playoffs, play will continue until there is a goal scored.

Equipment:

1. All equipment will be provided by Overtime Sports and any personal Floor Hockey sticks must be approved by an OTS staff member
2. Eye protection is recommended
3. Shin guards and light gloves are optional
4. Ball/puck will be provided by OTS

Substitutions:

1. A substitution may happen at any time during the game and will be like a real hockey game
2. Teams are allowed unlimited substitutions
3. Subs must enter from their half of the court
4. Injury timeout called by ref

Game Play Rules:

1. Periods will start with a faceoff at center court with the ball being dropped by referee
2. After a goal is scored, the team who did not score the goal starts behind the net. After **about 10** seconds, the ref will yell go and play will resume. Teams must stay on their halves until the ball starts

advancing forward.

3. There are no goalies but players can stand in front of net and deflect the ball with sticks, feet and hands. Goalies may not curl up into a ball in front of the net. **Goalies may not go to their knees. If the goalies knees touch the ground and a goal is scored, the goal stands. If the goalies knees touch the ground and a goal is not scored, the offensive team gets the ball at the top of the key and play resumes with either a shot or a pass.**
4. If the ball goes out of play, the ref will determine who touched the ball last and the other team will start gameplay where the ball left the court. The player will have **3 yards** of free space unopposed by the other team. If the ref cannot determine who touched the ball last, a faceoff will take place where the ball left the court
5. The ball can only be played with the feet and stick
6. A player is allowed to catch a ball and place the ball directly to their stick. A hand pass will result in a change of possession call
7. This is a **non-contact** league. **Any contact will result in a stoppage of play and a team will get the ball going the other way. If there is more serious contact, then a 2 minute roughing penalty will be called. Referee has final say on any contact infraction**
8. A player may use their body to shield the ball, but if contact ensues, then a penalty will be called. **A player may not back up into other players while shielding the ball. This will result in a stoppage of play and a turnover**
9. The hockey stick may not go higher than waist high on a slap shot
10. Players are not allowed to swat at balls in the air with sticks. This will result in a high sticking call, stoppage of play and the other team starts with a 3-yard grace period. A player can swat at a ball below the **torso area**.

Penalties:

1. Change of possession:
 - a. High sticking – When player takes stick above thigh for a slap shot or to swat a ball out of the air
 - b. If a team accidentally fields 5 players on the court or an illegal substitution
 - c. OTS yell or **stomp** rule – You cannot intimidate a player by yelling if they are on a breakaway or **stomp your feet heavily if a player is not looking and in a corner handling the ball.**
 - d. Hand pass – If a player makes a pass with their hands and not stick and feet
 - e. Sub making pass – If a sub player makes a pass to their own team instead of keeping the ball in play
 - f. Slashing – When a player hits the opponents stick near the hands
 - g. **CONTACT: any contact will result in a whistle and change of possession.**
2. Two minute penalty (team must play with 3 players on court for two minutes)
 - a. Any **serious** physical contact (Roughing)
 - b. Holding – when a player holds a stick, shirt or jersey of opponent on opposing team
 - c. Tripping – Tripping the opponent with your foot or stick. A player does not have to fall for this to be a penalty
 - d. Not respecting the 3-yard play rule
3. Ejection:
 - a. Let's keep the fighting to the NHL. If any verbal or physical gestures are observed, player will be ejected for the night and OTS staff will determine eligibility for future matches.