



FLOOR HOCKEY

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The Official Special Olympics Rules shall govern all Special Olympics Floor Hockey competitions. Special Olympics, Inc. is the International Governing Body for Floor Hockey.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

SECTION A - OFFICIAL EVENTS

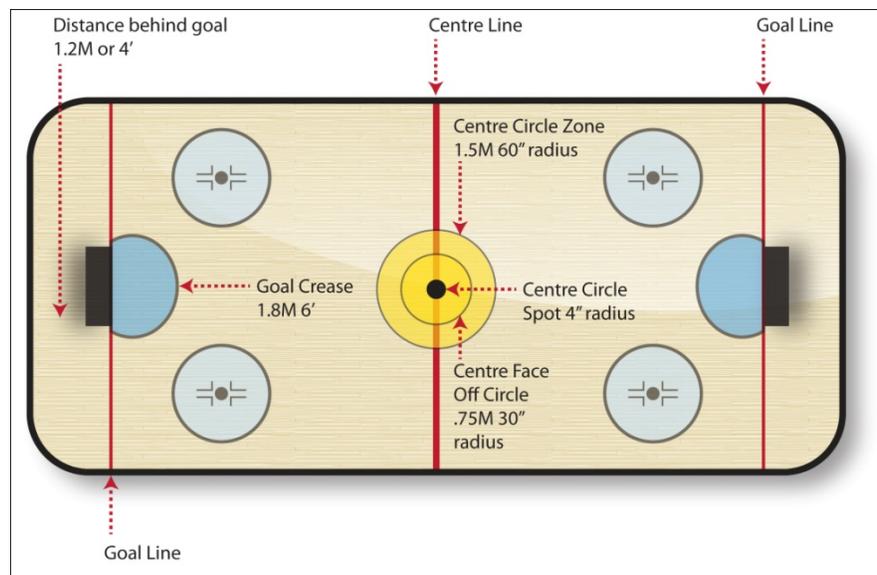
The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Skills Competition
2. Team Competition
3. Unified Sports® Team Competition

SECTION B - FACILITIES

1. Official Dimensions of the Floor Hockey Playing Surface:



- a. The recommended playing area shall be a maximum of 35 meters x 20 meters and a minimum of 24 meters x 12 meters (basketball court dimensions), on a level surface properly marked for Floor Hockey.
- b. The playing surface shall be free from any projections which a player could encounter in the course of play.
- c. The playing surface may be defined by lines or boundary boards. The preferred boundary board would be constructed of sturdy material and be between 1.1m -1.2m in height. Alternative boundary boards may be used but must be of a flexible nature such as foam rubber or cardboard to prevent injury. Marking tape may be used in place of boundary boards if no other suitable material is available.



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- d. The back of the goal shall be set 1.2m out from the end line to allow play behind the goals.
- e. Both goals are set up with the center part of the goal placed in the center of the width of the playing surface.
- f. The two goals each measure 1.8m wide x 1.2m high x .6m deep. Regulation ice hockey goals are also permitted. The sides and back of the goal must have appropriate netting.
- g. A center line will mark the area of play such that the floor is divided in equal halves. Goals and end lines are equidistant from the centerline.
- h. Center Circle Spot: a line 10cm in length perpendicular to the center line or a circular spot 10cm in radius is to be marked in the center of the center face-off circle.
- i. Center Face-off Circle: a circle with a radius of .75m and a line width of 5cm to be marked outside the center circle spot.
- j. Face-Off Zone: a circle with a radius of 1.5 m and a line 5cm in width to be marked outside the center court face-off circle.
- k. Goal Line: a line 5cm in width is drawn between the two goal posts of each goal and extend to the goal crease.
- l. Goal Crease: the goal crease is a semi-circle with a 1.8m radius drawn from the center of the goal line.
- m. End Zone Face-Off Circles: face-off circles are marked with a circular spot of 10cm in radius or a line of 10cm in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle is located at a 45 degree angle from the center of the goal line. The center of each side face-off circle is positioned halfway from the centerline and the end of the court and 10 % in from the side of the court.

