

Floor Hockey Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. ***Undergraduates/Graduate Students***

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

***Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. ***Faculty and Staff***

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

***Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

3. ***Alumni***

All alumni are ineligible to participate without a proper membership to UREC.

4. ***Professional Athletes***

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. ***Varsity Letter Person***

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. ***Student Athletes***

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. ***Sport Club Members***

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

***Note: Teams are restricted to *two Sport club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

***Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

Valid JACards are required for participation. “No JACard, NO play”

Assumption of Risk

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

Facilities

1. Games will be played in both the Godwin and MAC Gymnasiums.
2. All sides of the walls are in play and barriers will be placed in the corners at Godwin.
3. Equipment carts will provided at each UREC Facility.
4. All violations require a face-off to resume play. Faceoff points are indicated by colored lines on the court.

Game Time and Timing Regulations

1. A game will consist of three (3) periods of ten (10) minutes each with running time and a 1 minute intermission between periods. During the last two minutes of the game, the clock will stop on every whistle.
2. There are no time outs except for injury or emergency.
3. During the playoffs, if a game is tied at the end of regulation, there will be five (5) minute, sudden death overtime period. If the score remains tied, this procedure will be repeated until there is a winner.

The Team

1. A team consists of five (6) players on the floor at one time (5 players and a goalie). A team may start a game with four (5) people one of which must be a goalie.
2. A team that does not have the required number of players at the designated game time will give up one goal for every minute that they are late. The clock will also begin running at this time. After ten minutes, the game will be declared a forfeit.
3. **Valid JAC Cards are required for participation.**
4. A player can make a substitution for another floor player only on a stoppage of play. **There is no subbing on the fly!** You must wait for the official to wave you in. Any substitution not approved by the official will not be allowed.
5. A goalie substitution can be made only between periods

Player Equipment

1. The equipment to be used consists of plastic blade sticks and light weight balls. Participants may use their own sticks as long as the stick is no longer than the ones provided by UREC. Sticks with wood blades will be allowed, as long as the blade is completely taped. All other equipment will be provided.
2. All players must wear rubber-soled, closed-foot tennis or basketball shoes.
3. Goalies are required to wear a mask to protect their face and eyes. The goalie also must use a baseball style glove on the hand opposite of their stick hand. The goalie must also wear a chest protector.
4. Hockey gloves and helmets for protection are allowed, but are optional. You may also wear knee pads or shin pads.

Rules Section

Scoring a Goal

1. Whenever the ball, in its entirety, passes across the goal line, hits inside the goal itself or against the net to count as a goal before time expires.
2. The ball may deflect off a player or equipment but cannot be kicked, thrown, or deliberately diverted into the goal by any means other than a stick.

3. Under no circumstances can a goal be counted when the offensive team has committed a penalty.
4. A goal scored when a high sticking penalty has occurred will not count.

Stick Handling

1. Slapshots must be made by keeping the stick below the waist.
2. If any defensive player, including the goalkeeper, deliberately throws the stick at the ball in their defensive zone, a penalty shot will be awarded to the offensive team.

Violations

All violations require a face-off to resume play.

1. The goalie throws the ball to a member of his or her own team past the center line.
2. Standing or falling on the ball. Face-off in own zone.
3. Any player other than the goalie holds the ball (wrapping fingers around it).
4. Balls go out of play. Face-off at point from which ball was shot from.
5. Ball is held against the wall by a number of players. Face-off at nearest face-off circle.
6. A hand pass to a member of your team.
7. Any part of an offensive player's body enters the crease (the stick is allowed to be in the crease for a loose puck).

Minor Penalties

1. All minor penalties require that the offender sit in the penalty box for a 2 minute duration. There will be no delayed penalties. If the opposing team scores during the power play the penalized player will be allowed to return to the game during the succeeding face-off. Play will resume with a face-off in the penalty committing team's zone.
 - a. **Tripping** – A player trips an opponent with their stick or their body.
 - b. **Hooking** – A player attempting to impede the motion of another player by hooking them with the blade of their stick.
 - c. **Slashing** – A player swings their stick in a slashing motion at an opponent to impede their motion.
 - d. **High Sticking** – A player shoots or passes the ball with their stick above the normal height of his waist.
 - e. **Butt Ending** – A player puts the end of their stick into their opponent's body.
 - f. **Holding** – A player holds onto or wraps their arms around an opponent to impede their progress.

- g. **Interference** – An offensive player physically impedes the goalie’s ability to effectively make a play on the ball.
- h. **Roughing** – A player is using excessive contact against an opponent.
- i. **Sliding** – Purposely impeding the forward progress of a buck by using a player’s body in a sliding motion.

Major Penalties

1. A major penalty requires that the offender sit in the penalty box for a 3 minute duration. There will be no delayed penalties. However, a major penalty may result in ejection and/or forfeiture of the game in the discretion of the official. During the power play the penalized player remains in the penalty box for the entire 3 minutes, even if a goal(s) are scored. Play will resume with a face-off in the penalty committing team’s zone.
 - a. **Charging** – A player runs or jumps into an opponent after more than one step or stride is taken.
 - b. **Cross-Checking** – A player stick checks another player with both hands on the stick and no part of the stick touching the floor.
 - c. **Boarding** – A player violently thrusts an opponent into the wall by body checking, elbowing, or tripping.
 - d. **Spearing** – A player thrusts their stick at an opponent in bayonet fashion.
 - e. **Fighting** – Any act which may constitute a fight or the perception of a fight; game misconduct will result in ejection. Team will play down a player for entire 3 minute duration.
 - f. Any action deemed unsportsmanlike or flagrant by the official.

Penalty Shots

1. A penalty shot will be awarded:
 - a. When any player throws a stick for any reason
 - b. When a defensive player commits a penalty to an offensive player on a breakaway.
 - c. When any player commits a penalty to stop a sure goal.
 - d. If a goalie throws a piece of equipment to stop a goal.
 - e. If a defensive player (not the goalie) freezes the puck in the crease.
 - f. If a defensive player intentionally moves the goal.
2. During a penalty shot, players must shoot in a continuous motion from the center face-off spot to the goal. Players cannot stop to shoot the ball. There will be no rebounds. Play will resume with a face-off at center-court.

Disqualifications

1. Throughout the game, player penalties will be recorded by the official or site manager on duty. A player will be disqualified from the contest if he or she records:
 - a. 3 minor penalties
 - b. 2 minor penalties and 1 major penalty
 - c. 2 major penalties
2. A disqualification is NOT an ejection. This is equivalent to “fouling out” in basketball.

Sportsmanship

Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

Total 11.5

Average Conversion: $11.5 / 4 = 2.875$. This team would not be eligible for continued play or playoffs.

Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control

of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent Sportsmanship: (3.5 – 3.1 points)

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains**.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

Good Sportsmanship: (3.0 – 2.6 points)

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

***Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

Average Sportsmanship (2.5 – 2.1 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

Below Average Sportsmanship (2.0 – 1.6 points)

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

***Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses

4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

Poor Conduct and Sportsmanship (1.5 - .9 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

Unacceptable Sportsmanship (0 points)

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

Sportsmanship Sanctions

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

Blood Borne Pathogen Policies

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area

completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.