

# LANSING PARKS & RECREATION LIFETIME SPORTS



## YOUTH FLOOR HOCKEY RULE SUPPLEMENTAL HANDBOOK

League Web Site: [www.leaguelineup.com/lansingfloorhockey](http://www.leaguelineup.com/lansingfloorhockey)



**Important Contact Information:**

Lifetime Sports  
5825 Wise Rd  
Lansing, MI 48911

Weather Line: 483-4255  
League Director: 483-4281

**CITY OF LANSING  
PARKS AND RECREATION DEPARTMENT  
YOUTH FLOOR HOCKEY RULES OF PLAY**

Revised – December 1, 2021

**A SPECIAL NOTE ON BEHAVIOR**

It is understood this sport is designed and played with the benefit of the children in mind. It is the responsibility of assigned and recognized coaches to control the behavior of their assistant coach, players and especially spectators. Negative behaviors from any persons associated with a team will result in an automatic **BENCH PENALTY**. Further consequences of unsportsmanlike behavior can include bench penalty, ejection and league suspensions.

**TEAM INFORMATION**

- A.** Age divisions offered include 5-6, 7-8, 9-10, 11-12, and 13-14. **Teams can be all boys, all girls, or Coed.** Teams may carry a maximum of **12** players. Rosters submitted with more than **12** will be reviewed by league director.
- B.** **Player age eligibility is established as of January 1<sup>st</sup> of each New Year for all divisions.** If it is discovered that a player on a roster is too old for their division, they will be immediately removed from the league and all the games the player played in will be forfeited. See administrative policies for further details.
- C.** All players must be legally registered and rostered to be eligible for league play. Players **CANNOT** be added to a team at the playing venue.
- D.** Players may only play for one team.

**GAMES**

- A.** Max of **2 (two)** coaches allowed in the bench area during any City League game. Only rostered players for teams playing at the scheduled game time are allowed in the bench area during the game. **All other persons must remain in the spectator area.**
- B.** Forfeited games will result in a 3 - 0 score.
- A.** Score will be kept on site, however, no league standings will be kept for any age division.

**PLAYING AREA**

- A.** Center line is the mid-court line of the basketball floor
- B.** Center circle is the mid-court jump circle. Play always begins from this circle after goals, loss of possession or other penalties.
- C.** The Crease as defined is a box designed for goalie safety. It is a restraining line approximately 5 feet from the front of the goal and 2 feet from each side of the goal.
- D.** COURT BENCH AREA – defined as the space from the closest bench opening of the Floor Hockey Court to the Center Line, along the Boards opposite the spectator area. All team meetings during pre-game, time outs, between periods must take place in the Bench Area. First offense will be a team warning; second offense will result in a Bench penalty. Third offense results in a head coach ejection. Any further offenses and the game is declared a forfeit.

## **EQUIPMENT**

- A. All participants must wear tennis shoes. No metal, plastic cleated footwear, heeled shoes or bare feet will be allowed. Goalies may not wear equipment that is likely to scuff up the floor. All plastic pieces must be covered up.
- B. Teams are required to wear like colored shirts.
- C. Sticks will be furnished by the Parks and Recreation Department for all games. **No personal sticks will be allowed for league play.** Ages 5-8 use the same size smaller stick; ages 9-12 use the intermediate size; and ages 13-14 use the largest size stick.
- D. Helmets optional; goggles and mouth guard required if not using a helmet; mouth guards highly recommended if using a helmet.
- E. Goalies must wear protective helmets, all other equipment is optional but highly recommended, which includes a chest protector, gloves, etc. Safety equipment may not extend further than the width of the goalie's body.
- F. Non-floor hockey equipment or foreign objects are NOT allowed to be used during league play.

## **CANCELLATIONS/SPECIAL REQUESTS**

- A. Please call 517-483-4255 after 8:30am on the weekends for weather cancellations and updates.
- B. The Lifetime Sports Office reserves the right to change schedules dates, times and locations due to special arrangements.

## **BASIC RULES OF FLOOR HOCKEY**



**Start Time:** Must have **4** players to start. Game time is forfeit time. Coaches may borrow players from the opposing team to avoid a forfeit.

**Pre-game Meeting:** takes place with an official or Site Supervisor and team captains. Home team starts with the puck, going in the direction of their team's bench to start the game.

