

CLUB GAME RULES BOOK

Vermont Floor Hockey, Inc

Second Edition (pre-final)

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CLUB GAME RULES BOOK

The following constitutes the game rules of Vermont Floor Hockey, Inc. Each player is responsible for following these regulations.

Vermont Floor Hockey, Inc., aims to provide a friendly, fun and safe environment for the playing of floor hockey. Any form of roughness, violence and unsafe playing manners will not be tolerated. Please note that Vermont Floor Hockey, Inc., is not responsible for any injuries that can be suffered by its members or guests.

SECTION ONE: LEAGUES AND DIVISIONS

The Club organizes member- appropriate activities and programs considering attributes such as age, gender and abilities. Eligibility criteria for these programs are as shown below. Other activities could be provided and the applicable eligibility criteria will be made available via memoranda.

Club members and guests who play in an adult league must be at least 18 years of age. Exceptions must be approved by the board of directors and the player's parents/guardians. Exceptions may be approved if the junior member or guest does not take the place of an adult player and a parent/guardian signs the waiver.

In the descriptions below, an "A" player is a highly skilled player regardless of gender.

Adult Open Recreational League

This league encourages play for club members of all skill levels. This is a balanced league and parity among the teams is sought.

Teams are primarily formed by the board of directors. Club members may suggest their own teams but these special requests may not be necessarily granted.

To ensure parity, the board of directors reserves the right to limit the number of friends per team to three and to balance the teams after the first two weeks of activity by trading players. Teams may also be balanced by the board of directors at any time during the season if it becomes known that one or more players can no longer play.

Adult Co-Ed Recreational League

This league is a recreational league that favors play by women. Team roster must be composed of a minimum of two female players. This league is subject to special co-ed rules.

Teams are primarily formed by club members. Teams must have at least 2 women and be composed of 1 goalie, no more than 2 "A" players, 3 "B" players and 2 or more "C" and "D" players. Players who register individually may be added to teams by the board of directors.

The board of directors reserves the right to refuse a team entry or to request, at any time, that one or more players be replaced, should it become known or apparent that the team composition does not meet the league requirement or that one or more players were under evaluated.

Adult Advanced (Elite) League

This league is designed for club members who seek a high level of competition and fast pace games. This league is intended for the best players of the Club regardless of gender. This is a skill based league only. All players are considered to be of similar strength.

Players may form their own teams or the board of directors may assign club members to teams.

Over 35 League

This league is offered to club members who are 35 years of age or older. This is a balanced league and parity among the teams is sought.

Teams are primarily formed by the board of directors. Club members may suggest their own teams but these special requests may not be necessarily granted. The board of directors will ensure parity as described under the Adult Open Rec League.

Junior Leagues

Junior versions of the above adult leagues include the following age groups: 11 -14 and 15-17. These age groups may be adjusted slightly considering the emotional and physical development of junior club members.

SECTION TWO: EQUIPMENT

It is recommended that all participants remove all forms of jewelry.

Players **MUST** use sticks provided by the Club unless they bring their own sticks and that these are of the same make, model and colors as those provided by the Club.

Players may wear gloves and helmets. Players may also wear shin pads.

All players should consider using eye protection and/or mouth guards during games.

Athletic or soft sole shoes must be worn by players.

A shirt must be worn at all time.

Goalies must wear the face masks provided by the Club or their personal facial protection as long as it has been approved by the board of directors.

Goalies will be permitted to wear any type of hockey goalie catcher and blocker (or any type of

blocker and a baseball glove on the catching hand) and/or street hockey type goalie pads as long as this type of equipment is available to both teams.

A low bounce hockey ball will be provided by the Club.

SECTION THREE: GAME PLAY

Number of Players

Players should arrive 10 minutes before their game start time to avoid any delays.

Unless specified otherwise, depending on the size of the gym, there will be no more than six (6) or five (5) players per team on the floor at any given time. Games will be either played 5 on 5 or 4 on 4, plus the goalies. A decision will be made by the board of directors prior to the beginning of a season.

