

FLOOR HOCKEY RULES

LOSS OF POSSESSION

1. Shot from centre circle being shot directly on net.
2. Advancing puck with hand to gain play advantage.
3. Face off shot from centre shot over boards.
4. Goalie holding puck more than 3 seconds after having control.

ONE MINUTE PENALTIES

1. Offensive player in goalie crease. No contact is made with the goalie.
2. Delay of game by not going on the floor and taking stick, interfering with play. If player cannot get stick, then leave floor until he/she can. Do not stand on the floor without a stick.
3. Banging stick on the floor.
4. Bending blade of stick
5. Contact with the goalie in the crease.

TWO MINUTE PENALTIES

1. High-Sticking (stick above the waist)
2. Slashing
3. Playing puck, after falling, while still on the floor.
4. Roughing
5. Pushing
6. Stick between legs of another player either from front or back. Same thing with putting foot between legs of another player.
7. Tripping
8. Lifting another player's stick and causing a high stick
9. Intentionally hitting or kicking puck while going on or coming off the floor.
10. Unsportsmanlike behaviour-mouthing off, throwing stick or helmet, out of control antics, etc.

The above two minute penalties are minimums. More penalty minutes may be given based on the severity of the infraction. In this scenario, additional minutes served may be a player penalty (served on the bench) rather than a team penalty(loss of player on the floor). In severe situations, the player may be removed from the game and be subjected to further disciplinary action by the league executive. More than six penalty minutes in a game will result in removal of the player for the remainder of the game. A second occurrence during the season will result in removal from the game plus an additional game. A third occurrence during the season will result in the removal from the game plus three additional games. A fourth occurrence during the season will result in removal from the game and expulsion from the league with no refunds of money.