



Floor Hockey

Junior:

1. Teams will consist of combined grade 7s, 8s and 9s.
2. Girls will be permitted to play on the boys' team if their school is unable to field a girls Team.
3. Sticks must have plastic shafts and blades. No fibreglass shafts are allowed.
4. Safety goggles must be worn at all times and goalies must wear a mask.
5. Only regulation floor or road hockey goalie equipment is permitted.

CISAA Floor Hockey Rules (provided by commissioner)

Points - 2 Points for a Win, 1 Point for a Tie.

Tiebreak (2 or more teams tied for a playoff spot in points)

- 1) Head to Head Match
- 2) Goal Differential (against tied teams)
- 3) Fewest Goals Against (Against all teams)
- 4) Coin Toss

Equipment

Ball – DOM 83

Sticks –Blades must be designed for floor hockey. No Ice Hockey sticks allowed.

Eyewear - Sport goggles are mandatory.

Jerseys - Players must have two different colour tee shirts or pinnies in case teams have similar colour.

Shoes - Indoor running shoes are required.

Gloves - Hockey gloves are permitted. Additional player equipment is limited to athletic support.

Goalies - Goalies must wear a protective mask and the stick blade must be designed for floor hockey. All other goalie equipment is optional and has no restrictions between ice hockey or floor hockey equipment.

Nets - Host schools will provide nets, and ensure that nets at both sides are the same. A gym line will be established as the goal line.

Rules of Play

- Games consist of 1, 12 minute period. Warm up time will be established by hosts.
- Round robin games can end in a tie. Playoff games will be settled by an NHL style shootout with three different shooters per team. If it is still tied after these penalty shots



teams will choose one different player at a time to continue penalty shots until one team has scored and the other has not. The medal matches may be decided in sudden death overtime at the discretion of the coaches/host AD.

- Game is played 4 on 4 plus a goalie. Teams are permitted to sub on the fly, and pull the goalie for an extra attacker.
- All referee decisions are final.
- Regular hockey penalties apply. – Tripping, hooking, slashing, high sticking, roughing, elbowing, too many men, delay of game, cross checking, body contact etc. If it looks dirty or illegal, it should be called.
- All penalties result in a penalty shot. (moving forward, one shot) The player who had the Penalty committed against him/her must take the penalty shot. (On a penalty shot all other players remain at half court during the penalty shot. On a save, the defending team will get possession in the corner with the other team backing off 2m)
- There is no offside or icing.
- Rough play or unsportsmanlike conduct will result in a warning then possible ejection from the game or tournament depending on severity.
- Faceoffs occur at the start of each half and after goals at center.
- In the event the ball is shot out of play, or contacted by a stick above the waist, the non offending team will get possession. The other team must back off 2m.
- In the event the goalie freezes the ball, his team will get possession behind the goal line. The other team must back off 2m. Goalies can only freeze the ball in the crease or when coming out to cut the angle down and they make the save by catching the ball. Goalies may not delay the game unnecessarily by freezing the ball outside of the crease. If this is done a warning will be given and the offensive team will receive the ball in the corner. If a goalie continues to delay the game a penalty shot will be awarded.
- If a player high sticks the ball above the height of the waist, or winds up for a slap shot above the waist, the play will be blown dead. The non offending team will get possession and the other team must back off 2m. No penalty is assessed. If a player is continuing to use a high stick, the referee may issue a warning followed by a penalty. If a player raises their stick above their waste on a shot follow through, the referee shall use their discretion and issue a warning if dangerous.

Etiquette

- Floor Hockey is a fun, recreational sport! Teams should enter with a strong focus on sportsmanship. Referees decisions are final.