The minimum number of players per team needed to begin a game is four (4) players (one goalie and three forwards)

In leagues designated as coed, there shall be a minimum of one female per team on the floor at any given time, unless this requirement is waived by the referee prior to the game should there not be a sufficient number of female players.

If a team does not have a full roster for a game, the following applies:

Regular Season:

The team has 3 team members present: Wait 5 minutes for another team member to show up, then if the game can be played, the team receives a delay of game penalty, if the game cannot be played, the team forfeits 1-0. If the league is coed, one of the four team members must be a female player.

The team has 4 or more team members present: The team can use players from outside the Club or from other teams up to the number of missing players but the selection of players must be approved by the opposing team.

Playoffs:

The team has 3 team members present: Wait 5 minutes for another team member to show up, then if the game can be played, the team receives a delay of game penalty, if the game cannot be played, the team forfeits 1-0. If the league is coed, one of the four team members must be a female player.

The team has 4 team members present: The team can get up to 2 eligible players.

The team has 5 team members present: The team can get 1 eligible player.

A player is an eligible substitute player for the playoffs if the player: is not a full time player in the league the playoffs are held; played in at least three regular games in the last 12 months in any of the leagues operated by Vermont Floor Hockey or is a former member of the Club and whose skills can be assessed by the Area Regional Vice President; and (in the case of balanced teams) does not have abilities and skills greater than the player being replaced as determined by the Area Regional Vice President;

For inter league championship games, participating teams will be allowed to have a full complement of players. Should an area team be missing players, the Area Regional Vice President in consultation with the board of directors and the team captain will select players from other teams of the same area league. Non-full time players will not be allowed.

There will be free substitution, but a player can only enter the field when the other player is completely out-of-bounds.

At any time during the game, a team may substitute its goaltender for an extra forward.

Duration

Fifty-five (55) minutes will be allowed for completing a game, including set up time.

The game will consist of two (2) periods of twenty (25) minutes each --- Running Time.

There will be a two-minute break between the first and the second periods.

If there is equality after regulation, there will be overtime as per the following:

During the regular season, if there is no time constraint as determined at the beginning of the season with the management of the rental facility, a 3-on-3, 3 minute sudden death period will be held. Should equality still persist, the game will end in a tie. If there is a time constraint, no games will go into overtime for the season and games that are tied after regulation will end in a tie.

Should overtime be necessary in the playoffs for games other than the finals, a 5 minutes sudden death period will be held. Should equality still persist, it will be broken by a shootout. For the finals, a continuous sudden death period with no time limit will be held.

During the shootout, teams will alternate shooters until one team misses and the other scores. Each team will receive the same amount of shots on goal. A player may not shoot again until all the members of the team have taken a shot.

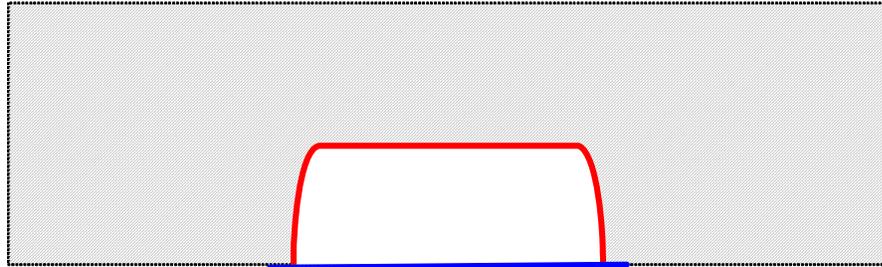
Playing Area

The floor is divided into an attacking zone and a defending zone by a center line. The forwards and defensive players are NOT restricted to their zones of play and may step across the centerline at any time. Goals may be scored from anywhere on the floor. There is No offside.

There will be a crease area (physical or imaginary) in front of the goals designated for the goalies. The crease area will be marked whenever possible. When marked, the goal will be

centered and the crease will extend 17 inches on each side. The crease will extend 43 inches in front of the goal line.

“Behind the goal/net” means behind the goal line as shown by the shaded area in the diagram below.



