



Recreational Sports

**Old Dominion University**  
**Recreational Sports - Intramurals**  
Floor Hockey Rules

**1. ELIGIBILITY**

- a. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in at least 3 credit hours), faculty and staff.
- c. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

**2. GENERAL REGULATIONS**

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

**3. CAPTAINS**

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

**4. TEAM**

- a. Teams are limited to a maximum of ten (10) players.
- b. Each team, under penalty of forfeiture, must have four (4) players on the playing field at the designated time of the game and must maintain a minimum of four (4) on the field/court throughout the game.

**5. TIME FACTORS**

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit. A team receives a forfeit for not having enough players will be required to pay a \$50 forfeit bond.

**6. INJURED PLAYER & BLOOD RULE**

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffersa head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.



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**7. GAME RULES**

- a. Team:** A team will consist of five players on the floor (4 players and a goalie)
- b. Substitutions:**
  - i.** Substitution will be allowed at any time, on the fly, but are at the team's own risk.
  - ii.** A player who comes late to the game must sign in with the scorekeeper first before entering the game.
- c. Equipment:**
  - i.** Players must wear a helmet at all times on the playing surface.
  - ii.** A shirt must be worn underneath jerseys.
  - iii.** Sticks, helmets, goalie equipment, and jerseys are provided.
    - 1.** Any team player found without safety equipment will receive a forfeit for the team.
  - iv.** Jewelry shall not be worn except for religious or medical medals, which shall be taped to the body with medical data visible.
  - v.** Each player must provide their own pair of inline skates. **Note:** For floor hockey you must wear non-marking athletic/tennis shoes.
- d. Time:**
  - i.** A game will consist of 3- ten (10) minute periods with a one (1) minute break between periods.
  - ii.** The clock runs continuously until the last two (2) minutes of each period, which the clock will stop on every whistle.
  - iii.** If a team is winning by 4 or more goals the clock will not stop within the last two minutes of each period.
  - iv.** Each team has a single one (1) minute timeout per game.
- e. Mercy Rule:**
  - i.** If a team is winning by 8 goals or more in the final 2-minutes of the third period, a mercy rule will be in effect.
- f. Tie Games:**
  - i.** During regular season play, there will be no tiebreakers.
  - ii.** During the playoffs three (3) minute sudden death overtime period will be played.
  - iii.** If a tie still stands after the overtime period, a shoot out will break the tie. Each team will have three players shoot. The teams alternate turns and the team that leads at the end of the shoot out wins.



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**g. Penalties:**

- i.** If a player receives three minor penalties, two major penalties, or one major and one minor penalty the player will be ejected from the game. The player that is ejected from the game is automatically disqualified from their next game.
- ii.** Fighting will result in an automatic ejection from the game and indefinite suspension.
- iii.** If offsetting penalties occur, the play will continue with both teams full strength.
- iv.** However, if one team does not have a bench player to substitute in for the penalized player, the play will continue with both teams having only two players on the floor.

**h. Sportsmanship Penalties:**

- i.** All sportsmanship penalties are subject to a FIVE-minute penalty and possible game misconduct. Sportsmanship penalties are defined as penalties where the use of profanity, taunting, or vulgar language or gestures has been used. (*Note: NIRSA Rule Definition*) See also, the ODU Sportsmanship policies.

**i. Major Penalties:**

- i.** All major penalties result in the player serving TWO-minute penalty.
- ii.** Major penalty fouls include:
- iii.** Tripping- intentional tripping with the stick or body part.
- iv.** Elbowing- use of the elbow to impede an opponent.
- v.** Throwing the stick- intentional throwing of the stick to gain an advantage.
- vi.** Hooking- wrapping the stick around a player.
- vii.** Intentional holding a player from scoring on a breakaway.
- viii.** Any unnecessary body contact.

**j. Minor Penalties:**

- i.** All minor penalties will result in the player serving a ONE-minute penalty.
- ii.** Minor penalty fouls include:
- iii.** High Sticking - above the waist (shooting or non-shooting in traffic).
- iv.** Holding
- v.** Interference – contacting or inhibiting the progress (which could be avoided) of an opponent who does not possess the puck, or knocks the stick out of the opponent’s hand, or prevents the player from regaining possession of a dropped stick.



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**vi.** Goalie Interference – same as above. (Note: There is no defined area known as the “crease”)

**k. Co-Rec Rule Modifications:**

- i.** A team consists of 5 players, 3 men and 2 women or 2 men and 3 women.
- ii.** A minimum of four players is required (2 male + 2 female).
- iii. Goalie may be male or female.**
- iv.** A female goal is worth 2 points.