For instance, if the court measures 15.24 X 30.5 meters (50 X 100 feet), the center of each face-off circle is determined by measuring a point 7.6m (25 feet) from the center line and 1.5 m (5 feet) from the side of the court. If the court measures 12 X 24 meters (40 X 80 feet), the center of each face-off circle is determined by measuring 6.1m (20 feet) from the center line and 1.3m from the side of the court. Each circle has a radius of .75m and a line drawn through the center point of the face-off circle that is parallel to the center line.

- n. There shall be a designated penalty box area.

SECTION C - EQUIPMENT

1. The puck is a circular felt disc with a center hole and has the following dimensions:
 - a. Diameter: 20cm
 - b. Center Hole: 10cm may be reinforced with leather.
 - c. Thickness: 2.5cm
 - d. Weight: 140-225 grams (5-8 ounces).
2. Sticks other than goalkeepers' sticks must be a rod or dowel made of wood and/or fiberglass conforming to the following dimensions:
 - a. Circumference: 7.5 - 10cm
 - b. Length: 90-150cm
 - c. The non-handle end (i.e. the bottom or floor end) of all sticks other than goalkeepers' sticks must be rounded-off. The stick must be of a uniform thickness over the entire length, however, tape or other materials may be added to the top .6m of the handle end of the stick to facilitate holding the stick. The handle end of the stick may be built up as much as .5cm. No tape, string, or other object is allowed that will increase the diameter on the bottom 15cm of the stick.
3. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick. The blade of the goalkeeper's stick must not exceed 8.9cm (3 ½ inches) in width at any point except at the heel where it must not exceed 11.4cm (4 ½ inches) in width; nor must the goalkeeper's stick exceed 39.3cm (15 ½ inches) in length from the heel to the end of the blade. There is to be no measurement of the



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curvature of the blade on the goalkeeper's stick. All other elements of the stick are subject to a measurement and the appropriate applicable penalty. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 66cm (26 inches) from the heel and must not exceed 8.9cm (3 ½ inches) in width.

4. **Mandatory Protective Equipment:** All players must wear:
 - Helmets with full face masks
 - Gloves (i.e padded gloves, street hockey gloves, field hockey gloves)
 - Shin Guards (street hockey, ice hockey, soccer guards) the goalkeeper will be allowed to wear regulation size ice hockey goalkeeper pads not to exceed 31 cm (12 inches) in width.
 - Proper athletic footwear (i.e running shoes)
5. **Recommended Protective Equipment:**
 - Elbow pads
 - Athletic supporter
 - Knee pads
 - Goalie chest protector
 - Mouth piece
6. Prior to each game the referees will check for proper equipment.

SECTION D - PERSONNEL

1. There must be two certified referees in appropriate and matching attire; for example, black pants and a black and white striped referee shirt.
2. There must be two scorekeepers and one timekeeper, the scorekeepers also act as line monitors.

SECTION E - RULES OF COMPETITION

- a. Team Competition
 - a. Players and Line Rotations
 - 1) A team on the playing area must consist of six (6) players; one (1) goalkeeper that must play from a standing position, two (2) defenders, and three (3) forwards (one center and two wings).
 - 2) There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9th line) when the goalkeeper may be removed for an extra forward/player. This may only be done during a face off or stoppage of play.
 - 3) Each player must wear a shirt with distinctive team color and markings and a 15 - 20 cm player number on the back of the shirt.
 - 4) By the completion of the game, the total number of lines played by any one player, excluding a goalkeeper, who is designated to play the entire game, must not exceed the total number of lines played by any other teammate by more than one line. The goalkeeper may play the entire game or may alternate playing time with another goalkeeper. If two goalkeepers are designated during the same game, by completion of the game, they must have played within one line of each other.
 - 5) Rotation of line: Please refer to the coaches' manual for line rotation examples.
 - 6) Teams shall start a competition with a minimum of 11 players and a maximum of 16 players. Any player not included in the line-up must be listed on the bottom of the score sheet, with the reason they are sitting out. In the event of an injury, illness or behavior issue that requires one or more players be removed from the team's line-up, the team will be allowed to continue with as few as 9 players. If a team cannot field 9 or more players for a game, then the team must forfeit

Note: If two goalkeepers are designated then the minimum they must be rotated is each game. They may be rotated on an equal basis within each game. In order to rotate on a shift basis then both goalkeepers must be dressed with full equipment to minimize delays.