Goaltenders

Goalies are allowed to legally freeze the ball around the net, but some parts of their body must be in the crease. An exception to this is if the goalie comes out of the crease to cut down the angle and after stopping the shot covers the ball, or catches the shot. The goalie is allowed to freeze the ball in this case. Unless as just stated in the exception above, once a goalie leaves the crease, he/she becomes a player with regards to handling the ball.

If the ball is behind the goal line and the goalie must come out of the goal crease to touch the ball, then the goalie must use his/her stick to play the ball. In this case, the goalie has the same status as a non-goalie while not in the goal crease and a delay penalty could be assessed.

If the ball is in front of the net and the goalie is pressured by an attacking player, then the goalie can come out of the crease to play the ball by either using his/her stick or sliding with his/her body to push the ball away. The goalie is not allowed to freeze the ball in this case.

After the goalie has frozen the ball and that the referee has blown the whistle, the goalie must place the ball behind the goal line.

If the referee judges that the goalie is not pressured by an attacking player (as the goalie stops the ball), thus not stopping the play by blowing the whistle, then the goalie is allowed to drop the ball anywhere in the defensive zone (i.e., anywhere between the center line and the wall behind the goal) to keep the play moving.

Goalies cannot throw the ball (with their gloves) past the centerline to their teammates.

Goalies cannot freeze the ball on the back of the net or behind the net.

Referees

Each team may be asked to select one or two players to act as possible referees in games not played by their teams. If this is the case, a team that does not provide referees as per the schedule for a given game will start their next game shorthanded by one player for the first five minutes.

Any decision made by the referee must be respected.

In case of litigation, only the two team captains can come discuss with the referee.

In order to maintain order, safety and the spirit of the league, any board member present, may confer with the referee regarding the possible ejection of a player for roughing or displaying acts of frustration in which the referees took no action.

Board members will also confer to discuss consistent enforcement of all other rules.

Face-offs

At the start of the first period, the ball will be put in play at the center of the playing area by the referee. At the start of the second period, the ball will be put in play by the team trailing on the scoreboard from behind its net. After each goal, the ball will be put in play by the team that was scored upon from behind its net.

During a play start-up at the beginning of a period, all players **MUST** be in their defensive zone. During a play start-up following a goal, all players from the scoring team **MUST** retreat to their defensive zone. If the scoring team is not back on the defensive side in a 5 count from the referee, a delay penalty may be assessed. After a goal, the team that starts-up the play may elect not to wait for the other team to be on their defensive side

Any time the ball goes out of bounds, the ball will be rewarded to the team who did not touch it last at the point where it came out or as designated by the referee.

If the goalie covers the ball with some part of his/her body while in the crease, his or her team will receive the ball behind the goal. If two players from opposite teams tie up the ball, there will be a face off.

If there is no goal after a penalty shot, the ball shall be put into play with the penalized team taking the ball behind the goal line as if it was a regular save.

Whenever a player is putting the ball back into play, the opposing player should stand one stick length away (about 5 feet).

When the ball is started from behind the goal line, the ball is not in play until the player passes or carries the ball past the goal line.

A player must put the ball in play promptly within a 5 count.

Passes, Shots and Goals

Catching an airborne ball is legal provided the player drops the ball in a straight line down to the floor. Players cannot use their hands to redirect or advance the ball nor can they use their hands to make a pass to a teammate. A ball played by a player's hand that is first touched by a fellow team member will also be considered a hand pass.

A shot may be taken only by shooting, or deflecting, with the stick when said stick is below the waist.

A player may not use a slap shot at any time.

Snap shots may be allowed if it is determined that it does not damage the floor of the facility that is being rented. If snap shots are allowed, any stick that is raised above the knee while shooting will be considered an illegal shot. If they are not allowed, only wrist shots can be used.

Shots which bounce off a player and into the goal shall be legal scores.

A goal shall be scored when the ball completely crosses the goal line between the goal posts.

Goals will not be counted if the stick is held and/or brought above waist level.

Any goals scored with the foot by an offensive player will not be counted whether intentional or not to eliminate any form of contestation, as it is easy to control the ball with the foot.

