

2012-2013 Adapted Floor Hockey Rules Supplement

The Adapted Floor Hockey Rules have been designed to act as a supplement to the Ice Hockey Rule Book published by the National Federation of State High School Associations. Language and recommendations that do not carry over to the nature of the game of Adapted Floor Hockey (i.e., use of ice skates, etc.) should be ignored.

These rules have been adapted as official for Adapted Athletics and recommended for use by organizations serving people with physical and mental disabilities. Their use will standardize adapted floor hockey competition within the State of Minnesota and throughout the nation. Specific rule adaptations have been made for play in a division for athletes with physical impairments (PI) while others have been made for play in another division by athletes with cognitive impairments (CI). Athletes using a wheelchair or other assistive device cannot play in the CI Division.

Rule 1: The Rink (Floor) – See diagram on last page.

Section 1: The Floor

- a. The floor will consist of a regular gymnasium, the size of a basketball court.
- b. The side and end walls of the floor will usually be determined by the walls of the gym with the exception of the one side wall, across the playing floor line, where the team benches, penalty benches and scorer's table will be lined up. A puck in this area is still playable until the referee determines that the puck has been frozen, interfered with, or that continued play in this area would be unsafe. In this case, the puck will be put into play by a face-off in the proper face-off area of the zone where the puck was at the time of the whistle. No player on the floor will be allowed to line up outside the playing floor line or travel through this area unless he is following or retrieving the puck, or is physically forced out. The referee may also view other equipment or areas in the gym as causing interference with the play of the puck (e.g., basketball nets, backboards, ropes, scoreboard, stage area, etc.), in which case a face-off would result in the zone where the puck was last played.

Section 2: Dimensions

- a. Any elementary or secondary school gymnasium may be used for games. No specific dimension is required.
- b. Boards are not required.

Section 3: Goal Posts and Nets

- a. A goal cage (4' x 6') shall be placed at each end of the floor, ideally centered in a free throw lane and approximately under the basketball hoop. Both cages must be the same size. A minimum distance of at least 3 feet must exist between the goal line and the end wall behind the goal cage with both cages being marked at approximately the same distance from the end and side walls.
- b. The goal cage shall consist of two upright posts of the same height, with a maximum height of four feet. These posts will be placed six feet apart. A cross bar, which is parallel to the nearest end wall, shall extend from the top of the post to the top of the other. Six feet by four feet is the required size of the goal cages.

Section 4: Goal Crease

- a. A semi-circle of six (6) feet using the center of the goal line as the center point. The width of the goal crease shall be measured by the free throw lane lines. The corner areas shall measure three (3) feet up the lane. The arch connecting these curves shall measure six (6) feet out from the center of the goal line; (see diagram).

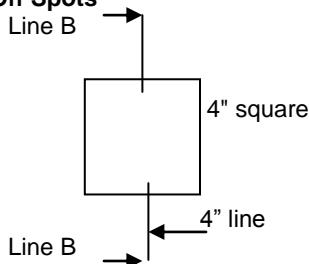
Section 5: Division

- a. The playing area between the two goals shall be divided into three equal parts by two inch (5.08 cm) blue lines extending completely across the playing area. (Note: especially in smaller gyms, the offensive area should be large enough to provide sufficient room, e.g., Offense 3/4 to 1/4 neutral.)
- b. Federation Rule
- c. Omit

Section 6: Center Floor Spot and Circle

- a. A designated spot, preferably the center of the center jump circle on the basketball floor, shall be used to spot the center of the playing area.
- b. All face-offs will be conducted in the following manner, given the diagram below. Each player will have to place the blade of his/her stick on line B. The puck is dropped in the square. This assures that neither player has an advantage.

Floor Hockey Face-Off Spots



Section 7: Face-Offs Spots in the Neutral Zone

- a. Two squares, four inches (10.16 cm.) on a side shall be marked on the floor in the neutral zone at a spot equal distance between the centerline and the blue line. It is recommended that these squares be of contrasting color other than red.

Section 8: End Zone Face-Off Spots

- a. A face-off square shall be marked on the floor in both end zones and on both sides of each goal. The squares shall be four inches on a side (10.16 cm). They shall be located by extending an imaginary line out from the basketball free-throw line and mid-point from the end of the goal line and the side boundary line (must be at least 15' from goal line).

Note: Due to variable floor sizes, only the center face-off square may be predetermined. However, the referee will be the final judge in approving the place of all face-off markings. (See floor diagram for reference). If a circle exists at the center face-off area of the floor, then no other player or equipment may cross into that circle during a face-off, other than the two opposing players participating in the face-off. All other players must be at least six (6) feet from the puck wherever the face-off is taken.

Section 9: Omit

Section 10: Penalty Benches

- a. There shall be a designated penalty box area. Players penalized must serve their penalty time in this area.

