

EQUIPMENT/UNIFORM

1. Coaches/players must be in the SFX provided Jersey during games and practice.
2. Players are not allowed to wear jewelry. This includes, but is not limited to bracelets, chains/necklaces, watches and earrings.
3. Team Equipment - Hockey equipment will provided by League. Only SFX provided hockey equipment is permitted. No outside equipment is permitted!
4. Player Equipment - Players must provide their own soccer style shin guards, a mouthguard and protective cup (boys). Athletic sneakers shall be the only acceptable footwear. Players will not be allowed to play unless they are wearing their Jersey, athletic sneaker, shin-guards, mouthguard and protective cup (boys).

THE TEAM

Each team roster will be limited to 9 players. 6 players will be on the floor during game-time: 1 goalkeeper who stops the puck with their body while in crease. 1 center; 2 defensive players; and 2 forwards.

THE GAME

1. The game consists of three periods with 12 MINUTES OF RUNNING CLOCK each, with a 2-minute rest between periods. Goals are changed after each period.
2. Each team will be given 1 time out (30 seconds) per period. Unused time-outs will not carry over to the next period.
3. A faceoff at center court will occur at the start of play, as well as, after every goal and/or stoppage of play (except as it relates to #7 or penalties)
4. When the goalkeeper makes a save and covers the ball, a face off will occur at centre ice.
5. Play is started and ended with the referee whistle.
6. The clock starts when the ball has been legally put into play from the center circle. Play is continuous with the play stopping only when the whistle blows or goalie has possession.
7. When the puck goes out of bounds, this will result in loss of possession for the last team that made contact with the ball and play will continue with placement of the ball at the line where it went out of bounds.

8. Players can advance the ball with their feet but cannot kick it into the goal with their feet to score. If a team kicks the ball into the goal, a face off will occur at centre court and it is no goal.
9. Any player can stop the ball with their hand but cannot hold, pass, or throw the ball.
10. All sticks must be kept low. If a stick is raised above the waist on either the back-swing or follow-through, then a “high sticking” penalty should be called.
11. The ball must precede offensive players across the centerline.
12. Penalties in floor hockey will result in removing the offending player from the game for 2 minutes (for an unintentional violation) or 4 minutes (for an intentional violation). Examples of penalties include, Interference and Charging, Elbowing, Cross-checking and Slashing, High Sticking, Tripping and Hooking, Unsportsmanlike Conduct. Two intentional penalties will result in a game misconduct with the player not permitted to play for the remainder of the day. In this case, the offending team will play short-handed for two minutes or until a power play goal is scored.
13. If a goal is scored during penalty power play, both teams will resume at full strength
14. Free substitution is permitted after stoppage of the play.
15. Officials may stop the clock for injuries or other extenuating circumstances.
16. Sudden death overtime will be played only during playoffs and final championship games.

GOALKEEPING

- a. Goal Crease: The crease (masking tape) shall be 1 m wide and 2 m long
- b. Only the goalie is permitted to be in the crease, designated area in front of the goal.
- c. The goalkeeper may use either hands or stick to clear ball as long as some part of his or her body is in the crease. When outside the crease, the goalie may only use his or her stick.
- d. Goalies can not cross the centreline, however they are permitted to play the puck inside their zone or behind the net.
- e. Goalies may be pulled in the final two minutes of game if his or her team is behind. The goalie must be fully out of bounds prior to another player entering the court.
- f. Goals are scored only when the ball completely crosses the goal line

g. Goals are disallowed if:

- (1) The player or team-mate has any part of his/her body in the crease area when a goal is scored.
- (2) If an attacking player is pushed into the crease and a goal is scored.