Goals will not be counted if the ball is batted into the goal with the hand.

Goals will not be counted if a player from the offensive team is in the goal crease or if the scoring player continues through the crease following the goal.

Players' Safety

If a player's stick breaks during the game, he or she must drop it immediately.

Players are never allowed in the crease of the opposing team, even if the ball is in the crease, although their stick is allowed.

Sticks cannot be raised above the waist (this includes on the follow through after a shot or when going around a player).

Players cannot lift the stick of an opponent player above the waist with their stick.

Using the body to gain an advantage, or playing against an opponent's body and not the ball, is not permitted. Players should not be pushing and shoving or moving backwards into an opponent.

Players are responsible for keeping control of their sticks, bodies and movement to insure the safety of all players. Accidental tripping (such as when a player attempts to take the ball away from an opponent but causes the player to fall) will be penalized as will be placing the stick

horizontally against the body of an opponent from behind (i.e., hooking).

A player cannot block or impede an opponent who is not in possession of the ball to get to the ball or to play the ball.

Players of opposite teams shall not fight for a ball that is lodged in a corner or in any other confined areas. The first player to arrive in the corner (not the first one to touch the ball) gets the ball while the second player backs off the distance of a stick length and let the player with the ball put the ball in play. If the player does not move the ball within 3 seconds, the other player gets the ball.

A player cannot throw his or her stick to stop the ball.

A player cannot hit the shaft of an opponent's stick with his or her stick in a chopping manner to steal or dislodge the ball.

A player cannot hold the stick of an opponent with his or her hand or by placing his or her stick over the stick of the other player.

SECTION FOUR: Playing Fouls

When a violation occurs, play will be stopped immediately and a change of possession will occur with the offended team putting the ball in play. No other penalties will take place. The following actions constitute violations:

A player directs or advances the ball with the hand to him/herself or to another teammate.

A pass is made by the goaltender with the hand past the center line.

A player does not put the ball in play after a 5 second count by the official.

A player intentionally throws the ball in a corner.

A player makes an illegal shot and the follow through is not above the waist.

SECTION FIVE: PENALTIES

When a player commits a penalty infraction, play will be stopped immediately and the offended team takes a penalty shot.

Delay of Game Penalties

A player will be charged with a delay of game penalty under the following conditions:

The ball is hit out of play intentionally.

A single player ties up the ball.

The net is intentionally dislodged.

A player does not give room to an opponent to put the ball in play.

The goalie covers the ball through the net.

The goalie covers the ball outside the crease with not part of the body in the crease.

A team will receive a bench penalty for delay of game under the following conditions:

A team does not have enough players to start the game.

A team has too many players on the floor.

There is not at least one female player on the floor (if applicable).

One or more players from the opposite team are in the offensive zone at the beginning of a period or after a goal, a player from the scoring team does not retreat to the defensive court within a 5 count by the referee.

Interference Penalties

A player will be charged with an interference penalty under the following conditions:

A player interferes with or impedes the progress of an opponent.

A player deliberately knocks a stick out of an opponent's hand.

A player prevents an opponent from regaining his/her stick once it has been dropped.

A player holds the stick of an opponent in any fashion.

Roughing Penalties

A player will be charged with a roughing penalty under the following conditions:

A player uses the body to gain advantage.

A player accidentally trips an opponent.

A player hooks an opponent from behind.

A player steps in the crease.

A player throws his or her stick to stop the ball.

Stick Higher than Waist Level Penalties

A player will be charged with a stick above the waist penalty under the following conditions:

A player bats or hits the ball at a level higher than waist level.

A player takes a shot or make a pass and the follow through is above the waist.

A player holds or swings his/her stick higher than the waist level for any reason.

A player lifts the stick of an opponent above their waist.

Method of Taking the Penalty Shot

Players must clear the area.

The ball is placed at center court by the referee. The referee blows the whistle to put the ball in play.

The player has 5 seconds to execute the shot. The referee will do a five (5) count out loud. If the player does not shoot by the count of five, the play is over.