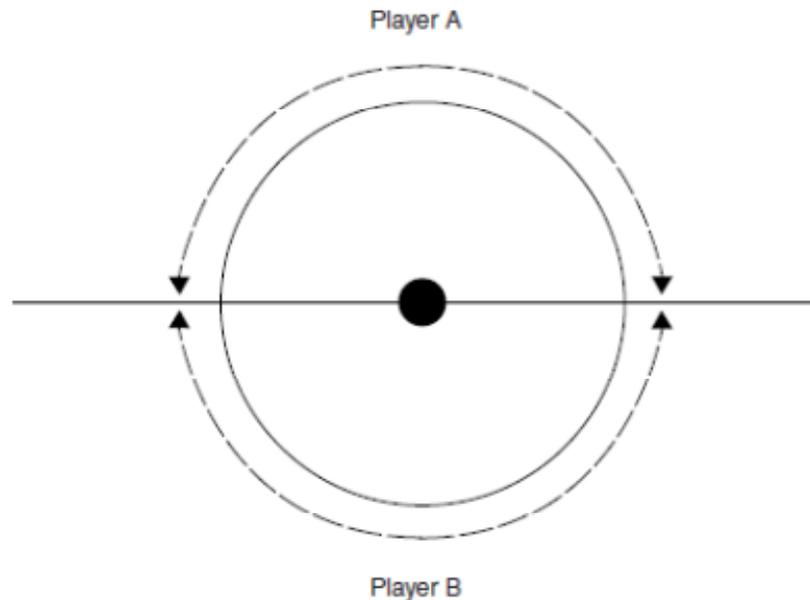
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- 7) Each team must submit an approved score sheet to the scorekeeper 10 minutes prior to the start of the game. Each score sheet must include team name, head coach, all players' names and individual numbers on the respective lines throughout the game reflecting the rotation of all players. One copy of the score sheet shall be kept by the scorekeeper, one by the coach of the opposing team, and one will be given back to the coach. If the score sheet is not turned in on time, a 1 -minute bench penalty may be assessed to the late team.
 - 8) In case of an injury, game misconduct, or other event that requires a substitution of player/s and alters a team's line rotation, the referee will stop play. The timekeeper will stop the game clock. The team's coach will adjust the team roster/line rotation accordingly so that each player, excluding the goalkeeper, will play within one line of each other. Substitutions within a line will be allowed in the case of 3 or more simultaneous penalties. The clock will remain stopped during substitutions.
 - 9) In case of a line change during the course of a player's penalty, a player from the incoming line will serve the remaining portion of the penalty. If the penalized player is scheduled to play in the incoming line then the penalized player must be the player to serve the penalty in this incoming line. If the penalized player is not scheduled to play in the incoming line then the coach will determine which player of the incoming line must serve the balance of the penalty.
 - 10) Only players and 4 team officials are permitted to sit on the team's bench. Players not in the current game (injury, illness or behavior) will be listed on the bottom of the score sheet.
 - 11) To be eligible for higher level competition (i.e. International), a team must have competed in the next lower level of competition (i.e. Chapter, Area) with at least 11 players so that the 11-player international rule has been met.
- b. Divisioning
- 1) Teams will be divisioned according to a team score compiled in the Individual Skills Competition and a classification round.
 - 2) Coaches must submit Individual Skills Competition scores for each player on their team's roster, utilizing the Team Roster and Skills Assessment form prior to conducting the competition. The team score is determined by adding all players' scores and then dividing by the total number of players.
 - 3) Teams are initially grouped in divisions according to their Team Roster and Skills Assessment scores. A classification round is then conducted as a means of finalizing the divisioning process.
 - 4) In the classification round, teams will play one or more games with each game lasting at least six minutes. Each team will be required to play all of the players on their Team Roster.
- c. Time of Play
- 1) Games will consist of three 9-minute periods, with a 1-minute break between each period. The last three minutes of the third period (the 9th line) shall be stop time unless waived by both coaches prior to the start of the line. One 1-minute time-out is allowed per team per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands. A time out will only be granted at a stoppage of play.
 - 2) There will be three line shifts per period. The timekeeper will signal the time for line changes with a horn/towel/whistle. Play will resume with a face-off at the face-off circle nearest the stoppage of play.
 - 3) Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).
 - 4) Teams may change ends after each period of play. If a team desires to change ends the head coach must inform the referees prior to the beginning of play. If neither team requests this option the team will remain on the side of the surface they began the game throughout the game.
 - 5) Time of play must be running time. However, when a goal is scored or a penalty is called, game and penalty clocks will be stopped. Play is resumed with a face-off at the sound of the referee's whistle. The clock will also be stopped for time-outs, line changes, and whenever the referee so designates.

