



CVSSC Floor Hockey Rules

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CVSSC Floor Hockey Rules

1. Spirit Points:

The “Spirit of the Game” is extremely important for all CVSSC leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on what they were like to play against (showed up on time, had enough players, called their own fouls, knew the rules and were fun). Spirit scores will be kept private until the end of the season, where they will be used as the first tie-breaker in standings. Consistently poor spirit ratings will be communicated to team captains, and if unchanged afterwards, can result in penalties – including removal from the playoffs and an inability to join future CVSSC leagues. On the flipside, the team with the best spirit point rating will get a prize at the wrap-up party.

*Play clean and fair and it won't be an issue.

*If you don't report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, or forgotten, please email it to scott@comoxvalleysports.ca by the following day.

2. Weather Policy:

If it is dangerous for you to drive due to severe weather like a massive snowfall, do not drive. While it is quite difficult to re-schedule games, especially with a crunch on gym time and the unpredictability of snowfall, the CVSSC tries to book extra time for the possibility of a gym cancellation or snow closure. The CVSSC cannot

guarantee a full schedule of games, but will try its best. We will also do our best to post cancellations on our Facebook page when it's known. If you have any questions, please call Scott at 250.898.7286.

3. **Equipment and Boundaries:**

The entire gym at Comox Rec is "in bounds," unless the ball disappears into the corners or stands. Players not playing on the floor at any given time should sit or stand in the players' bench area behind the overturned tables. Changes take place on the fly.

- a) If a ball goes out of bounds in the corners or into the stands, possession is given to the team which did not touch the ball last. The ball is put in the nearest corner and the player is given at least a meter of space to play the ball back in to a teammate and re-start the game.
- b) **Player Gear:** Sticks with plastic blades and one-piece composites are allowed, as long as they don't mark up the floor (ie. stick blades should not be taped). Wooden blades are not allowed. Each player must also bring a light and dark coloured shirt to the rink, unless they have communicated a team jersey colour, so that players can be able to tell teammates from opponents. Players may wear small shin pads and gloves, a mouth guard and eyewear, but actual ice hockey gear may not be allowed, as players tend to play more aggressively when they wear thick protective gear.
- c) **Goalie Gear:** Goalie gear should be purchased and provided by teams, but there are two sets that can be rented off the CVSSC each hour slot (goal pads, chest protector, blocker, glove, goal stick, etc...). If you require hockey pants, a hockey jersey, protective cup, or any other piece of equipment, please provide it yourself. ***Goalie pads must not be taller than 34 inches, or wider than 11.5 inches at their widest point.***
- d) **Balls/Scoreboards/Timers:** Each team will be given a number of balls at the beginning of the season for warm-up and game action. Those balls are theirs to keep and use for game play, though teams can agree to use different balls if they so choose. After that, teams will have to purchase the balls at purchase price from the league. Scoreboards and timers will be available in the gym.

4. **Match Play/Format:**

- a) Games should start shortly after scheduled (check sked for exact start times), so please arrive on time or a little early to the gym to change, warm up, help set up and stretch. Each game consists of a one-hour time slot, split up with a half-time at approximately 25 minutes in. A provided timer should be set to go off when the time has expired. Anything that happens after the timer goes off does not count.
- b) A game is completed and the score recorded when the hour time slot is finished. A tie game at that point is recorded as a tie. In the playoffs, the time slot is 55 minutes, and the game will go to a 5-minute sudden death if tied at that point.
- c) Teams must be able to field a minimum of three players and a goalie for the game to count. If a team does not field enough players, they default to a score of 10-0. Please still split up and play for fun however, as we have the gym time and might as well use it.
- d) The two team captains should make contact before each game and communicate any issues with each other throughout the game.

- e) A mercy rule will be called any time one team takes a 10-goal lead. Please continue to play for fun, but that will be the final score recorded.

5. Game Play/General Rules:

- a) Captains should help keep the games running smoothly and on time, keep their players calm and communicate with the other team's captain about any concerns. A short timeout can be called by a captain in order to calm a player or discuss something with the opposing captain. Remember, as captain, the rest of your team takes its cue from you, so stay calm. If a problem isn't being resolved satisfactorily, note as such in communication with the league rep at the game, or in an email or phone call. I will follow up.
- b) The most important rule of the game is to keep sticks below waist level. Whether celebrating a goal, running with your stick, or other, please keep it low. High-sticking a ball is a change of possession. High-sticking a player is a penalty (see Section 6).
- c) Games are self-officiated. This means that teams are required to call their own fouls and penalties. Captains should settle any disputes between teams over what is/isn't a penalty and what is/isn't a goal.
- d) The scoreboard and timer will be manned by each team for a half, with teams switching ends unless both agree they're comfortable where they are. In the event that either, or neither, is available, please agree on a workable solution before each game. A players' stopwatch and a notepad and pen also work, as long as teams check in about the score with each other.
- e) Each half will start with the typical N-H-L faceoff, won only using the stick. Players cannot use their feet or body to win the draw. Teammates must stand at least two stick lengths away, but can enter the area to dig out the ball once the faceoff has commenced.
- f) **After a Goal:** The scoring team must clear to their side of half. They can only cross the centerline to attack the ball once a member of the scored-upon team crosses the centerline.
- g) **After a Goalie Stoppage:** The goalie can choose to move the ball quickly, or wait until the attacking team clears half – which should be done quickly. That team can then only cross the centerline to attack the ball once a member of the team in possession of the ball crosses the centerline (same as after a goal).
- h) The goalie must have at least one foot in the crease to smother a ball for a stoppage.
- i) Diving or lying down to block a shot or take away a pass is not allowed. Please stay upright to keep you face and body as much out of harm's way as possible.
- j) **The Crease/Screening:** Players can run through the crease in a moving screen/attempt to deflect a shot, but may not set a stationary "screen" to block the goalie's line of sight. Any goal scored on a stationary screen is disallowed. Players can stand off to the side of the goalie's sight and try for a deflection or wait for a pass.
- k) Players must not slash at a ball that is covered by the goalie, but they may score from within the crease and can make a play for a loose ball.