Section 11: Signal and Timing Device

- a. Federation Rule
- b. An electric clock, or other timing device, shall be provided for the purpose of keeping the game officials accurately informed as to all time elements at all stages of the game, including the time remaining to be played in any period.
- c. Omit
- d. Omit

Section 12: Goalkeeper's Privileged Area

- a. Confined to goal crease.

Rule 2: Teams

Section 1: Team

- a. A team shall be composed of six players, designated: goalkeeper (goalie), right defense, left defense, center, right wing and left wing, respectively. All members of a team shall wear a numbered jersey or shirt of the same color. Numbers shall be clearly visible to officials during game play. If there are less than five players at the beginning of the game, a forfeit shall be declared by the official. Players serving penalties are considered part of the team actively playing.
- b. Omit
- c. *We Love to Play:*
 1. Wheelchair players: Teams must play at least two athletes using wheelchairs or one wheelchair and one player using a walker. If the team is short one Wheelchair Player, it must play one player short. Note: A player whose physical condition requires the use of a walker (a device with four bases of support) for mobility will be counted as one of the required Wheelchair Players. Players that use crutches or canes are not counted as a wheelchair player.
 2. Players using wheelchairs must be independent in management of their wheelchairs, manual or power chairs. No assistance will be allowed whether it is a pusher, a person having remote control, or any other physical assistance.

Section 2: Team Captains

- a. There will one designated captain on each team that will be allowed to communicate with the referee regarding any in game concerns.

Section 3: Players in Uniform

There is no limit to the number of players who may dress for and play in a regular season game. A maximum of twenty players may dress for and play in post-season tournament games. A maximum of 20 players, 3 coaches, and 2 managers constitute an official tournament squad.

Section 4: Omit

Section 5: Substitutes

- a. Omit
- b. Omit
- c. If at any time, a team plays too many persons, it shall immediately send the extra play or players from the floor. Penalty - for each extra player, minor (Captain's choice).
- d. If an extra player from the team bench or penalty box prevents, or tries to prevent a break away, there shall be a delayed whistle. Penalty - Penalty shot and Misconduct.
- e. All individuals assigned to each team much be given fair playing time.

Section 6: Injured Players (Federation Rule)

Rule 3: Equipment

Section 1: Sticks

- a. Most sticks manufactured and sold specifically for use in middle school and high school physical education will be allowed. Illegal sticks are defined as sticks that have wood, composite or aluminum exterior shafts. Stick blades must be plastic poly or poly-fiberglass manufactured floor hockey stick blades. (MSHSL Rule – CI Division) The center must have tape striping on the blade and shaft of their stick
- b. Federation Rule
- c. Federation Rule. Only goalkeepers are allowed use of a goalkeeper's stick.
- d. Federation Rule
- e. Federation Rule
- f. Federation Rule
- g. Federation Rule
- h. Inability to effectively use any stick may be recognized by the referee and in that case, the use of one's feet or other referee approved adjustment is legal.
- i. Assistive devices used to propel the puck must be padded with no less than two inches of foam rubber, or its equivalent, from the hand grip to two inches off the floor.
- j. Wheelchair athletes may tape their floor hockey stick to their chair. The stick may be taped only to the exterior of the chair and only in an upright position such that only the blade is on or near the floor.

Section 2: Skates

Omit

Section 3: Goalkeeper's Equipment

- a. Goalie may wear a helmet with faceguard, as a minimum requirement they will be required be where eye protection
- b. The goalkeeper shall not wear or use any garment or equipment which would provide undue assistance. Webbing or aprons which fill the spaces between the extremities and the body are not permitted.
- c. Omit
- d. Goalkeepers have the option of using catching gloves (hockey or baseball) and padding that is snug fitting, but no "blocking" pads are allowed. No ice hockey goalie pads are allowed. Goalie pads made specifically for street or floor hockey are permitted.

Section 4: Protective Equipment

- a. Optional equipment includes: shin pads, thigh pads, hip pads, knee, elbow and shoulder pads. Protective equipment must be worn under outer clothing.
 - (1) Athletes using wheelchairs are not required to cover protective equipment.
- b. All defensive players are required to wear eye protection; other players may wear protective gear at their discretion.
- c. Replace the word ice with floor.
- d. Dental guards are legal and optional.
- e. Omit
- f. Federation Rule
- g. Federation Rule
- h. Omit

Section 5: Dangerous Equipment

- a. No device for a player's protection shall be worn which (in the judgment of the referee) is liable to cause injury to another player. Hard elbow or kneepads must be well covered.
- b. Federation Rule
- c. Federation Rule
- d. Equipment on a player that becomes displaced during play must be removed or replaced by the player or teammates at the first whistle. Otherwise, a delay of game penalty may be assessed against that player. Penalty: 2 minute minor.
- e. Wheelchairs, crutches, braces, etc. are considered personal equipment, not official floor hockey equipment, and are not subject to Rule 3, Section 5b, unless judged by the officials as inappropriate aid.
- f. Scooter boards may be used by non-ambulatory players but must have all hard surfaces and corners covered with a soft, protective covering and in size conform as closely as possible to the participant's body needs. It must include sides that extend down toward the floor and are within 1/2 width of a league play puck from the floor.