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d. Face-Offs

- 1) A face-off shall occur at the following times:
 - a) to begin the game and each period at the center floor face-off circle;
 - b) after each stoppage of play during a period, except after a goal, at the nearest face-off circle;
 - c) after each goal at the center floor face-off circle;
 - d) after each minor or major penalty in the offending team's defensive end;
 - e) when an unsafe condition exists due to a cracked or broken stick(s) in the vicinity of play or at any other time deemed appropriate by the referee. A face-off must take place at the nearest face-off circle to the position of the puck when play was stopped.
 - f) if attacking player shoots the puck over the boards or out of bounds in the attacking zone then the face-off comes to the neutral face-off circle. If the puck is shot out of play by a defensive player then the face-off results in the closest face-off circle to the infraction.
- 2) For all face-offs, all players must stand with their sticks and bodies completely to their team's side of the face-off line. Only two players participate in a face-off. Both players who are facing off may place the tips of their sticks on the same side of the face-off circle as long as the tip of each player's stick is in the respective half of the face-off line/circle. During the face-off players must play the puck. They are not allowed to interfere with the other player's stick during the face-off.
- 3) The players facing off must stand completely outside of the face-off circle. Their sticks must be equal distance from the puck in the face-off zone (See Diagram Below). Their sticks must be "on-sides", (on their team's side of the centerline of the face-off circle). For face-offs from the center circle, only the players facing off are allowed in the face-off zone until the whistle is blown.



Note: team A player can be positioned anyplace on their side of the zone, team B player can be positioned anyplace on their side of the zone.

- 4) Play starts when the referee blows the whistle.
 - a) In a case where there is a hearing-impaired player, the referee shall raise his arm to indicate that play is about to start. The referee must then simultaneously blow the whistle and drop the arm toward the puck to indicate the start of play.
- 5) The puck must be swept out of the face-off circle in a manner such that the stick does not



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make contact with the center of the puck. Contact with the puck outside of the face-off circle must be made by a player other than those facing off before the players facing off can place their sticks in the center of the puck. The players who are facing off may continue to sweep at the puck until the puck is swept out of the face-off circle. After the initial sweep, the players who are facing-off may kick the puck out of the face-off circle.

- e. Goals
 - 1) The entire puck must pass over the goal line to count as a goal scored. The puck needs to be in the goal before the signal sounds to end the line or period for the goal to count. One point is counted for each goal scored.
 - 2) The offensive player must put the puck into the goal with the stick from outside the goal crease area. Kicking or throwing the puck into the goal is not allowed. It is legal to kick the puck during play, but it is illegal for an offensive player to kick it into the goal. If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, a goal must be allowed.
 - 3) A goal is scored anytime the puck is put into the goal in any way by a defending player.