- l) Players cannot kick or bat the ball into the net with anything but their stick. However, a ball that deflects off a body part and in is a goal.
- m) Neither players, nor goalies, can make a hand pass. If it happens, call the play, turn over possession to the other team and give them a stick-length of room to start play again. However, a player can catch the ball and put it down to their own stick.
- n) Shooting: Any shot where the backswing comes more than a couple inches off the ground is not allowed – removing the slap shot and heavy snap shot from the game for safety reasons. Any goal scored on such a shot is disallowed.
- o) If the net is dislodged during gameplay, the goalie should put it back in position as soon as possible. A goal scored while the net is dislodged is not a goal. However, a penalty shot may result if the net was intentionally dislodged.
- p) Pulling the goalie for an extra attacker is not permitted.
- q) Players cannot back up with the ball to shield opponents from it while advancing it. It is too difficult to defend without being overly physical.

6. **Penalties and Rough Play:**

Penalties: Should be rare, but all penalties will be punished with at least a penalty shot, except for where it states otherwise. The penalty categories are as follows:

- a) **High-Sticking:** If a stick comes above waist level to contact a player, it will be a penalty shot. Keep control of your stick on your follow through, and at all times.
- b) **Reckless Play:** A result of a player being careless or aggressive in a non-threatening manner, but still results in a penalty shot. Examples include, but are not limited to: body contact where one player initiates, slashing, tripping, and lifting the stick in a reckless manner that could catch a player's hands or send the stick higher than waist height.
- c) **Rough Play/Threatening Actions:** This will not be tolerated. Penalty shots and any further misconduct, ejection from play, and/or suspension will be decided upon by the CVSSC representative. The rep may make the decision in conjunction with the team captains, but does not have to. Examples of Rough Play include: intentional body check, intentional contact with goalie, and intentional stick infractions that include cross checks, butt ends, high sticks, slashes and trips. Examples of Threatening Actions include: Swearing at an opponent, threatening an opponent, making an obscene or aggressive gesture towards an opponent.
- d) **Fighting:** Results in immediate ejection from the game and likely suspension from the league. Any further penalty will be decided by the CVSSC rep.

7. **Standings and Playoffs:**

- a) Both teams should keep track of the score on the provided scoreboard. Please report the score to a CVSSC rep after the games are done. If one is not at the game, team captains from both teams should email the score and their "spirit score" to sports@comoxvalleysports.ca by the following afternoon. If just one team reports a score, that score will be used.

- b) The standings will be determined by number of points (two for a win, one for a tie). The first tie-breaker will be spirit points. The second tie-breaker will be goals differential.
- c) The CVSSC retains the right to re-adjust the schedule at any point to keep games competitive and fun.
- d) The playoffs will likely encompass the final two weeks of the season. Matches will be set by the CVSSC based on the standings at that time.

8. **Alcohol/Smoking Policy, Waiver and Facilities:**

1. **Alcohol** -- The CVSSC rents public facilities for all its leagues and tournaments and events. These facilities, unless otherwise stated, are unlicensed. As such, the consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is strictly prohibited.
2. **Smoking** -- School grounds are also no-smoking areas and that extends 24 hours and applies to our use. Please walk off the grounds to smoke.
3. **Waivers** -- All players must sign a waiver -- waiving the right to sue and accepting responsibility for their actions -- before being allowed to play. It is up to team captains to ensure this is done.
4. **Garbage** -- Players are expected to pick up after themselves.
5. **Clean, Non-Marking Shoes** -- Please check to make sure you bring a pair of clean, non-marking shoes to each game. Teams are responsible for cleaning up their side of the floor after their match is done.
6. **Damages** -- Players will be held liable for any damage they are responsible for at the facilities.
7. **Complaints** -- Any player causing the CVSSC to receive a complaint about the facilities may be suspended.
8. **Sponsor Bars** -- The CVSSC does its best to provide sponsor bars that give drinks/food deals to players after games. See our website for more info.

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.