1. Games will be played in the Veale Center on an enclosed basketball court.
2. There are five players (including the goalie) per team on the floor at the same time. A game may be started with four players. A co-rec floor hockey team shall have any gender combination of 3/2 or 2/2 on the floor at all times. A game may be continued with fewer players due to injury or penalty if the team still has a chance to win.
3. Goalie sticks and floor hockey sticks will be provided. Goalies shall wear either a catcher’s mask or caged helmet, chest protector and shin guards (all provided). Other goalie equipment that is recommended includes a blocking glove and catching glove (baseball gloves are recommended for catching). **ALL PLAYERS MUST USE THE FLOOR HOCKEY STICKS PROVIDED.** Protective eye guards are provided and are recommended to be worn by all players/officials. It is also recommended that a mouthpiece be worn. Hand protection is also recommended and is limited to the use of mittens or work gloves. **Hockey gloves and Goalie pads/leggings are not allowed.** All players must wear athletic shoes. No jewelry or metal on clothing is allowed.
4. Each team shall wear shirts of the same color with different numbers. IM pinneys will be provided and must be worn over a shirt if players do not already meet this requirement.
5. Games shall consist of two 15 minute halves. The clock will run except for injury or timeout in the first half. In the last two minutes of the second half, the clock will stop on goals and puck out of play as well.
6. There will be a maximum five minute halftime. If games are behind schedule or if both teams are ready, halftime will be shorter.
7. Substitutions can be made at any time. If the player entering the game is on the floor, the exiting player cannot be involved in the play in any way. Goalies may only be substituted during a timeout, intermission or due to injury or equipment malfunction.
8. Game begins with face off at centerline and resume there after each goal.
9. Face off is called when ball is out of play or after a goal, injury or timeout. Official will drop ball during face off.
10. Ball may be stopped by hand, but not held, passed or advanced by hand.
11. Ties will stand except in playoffs. During playoffs, a five minute overtime period shall be played with one timeout per team and clock stoppages in the final two minutes.
12. Goal is scored when player hits, sweeps or pushes the ball into the net directly off stick or it is deflected off one of their teammates or defensive player into net.
13. A player may advance ball with their feet, but **MAY NOT** kick it directly into net to score. If a player kicks ball, ball defects off defensive player into net - goal counts.
14. A ball **CANNOT** be thrown into the goal to score.
15. When a goalie catches or stops the ball, they must be given room to release it to one of their players by hand or stick. If a goalie falls onto a ball and is unable to release it, face is called on the nearest spot.
16. There is no offside in floor hockey.
17. Each team will receive one one-minute timeout per game.

**Penalties with 1-minute first offense and two minutes for repeat violations**
- Penalty timing shall begin when the ball is dropped at the face off.
  1. HIGH STICKING: anytime the stick is raised above normal shoulder height.
  2. SLASHING: intentional or unintentional hitting with stick.
  3. INTERFERENCE AND CHARGING: anytime opposing player pushes a player out of position or a player other than the goalie enters the goal crease.
  4. ELBOWING: using one's elbow to hit an opponent
  5. CROSS CHECKING: use of stick to push opponent out of the way
  6. TRIPPING AND HOOKING: use of stick to trip or hold back an opponent from playing the ball
  7. DELAY OF GAME: any player catching the ball outside the goal crease or intentionally hitting the ball out of play.

**Penalties of Unsportsmanlike conduct**
1. Will result in immediate removal from game and/or game suspensions for player and five minute penalty.
2. Include repeated violation of above, unnecessary roughness, unwillingness to play within the spirit of intramurals or deliberate intention to hurt someone.
3. Fighting: automatic ejection and suspension of player with five minute penalty for team.