



Coed Floor Hockey

Set up rules

- Recommended 6-10 players
- Wednesday and possibly Sunday nights, depending on league size. Starting around 9:30 and second game at 10:30
- 1st quad only
- Six on the court maximum
- Must start and end with a minimum of 5
- Wood is in play
- Must use the hockey sticks that we provide, unless bring a stick that has similar components
- Goalies can use goalie stick, gloves, and can bring their own shin pads (shin pads must be of foam material, not plastic)
- Everyone must use court shoes
- Each team must have a team color
- Game will consist of two 20-minute halves of continuous clock. Only a 5-minute overtime of continuous clock
- We provide the pucks
- Each team gets a time out each half
- Clock is only stopped after a goal, a time out and after a long hit out of bounds

Game Play

- Face-offs will be after a goal and at the start of each half and overtime
- No offside or two line pass rules
- If the puck goes out of bounds that team that did not hit it out gets possession. That team must hit the puck in to another player
- On penalties, play will resume until the team that committed the penalty touches the puck, and then play is stopped.
- Blatent contact, ex. Checking, slashing, tripping, hooking, cross-checking will result in a 2 minute power play
- 2 blatant contacts will result in an ejection of that player for the game.

- Throwing of the stick will during a scoring opportunity will result in a penalty shot and throwing of the stick in another instance to stop a play will result in opposing gets puck and start at half court
- Shots with stick rule. Stick may not be pulled back past the knee and the follow through can not exceed the hip. (Penalty is a turnover on the spot)