- f. Minor Fouls
 - 1) The following events shall result in a stoppage of play and a face-off at the nearest circle:
 - a) The goalkeeper throws the puck forward to a teammate. The goalkeeper may throw the puck no more than a 45-degree angle, (per diagram), behind the defending side face-off circle. If the puck is thrown between the defending faceoff circles it is only eligible to be played by an opposing player.
 - b) If a player directs a puck to a team member with his hands an immediate stoppage of play will result unless it is touched or controlled by an opposing player.
 - c) A player stands on the puck.
 - d) A player(s) holds the puck longer than 3 seconds.
 - e) A stick is cracked or broken.
 - f) A player falls in the immediate area of the puck.
 - g) A goal crease violation. A goal crease violation has occurred anytime an attacking player breaks the plane of the goal crease with his body or stick, which includes the goal crease line. Or when a defensive player breaks the plane of the goal crease with his body. The only time a defensive player may reach into the crease with their stick is for the purpose of clearing the puck out of the goal crease area. The resulting face-off shall occur in the offending player's side of the court.
 - 2) In the event a crease violation [f.1) g) above] is called against a defensive player whose team does not have control of the puck, the referee will indicate a "delayed foul" by raising his arm. Play will not stop until the defending team gains control of the puck at which time a face-off shall occur in the offending player's side of the court.

- g. Minor Penalties
 - 1) Minor penalties shall result in a 1-minute penalty for the offending player. The resulting face-off must be taken in the face-off circle of the offending team's defensive end. Minor penalties include the following:
 - a) Holding (impeding progress of an opposing player).
 - b) Tripping.
 - c) Charging (running, jumping into, or charging opponent who has a clearly established position).
 - d) Interference (impeding the progress of an opponent who is not in possession of the puck).
 - e) Deliberately delaying the game by lying or standing on the puck or shooting it out of the playing area.
 - f) Hooking, slashing, or kicking.

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- g) High sticking (a player's stick must be held below his/her shoulder level at all times).
 - h) Roughing (using any part of the body such as an elbow to hit an opponent or modify, by contact, the opponent's direction).
 - i) Goalkeeper outside the goal crease (both feet must stay inside the goal crease area).
There will be a delayed penalty if the goalie comes out of crease and the other team has possession of puck.
 - j) Charging from behind.
 - k) Cross-checking (occurs when a player holds his stick horizontally and shoves a player with it).
 - l) The goalkeeper sits, lies down, kneels on the ground, or holds the stick horizontally along the floor during play. A goalkeeper may go to the ground while making a save or to smother the puck. The goalkeeper will be warned the first time.
 - m) Abuse of officials or unsportsmanlike conduct. If the penalty is called against a player currently in the game, the offending player will serve the penalty. If the penalty is a bench penalty the coach will pick a player currently in the game to serve the penalty.
 - n) A team does not submit its score sheet ten minutes prior to the scheduled start of the game or coaches other than the designated "head coach" try to discuss rules and rules interpretation with the referees during the game. Again, the coach will decide which player shall serve the penalty.
- 2) In case of a line change during the course of a player's penalty, a player from the incoming line shall serve the balance of the penalty.
 - 3) If a goal is scored against the team which is short-handed, the player serving the penalty may return to the game even if the penalty time has not elapsed. A team shall not be required to play with fewer than four players. If more than two players are penalized during the same time, penalties shall be served in succession.

Note: Definition - "Short-handed" means that the Team is below the numerical strength of its opponents on the court at the time the goal is scored. See the following examples:

 - a) A coincident minor penalty results in both teams playing at equal strength. Players will sit the entire penalty whether a goal is scored or not.
 - b) Team A gets a minor penalty and is "short-handed", Team B gets a minor penalty 30 seconds later. Both teams are considered to be equal strength until the end of Team A's penalty at that time Team B will be "short-handed" for the remaining 30 seconds of their players penalty.
 - 4) If the goalkeeper commits a minor penalty, a teammate playing on the court at the time of the penalty will serve the 1-minute penalty for the goalkeeper.
 - 5) In the event a penalty is called against a player whose team does not have control of the puck, the referee will indicate a "delayed penalty" by raising his arm. Play will not stop until the defending team gains control of the puck. The full duration of the penalty shall be enacted at the time play is stopped.
 - 6) The team's conduct before, during, and after the game is the responsibility of the head coach. If the referee determines that a team's play is too rough or inappropriate the referee will give the head coach one warning and then the head coach may be subject to a one-minute penalty for unsportsmanlike conduct. If the problem persists the head coach may receive a two-minute major penalty and be removed from the game.
- h. Major Penalties
 - 1) The following events must result in expulsion from the game for the offending player. The referee will stop play. The timekeeper will stop the game clock. The head coach will adjust the roster/line rotation so that each player, excluding the goalkeeper, will play within one line of each other. The player shall be substituted for by a teammate who shall serve the 2-