Section 6: The Puck

- a. *The puck will be the orange Cosom Safety Play Hockey Puck*

Section 7: Participants Properly Equipped (Federation Rule)

Rule 4: Penalties

Section 1: Time Penalties

- a. Federation Rule
- b. Federation Rule
- c. Federation Rule

- d. Clarification: Penalty time is started when the puck is first legally touched on the face-off succeeding the penalty. All penalties shall be stop time, whether or not game clock is running or stop time. Home teams are required to have a stop watch to time penalties.

Section 2: Minor Penalties

- a. Federation Rule
 - b. Federation Rule
 - c. Federation Rule
 - d. Federation Rule
 - e. Federation Rule
 - f. Federation Rule
 - g. Federation Rule
 - h. A minor penalty shall be assessed for:
 - 1. Body contact: No player shall body check an opponent from behind, side or front.
 - 2. Wheelchair players are not allowed any form of charging/ramming or initiating contact with their wheelchair towards an opponent (ambulatory or in wheelchairs). Wheelchair players must avoid any contact if an opponent is stationary in-front or behind them. Penalty: 2-minute minor. At the official's direction, any conscious attempt to hurt/injure another player shall result in a 5-minute major penalty and/or a game misconduct (10-minute major penalty with player ejection).
- Note:** Wheelchair players are allowed to play the puck but they must not use their wheelchair to initiate contact with an opposing player. If an opposing player quickly steps in front or behind a wheelchair, thus not allowing that wheelchair a chance to avoid the contact, that conduct shall be deemed incidental and not penalized.
- 3. Running is strictly prohibited. A player is deemed "running" when they do not maintain one foot (base of support) on the floor at all times. When a player runs, sprints or jogs they have a "flight phase" in which both feet leave the floor at the same time. A player's speed itself is not restricted. Players may legally move as quickly as they are able, as long as they have one foot on the floor at all times (which may be accomplished by sliding/dragging their feet, speed walking, etc.). Note: Wheelchair users have no restrictions on speed.
 - 4. Assistive devices (e.g., crutches or canes) cannot be raised above waist height.

Section 3: Major Penalties (Federation Rule)

Section 4: Misconduct (Federation Rule)

Section 5: Game Misconduct (MSHSL Rule Modification)

A game misconduct penalty is an ejection under League policies. The player or coach will be removed from that game for its duration.

Section 6: Game Disqualifications (MSHSL Rule Modification)

A game disqualification penalty is an ejection under League policies. (Refer to Bylaw 206.00, MSHSL Official Handbook)

Section 7: Penalty Shot (Federation Rule)

- a. A penalty shot shall be taken by the player fouled using the same mode of transportation as at the stoppage of play. If no player has been fouled, the shot may be taken by any player who is not serving a penalty when the game is stopped for the penalty shot (captain's choice). If the player awarded the penalty is not serving the penalty. Any designated player shooting the penalty shot shall use the same mode of transportation that he/she is using at the time of the infraction, unless said player was the goalie.

Section 8: Goalkeeper's Penalties (Federation Rule)

Section 9: Federation Rule

Section 10: Federation Rule

Section 11: Federation Rule

Section 12: Federation Rule

Rule 5: Officials

Section 1: Officials

- a. Number and Titles - The officials of a match shall be a referee, head linesman and a combination scorer, timekeeper and penalty timekeeper. Also, at the discretion of the referee, an assistant timekeeper may be appointed for a game.
- b. Omit
- c. Omit

Section 2: Referees

- a. Federation Rule
- b. Omit
- c. Federation Rule
- d. Remove from the gym area any moveable and unnecessary objects that are potentially dangerous.
- e. There will be a minimum of two referees.

Section 3: Omit

Section 4: Omit

Section 5: Omit

Section 6: Omit

[Section 7: Omit](#)

[Section 8: Federation Rule](#)

[Section 9: Federation Rule](#)

Rule 6: Playing Rules

[Section 1: Federation Rule](#)

[Section 2: Federation Rule](#)

[Section 3: Federation Rule](#)

[Section 4: Federation Rule](#)

[Section 5: Federation Rule](#)

Note: A puck under a goalie's wheelchair (frame, not foot pedals) or wheel of wheelchair is considered dead and play should be stopped immediately. A puck under a non-goalie's wheelchair (frame, not foot pedals) should not be considered dead for 1-2 seconds. A puck under a non-goalie's wheel of wheelchair is considered a delay of game unless player is attempting to get off the puck.