**Lineup:** 6 players on a side; goalie, center, 2 defenders and 2 forwards.

**Clock:** The game consists of two 12-minute halves, **RUNNING CLOCK** with 1 minute of rest between periods. The clock stops for time outs & injuries only. There is no overtime period during City League play. For all City sanctioned tournament championship games that end in a tie, the game will be played until a goal is scored to decide a winner. The allotted time out (if unused during regulation) carries over to the extended play period.

**Second Half Starting Possession:** The team that is trailing at the end of the first half gets possession of the puck at the start of the second half. In the event of a tie, possession goes to the team who did not have possession to start the game.

Players and coaches are expected to shake hands at the end of each game **(if Return to Play Guidelines permit)**

We strongly encourage equal participation of all players and suggest everyone participate in 6 minutes of each game.

Goalie may clear the puck with a stick, hand or foot as long as he/she does not commit a foul as described in the loss of possession section.

A team may not pull their goalie.

## **THE PLAY**

- A.** A whistle is blown by an official indicating a team to start play at center circle by in-bounding the puck. The player must have one foot inside the center circle. Play is continuous until the whistle is blown.
- B.** Free substitution is allowed during play. A player entering the game as a substitute must use the stick of the player being replaced. Goalies may be changed during play, only if both goalies are fully equipped. No exchange of equipment between goalies. Change of position between guards and forwards can be made during play through the bench.
- C.** Officials and scorekeepers may stop play for injuries or extenuating circumstances. The puck will be put back into play at the goal closest to the puck when the whistle sounds.
- D.** Face-offs are ONLY allowed following play stoppage due to a puck that is "tied up."
- E.** There are no time outs.
- F.** Pucks shot directly out of play will be put into play by the nearest referee (on the same side) along the boards. Shots directly above the crease will be given directly to the goalie to put into play
- G. **Mercy Rule:**** When a team reaches a 6-goal differential, the team with the advantage **MUST** pull their center and play shorthanded until the differential is less than six. Coaches are expected to avoid running up the score with a lead of six or more goals. Suggestions include taking out first string players, passing the puck more than five times and/or changing positions. If game officials feel coaches did not attempt to do anything, the result is a forfeit loss for the team ahead.

## **SCORING SYSTEM**

Note: In lopsided games, the scoreboard will not show more than a 6-goal differential for the leading team (the score will still be kept on paper).

### **A. GOAL (POINT)**

1. A goal is scored any time the puck completely crosses the goal line or is above the goal line in a legal manner.
2. On shots where the puck is deflected off a player, equipment or official into the goal.
3. In cases where goalie has kicked the net or his net is not sitting squarely on goal line, goal will count regardless of the position of the net.
4. Position of puck shall be determining factor if a goal has been scored, as time expires.
5. When goalie does not have control of the puck and it crosses the goal line.

### **B. NOT A GOAL**

1. Anytime a goalie has control of the puck and brings the puck back into the net, crossing their goal line, when attempting to clear the puck. Play will continue as if puck was cleared in a legal manner.
  - A. For ages 5-6 and 7-8 any time a puck is accidentally dropped into the goal.
2. Under no circumstances will a goal be counted on a penalty, or with offensive players in the crease (goal box).

3. Goal will not count when the puck hits off the front frame of the goal and ricochets off.
4. Puck is deliberately kicked or hit by hand into the goal.

### **LOSS OF POSSESSION**

A team will lose possession of the puck, if any of the following infractions occur. When a team loses possession of the puck, the opposing team shall receive the puck in the center circle.

1. Starting play from the center circle before the official blows the whistle to start play.
2. When the puck is shot directly on goal (enters the crease) from the face off, without first touching another player or player's stick.
3. When the puck is shot out of play directly from the center circle.
4. Replacing a player who has entered the center circle to start play, after the referee has whistled play to begin.
5. When starting play with a swing and miss (**ages 5-6 gets two attempts**) or failure to place the puck into play within five seconds after the start of the whistle.
6. High sticking at start of play from the center circle.
7. Playing a puck back to one's own goalie.
8. The goalie taking more than 3 seconds to clear the puck from their goal box.
9. Advancing and/or catching the puck with the hand.
10. Goalie throwing puck directly across centerline or off the wall before it's touched by a player.
11. Goalie shooting puck directly across the centerline before it's touched by a player.
12. Goalie throwing or shooting puck directly out of play.