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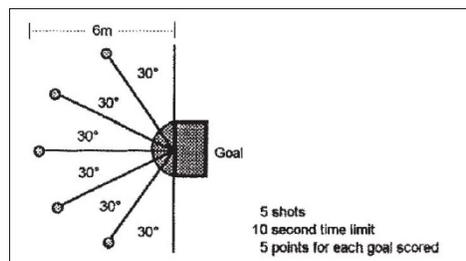
minute penalty. The resulting face-off shall be taken in the offending team's defensive end. Even if a goal(s) is scored while the team is short-handed for the major penalty, the player serving the 2-minute penalty may not return to the game before the two minutes have elapsed. Again, the head coach will decide which player shall serve the penalty. Major penalties include the following:

- a) Profane or offensive language.
 - b) Committing any intentional foul that might injure another athlete.
 - c) Fighting.
 - d) Any action on the part of a player which is intended to provoke or incite unsportsmanlike behavior on the part of another player.
 - e) Minor penalties which, by the discretion of the referee, are committed deliberately and with intent to injure another player, coach, or referee.
 - f) Deliberately throwing or swinging a stick at the puck or another player.
 - g) Receiving three minor or bench penalties in one game.
- i. Overtime
- 1) Overtime shall consist of one additional period of nine minutes with regular rotation of lines continued. The first team to score a goal shall be declared the winner. If, at the end of the overtime period, the score is still tied and no winner is needed for the competition to be completed, the game shall result in a tie. If a winner is needed then the game continues until a goal is scored.

2. Individual Skills Competition

a. Shoot Around the Goal

- 1) Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
- 2) Equipment: floor hockey stick, 5 pucks, tape, stopwatch, goal.
- 3) Description: Athlete takes one shot on goal from five different spots around the goal. These spots are located at the end points of five 6-meter long rays which start from a common point at the center of the goal line. Each ray is drawn such that it creates a 30 degree angle with the goal line extended or with a previously drawn ray. The athlete has a 10 second time limit to shoot all the pucks. One puck shall be at each spot before the athlete starts shooting.
- 4) Scoring: Each puck which completely crosses the goal line into the goal is worth five points. The score is the total of the five shots; 25 points maximum. (If a puck is deflected from entering the goal by a previously shot puck and the official believes it would have been a goal, then the full 5 points may be awarded).
- 5) Diagram:

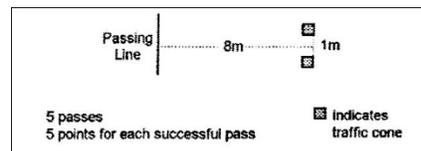


b. Pass

- 1) Purpose: To evaluate the athlete's control and accuracy when passing the puck.
- 2) Equipment: floor hockey stick, puck, tape, marker cones.

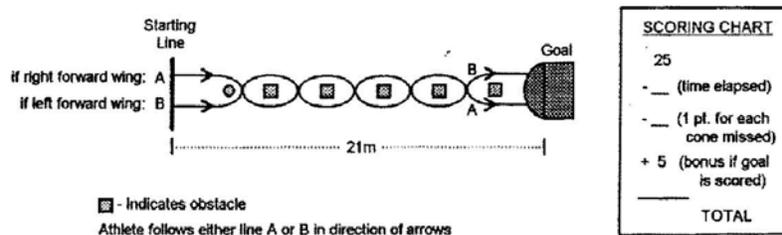
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- 3) Description: Athlete makes five passes from behind a line. Athlete tries to pass the puck between two cones (one meter apart) which are placed 8 meters from the passing line.
- 4) Scoring: Each time the puck completely crosses the line between the two cones, the athlete shall be awarded five points. If the puck hits the cone and completely crosses the line, the athlete shall be awarded three points. The athlete's total score is the sum of the scores from the five passes; 25 points maximum.
- 5) Diagram:



