

# **MCS FLOOR HOCKEY**

- 1. 5 players on floor, plus a goalie, with substitutions occurring often between face offs and on the fly.**
- 2. Game begins with a face off at the centerline and after each goal. Wingers and defense must be 10 ft. from the centers at face off.**
- 3. Ball may be stopped by hand, but not held, passed or advanced by hand.**
- 4. Generally, games will be 8 minute run-time with each of the 3 teams playing 2 games during a period.**
- 5. A goal is scored when player hits, sweeps or pushes the ball into the net directly off a stick or it is deflected off one of their teammates or a defensive player into net. A player may advance the ball with their feet, but MAY NOT kick it directly into net to score.**
- 6. If a goalie falls onto a ball and is unable to release it, a face is called to the side of the goal. The puck must be cleared from the crease within 5 seconds. Goalies may not throw puck with a bare hand and may not advance the puck with a gloved hand more than 10 feet forward.**
- 7. No offensive player may enter the crease at any time. The defense may enter the crease only if the puck is inside of the crease and may not enter into and then exit the crease with the puck. Each team is given 2 crease violation warnings per game and after that 1- minute penalties will occur for each violation.**
- 8. All face offs after penalties will occur at the centerline.**
- 9. Goggles must be worn at all times and goalies must wear helmets.**

**Penalties will be 1 – minute in length and released after a man-up goal**

- HIGH STICKING: anytime the stick is raised above the waist.**
- SLASHING: intentional or unintentional hitting with stick.**
- INTERFERENCE AND CHARGING: anytime opposing player pushes a player out of position.**
- ELBOWING: using one's elbow to hit an opponent.**
- CROSS CHECKING: use of stick to push opponent out of the way**
- TRIPPING AND HOOKING: use of stick to trip or hold back an opponent from playing the ball.**
- EQUIPMENT: Failure to wear goggles properly at any time.**
- Unsafe play will result in ejection from the game and a grade of 0 for the day. Continued problems will result in ejection from the hockey unit.**