### **PENALTIES – PROCEDURAL**

#### **• HOOKING – Loss of possession**

1. Any player who impedes or seeks to impede the progress of an opponent by hooking with their stick. Hooking can occur on a player's body or stick.
2. Can be viewed as not giving offensive player enough room by covering over 50% of their body or reaching between opponents legs with the stick.

#### **• BLOCKING (Picking) – Loss of possession**

Screener does not give adequate space to avoid contact and/or is not in the opponent's visual field.

#### **• OFFSIDES – Loss of possession**

Any time a part of a player's body touches the opposite half of the court to which they are assigned, does not affect centers and goalies with striped sticks. The hockey stick is not considered to be a part of the body.

#### **• SLIDING – Loss of possession**

Playing the puck while not on both feet, excluding the goalie when in the crease.

- **IN THE CREESE – Loss of possession**

Any time a part of a player's body or stick touches the floor, puck, goalie, or goal net inside of the marked goal crease area.

- **DELAY OF GAME – Loss of possession**

1. Any time a player, outside of the goal box, steps or falls on the puck to deliberately keep the puck from the opposing team or has possession of the puck and fails to hit it within 3 seconds.
2. Intentionally interfering with puck when making a player change
3. The use of the boards, by grabbing with any part of the body, in an attempt to shield a defending player from gaining access to the puck, or to impede the progress of a defending player at any time.

- **HIGH STICKING – Loss of possession**

1. Waist Line Level – ages 5-8; Arm pit level – ages 9-14.

- **CAUSE HIGH STICK – Loss of possession**

Any action whereas a player causes the high sticking of another player by "popping" the stick

- **STICK BENDING**

- A. **First Offense:** team warning. Player issued a replacement stick before play resumes
- B. **Second Offense:** 1:00 minute penalty (stick replaced before player re-enters)
- C. **Third Offense:** 2:00 minute penalty (stick replaced before player re-enters)
- D. **Fourth Offense and thereafter:** automatic player ejection

## **PENALTIES – PHYSICAL**

**Note:** penalty time starts the moment the player serving the penalty has exited the playing surface.

- **PUSHING - 2:00 minutes**

Bumping an opponent with a part of the body to gain advantage or possession of the puck.

- **HIGH STICKING – 2:00 Minutes**

Any contact to another player with a high stick, accidental or not.

- **SLASHING – 2:00 minutes**

1. Any stick swung at an opponent.
2. Any swinging action with the stick, where it is obvious that the player is not playing the puck.
3. Any chopping or intentional slapping action on the shaft of an opponent's stick.
4. Any deliberate action, regardless of frequency or degree, to the body of an opponent, including the goalie, if part of their body is still in the crease.

• **TRIPPING - 2:00 minutes**

Any player who places their stick or body, in such a manner that it shall cause an opponent to trip or fall.

• **UNSPORTSMANLIKE CONDUCT - 4:00 minutes MINIMUM AND/OR EJECTION FROM GAME**

An act directed at another player, spectator or program staff member, including profanity or verbal abuse, throwing equipment or blatant disrespect.

1. Roughing - Aggressive contact by the body or hands, with the intent to push, knock down or harm another player to gain advantage or possession of the puck.
2. Throwing or removal of equipment - Equipment must be worn at all times on the playing floor. Example: helmets or sticks.
3. Deliberately grabbing or kicking the opponents (or goalie's) stick out of an opponent's hand

• **BENCH PENALTY - 2:00 minutes**

Issued to a team and served by the team's current "**center**" for any of the following infractions:

1. An unsportsmanlike act displayed by a team's player, coaching staff, or spectators.
2. Hitting the stick on the floor to taunt another player or team.

**INCIDENTAL CONTACT - No Penalty**

Unintentional or coincidental contact throughout the course of the game is not a penalty. **Please note:** In some instances deemed incidental by the game official, one player may appear to have gained an advantage. For example, a smaller player may initiate contact and fall to the floor. The player that fell may have actually stepped on the foot of the other player.