c. Stickhandling

- 1) Purpose: To evaluate the athlete's speed and ability to handle the puck.
- 2) Equipment: floor hockey stick, puck, 6 marker cones, tape, stopwatch, goal.
- 3) Description: Athlete stickhandles the puck from a starting line through a course defined by cones, and shoots the puck at the goal. The distance from start line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.
- 4) Scoring: The time consumed stickhandling is subtracted from 25. For any cones missed, subtract one point each. Five bonus points are given if the athlete scores a goal.
- 5) Diagram:



d. Shoot for Accuracy

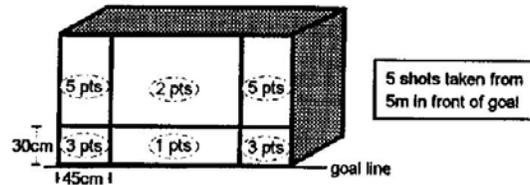
- 1) Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.
- 2) Equipment: floor hockey stick, puck, goal, tape or rope.
- 3) Description: Athlete takes five shots on goal from behind a line that is 5 meters from and directly in front of the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical ropes or tapes are hung 45cm in from each goal post. The horizontal rope or tape is strung 30cm above the floor.
- 4) Scoring:
 - a) The goal is divided into point sections as follows:
 - i. 5 points for any shot entering the goal in either of the upper corners.
 - ii. 3 points for any shot entering the goal in either of the lower corners.
 - iii. 2 points for any shot entering the goal in the upper middle section.
 - iv. 1 point for any shot entering the goal in the lower middle section.



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- b) Each shot must completely cross the goal line into the goal for athlete to receive any points, except if the rope or tape stopped the puck from crossing the goal line. In this case, give the point total for the lesser section. The score is the total of these five shots; 25 points maximum.

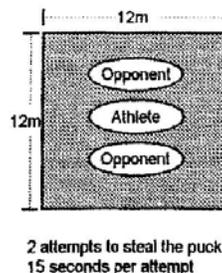
5) Diagram:



e. Defense

- 1) Purpose: To evaluate the athlete's skills associated with defense such as stealing the puck, pressing the opponents, stick checking, and staying between the opponents.
- 2) Equipment: 3 floor hockey sticks, 3 pucks, 4 cones, and stopwatch.
- 3) Description: Athlete gets two attempts to steal the puck (gain control of the puck) from two opponents who try to keep it away from the athlete being tested. Athlete has 15 seconds on each attempt to steal the puck which is passed between opponents stationed in the face-off circles in a half-playing surface area (12m x 12m).
- 4) Scoring: Each steal is worth 10 points (one steal for each attempt). If the puck is not stolen, the athlete may score up to:
 - a) 1 point for pressing the opponents;
 - b) 1 point for trying to stay between the opponents;
 - c) 2 points for trying to stick check opponent with puck;
 - d) 20 points maximum.

5) Diagram:



Note: Coaches should put opponents who are of similar ability on the floor at the same time.

f. Final Score

- 1) A player's final score is determined by adding together the scores achieved in each of the five events which comprise the Individual Skills Competition.

**FLOOR HOCKEY****SECTION F - UNIFIED SPORTS[®] TEAM COMPETITIONS**

- a. The roster shall contain a proportionate number of Special Olympics Athletes and Unified Sports Partners.
- b. During competition, the line-up can contain no more than three partners on the court at any one time. Equal playing rules as outlined for traditional Floor Hockey teams in section E, 1, apply for all players including the goalkeeper.
- c. Each team shall have a non-playing head coach.
- d. Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Floor Hockey. Significant risk of injury could result from teams where athletes and partners are poorly matched.