[Section 6: Checking](#)

Omit (See We Love to Play Rule 4, Section 2H 1, Body Contact)

[Section 7: Federation Rule](#)

[Section 8: Federation Rule](#)

[Section 9: Federation Rule](#)

[Section 10: Federation Rule](#)

[Section 11: Federation Rule](#)

[Section 12: Face-Offs - \(Federation Rule\)](#) ... a. through e., and i. through k.

f. Omit

g. Omit

i. (We Love to Play) If a wheelchair is over a puck for 1-2 seconds, a face-off should occur in the nearest face-off circle. When an offensive player in a wheelchair comes to rest over the puck in the offensive zone, the puck shall be faced-off in the neutral zone. If the wheel of a wheelchair is on the puck for 1-2 seconds, a delay of game penalty should result. Penalty: Minor

k. Until the puck is in the crease, only the goalie is allowed in the crease area. When a violation occurs that affects play or gains an advantage, have a face-off in the offending team's defensive zone.

[Section 13: Federation Rule](#)

1.a. (We Love to Play) A wheelchair player, other than the goalkeeper, may cover a puck in the defensive crease without penalty. The face-off location would be at the nearest face-off spot.

[Section 14: Federation Rule](#)

[Section 15: Federation Rule](#)

[Section 16: Goalkeeper Play of Puck: See Federation Rule](#)

[Section 17: Handling the Puck](#)

a. (Federation Rule) If the puck is caught and dropped immediately, play shall continue.

b. Federation Rule

c. Federation Rule

[Section 18: High Sticks](#)

a. Federation Rule

b. Hockey sticks may not be raised above the height of four (4) feet in either preparation or follow through of a shot. The only exception is when a player is simply carrying a stick and it is not held in a way likely to cause injury. Penalty: 2-minute minor.

c. Federation Rule

d. Federation Rule

[Section 19: Federation Rule](#)

[Section 20: Federation Rule](#)

[Section 21: Icing](#)

a. *Icing should be called only when puck passes three lines (1 red and 2 blue) and the goal line extended.*

b. Federation Rule

[Section 22: Federation Rule](#)

[Section 23: Federation Rule](#)

[Section 24: Federation Rule](#)

[Section 25: Federation Rule](#)

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- [Section 36: Federation Rule](#)

Section 37: Time of Match

- a. There shall be 3 periods. The first 2 periods are to be 15 minutes, *running time. The third period will be 15 minutes, stop time. If a 6-goal differential exists, the clock will not stop even after a goal is scored. The clock will be stopped only if there is a time-out or an official asks for stoppage.
* Running time - the game clock shall be stopped after a goal is scored, otherwise it shall not be stopped unless it is directed by the official due to injury, facility problems, equipment problems, intentional delay by either team or a called time-out.
- b. Each team will be permitted to take 2 time-outs of 1-minute duration each during the game, but no more than 1 per period. The time-outs must be taken during normal stoppage of play. No time-outs are permitted in over-times. Only captains may call a time-out.
- c. Federation Rule
- d. Federation Rule

Section 38: Tied Games

- a. In the case of a tie score at the end of the third period, after a 3 minute intermission, ends shall not be changed and play will be continued for a 5 minute stop-time period. The team that scores first wins and the game is ended. If no score is made in these 5 minutes, the game shall be declared a draw.
- b. In tournament play, if a tie score exists at the end of the third period, 3 minute intermissions will be alternated with 5 minute stop-time periods until a goal is scored and a winner is determined. At the MSHSL State Tournament, in the Consolation Championship or the third place game, if a tie exists after the second over-time, a tie will be declared and duplicate awards will be given.

Section 39: Federation Rule

Section 40: Federation Rule

Section 41: Use of Feet (MSHSL Rule)

- a. The puck may be kicked or pushed over the goal line by players whose normal playing status does not allow them to use a stick.
- b. Non-goalie wheelchair players may not stand or rest a wheel of a wheelchair on a puck at any time. If player does not immediately attempt to get off puck, it is considered a delay of game. *Penalty: 2 minute minor.*

A wheelchair player who intentionally leaves their wheelchair to play the puck or whom influences play by intentionally leaving their wheelchair will be assessed a two minute minor penalty and a ten-minute misconduct penalty.

Points of Emphasis

- 1. Body contact: No player shall body check an opponent from behind, side or front.
- 2. Wheelchair players are not restricted to keeping their feet on their foot pedals.
- 3. It is recommended that each team have a supply of mesh scrimmage vest to use when competing teams have similar uniforms.

ADAPTED FLOOR HOCKEY DIAGRAM

(Read Supplement Rules for more information.)

WALL