**ADMINISTRATION OF FOULS**

The officials on the floor have the authority to call all penalties, deliberate fouls and unsportsmanlike conduct on players, coaches, and spectators before, during and after the game. Site Supervisors and Tournament Directors have the authority to issue bench penalties.

- A.** Players serving a penalty may return to play after a goal is scored by the opposing team, or after the penalty time has expired. Exception: A player, other than the goalie, charged with a **pushing, slashing, or unsportsmanlike conduct** foul, must sit out the **entire** penalty regardless of goals scored against them.
- B.** When more than one player is in the penalty box, the following situation will occur when a goal is scored, with the exception mentioned above.
  1. Even number from each team, no one re-enters.
  2. Odd number, goal scored by power play team and all players re-enter. Goal scored by short handed team and each team may send in an even number from the penalty box, thus keeping the short handed team at a disadvantage. Players with least amount of time remaining on penalties will re-enter.
- C.** When a goalie is charged with **unsportsmanlike conduct**, he/she must sit out the entire penalty. Team can put in a new goalie, yet must play shorthanded without the center position.

- D. Any player charged with 5 penalties must be removed for the duration of the game. A bench penalty does not count in this total.
- E. Deliberately fouling another player calls for automatic ejection from the game plus a 2-minute penalty served by the center position player. The team charged with the foul must play short handed the full two minute penalty, regardless of the goals scored against them.

### **CODE OF CONDUCT (EJECTIONS/SUSPENSIONS)**

**Managers/coaches are responsible for informing all team members of the code of conduct policies. Game staff and officials can eject players, coaches, or spectators from games or the playing area for the following reasons.**

- A. Any physical abuse with another player, spectator or staff will warrant ejection from the game and suspension from further participation in the league.
- B. Any verbal misconduct by coaches, players or spectators before, during or after the games will be cause for suspension based on severity of the misconduct. The offender will be asked to leave the building.
- C. Deliberately fouling another player calls for automatic ejection.
- D. A participant that repeatedly violates the Code of Conduct section may be indefinitely suspended from participation in future Lifetime Sports events
- E. The Parks and Recreation Department will accept game staff's reports as honest, and action will be taken based on the strength of those reports.
- F. See the lifetime sports admin policy book for further rulings.

# Youth Floor Hockey - Rules Summary

## Loss of Possession

- Starting play from the center circle before the official blows the whistle to start play.
- When the puck is shot directly on goal (enters the crease) from the face off, without first touching another player or player's stick.
- When the puck is shot out of play directly from the center circle.
- Replacing a player in the center circle to start play, after the referee has whistled play to begin.
- When starting play with a swing and miss (**Ages 5-6 gets two attempts**) or failure to place the puck into play within 5 seconds after the start of the whistle.
- High sticking at start of play from the center circle.
- Playing a puck back to one's own goalie.
- The goalie taking more than 3 seconds to clear the puck from their goal box.
- Advancing and/or catching the puck with the hand.
- Goalie throwing puck directly across centerline or off the wall before it's touched by a player
- Goalie shooting puck directly across the centerline before it's touched by a player.
- Goalie throwing or shooting puck directly out of play.
- **Offsides:** Guards and/or forwards crossing the center line
- **Crease:** Stepping in the goal crease, making contact with the floor or any part of the goalies equipment, and making contact with an airborne puck inside the crease.
- **Hooking:** Impeding a player or his/her stick with the defender's body or stick
- **Blocking:** Setting of a screen by an offensive player OR a defensive player not giving enough room for an offensive player to move
- **Delay Game:** Deliberately stopping play, intentionally interfering with play during a substitution, or using the boards to gain an advantage.
- **High Sticking:** Waist – Ages 5-8; Arm Pits – Ages 9-14
- **Cause High Stick:** Deliberately causing an opponent to high stick by "popping" the stick

## Two Minute Penalties

- **Pushing:** Deliberate bumping of an opponent to gain an advantage
- **High Sticking:** Making contact with another player during the act of high sticking
- **Tripping:** Using the stick or body in a way that causes an opponent to trip or fall
- **Slashing:** Deliberate action with the stick in a violent way. Swinging the stick while not playing the puck, chopping or slapping an opponent's stick, deliberate action on a players body with the stick
- **Bench Penalty**

## Four Minute Penalties / Ejection

- **Unsportsmanlike Conduct**