The goalie is not allowed to come out further than the foul line. If the goalie is past the foul line, the shooter may take the result of the first shot or take another shot. If the goalie repeats the first infraction, a goal is awarded.

The shooting player is to make one fluid motion towards the end of the court. The player may make side to side moves as well.

At any time the player makes a move back towards center court, the play is dead and no goal will be awarded. If the shooting player loses control of the ball, the play is over.

Only one shot can be taken. There are to be no scores on rebounds.

SECTION SIX: UNSPORTSMANLIKE & VIOLENT BEHAVIORS

Unsportsmanlike behavior

Unsportsmanlike behavior deters from the mission of the Club and shall not be tolerated.

Any player who challenges or disputes the rulings of any referee other than the team captains shall be assessed a warning for unsportsmanlike conduct. If the player persists in such challenge or dispute, he or she shall be ejected from the game.

Any player who uses obscene, profane or abusive language to any person or referee shall be assessed a warning for unsportsmanlike conduct. If the player persists in such a conduct, he or she shall be ejected from the game. First time offenders (all leagues combined) will receive an

additional one-game suspension. Second time (all leagues combined) will be suspended indefinitely while the board of directors consider terminating the player's membership privileges.

Any player who threatens any person or referee shall be ejected from the game. First time offenders (all leagues combined) will receive an additional two-game suspension. Second time offenders (all leagues combined) will be suspended indefinitely while the board of directors consider terminating the player's membership privileges.

Any player expressing acts of frustration such as throwing equipment, hitting the goals, the walls or the ground will be ejected from the game. First time offenders (all leagues combined) will only receive the game ejection. Second time offenders (all leagues combined) will be suspended indefinitely while the board of directors consider terminating the player's membership privileges.

Acts of Violence

Deliberately using any part of the body or stick to cause an opponent to fall, hitting or attempting to hit an opponent with the elbow or the knee, stabbing at an opponent with the butt-end of the stick or with the tip of the blade end of the stick, cross-checking an opponent by placing the stick shaft across an opponent, jumping into an opponent, shoving an opponent into the walls from behind or in a body check manner, throwing a stick at a player or intentionally swinging a stick at somebody in anger and engaging in a fighting will result in the player to be ejected from the game and being suspended indefinitely while the board of directors consider terminating the player's membership privileges.

Game Suspension

A player that is suspended for a number of games will serve the suspension in the league that he or she received the suspension. A player that is suspended indefinitely will not be allowed to play in any of the leagues offered by the Club.

SECTION SEVEN: STANDINGS

Points

A victory give the winning team two (2) points and a tie one (1) point to each team.

A game won by default results in two (2) points and a 1 to 0 score is given.

In case of equality in the final standings, tie-breakers will be most wins followed by fewest loses, head-to-head record and goal differential.

Playoffs

All teams will take part to the playoffs. The board of directors, at their meeting preceding a given playing session, will decide on the playoffs format for that session based on the number of teams.

SECTION EIGHT: INJURIES

The referee will attend to the needs of the participant but will not move the participant, especially if he/she has lost consciousness.

The referee will call the local EMS, and/or contact the custodian in charge and/or if applicable go to the front desk for help.

The emergency contact person will be notified and requested that he/she meets the participant at the hospital or the doctor's office, should the participant be transported there.

The referee or a member of the board of directors (if present) should accompany the participant if possible.

SECTION NINE: RULES MODIFICATION

The Club will establish game rules intended to govern play and assure consistency with the purpose of the Club. During a playing session the board of directors has authority to issue interpretation of existing rules, however may not of its own accord add, delete or modify the rules. It is however recognized that circumstances may arise during a playing session that may warrant modification to the rules.

The procedure for recognizing these developments and for modifying, deleting or adding rules will consist of the following mechanisms: Notices; Interpretations and Rule Changes.

Notices

A Notice is used to address issues concerning application of an existing rule or official meanings of a rule due to unusual conditions (typically related to the facility). Examples include no side lines or obstacles (e.g. chairs, tables and columns).

A Notice is initiated by the board of directors and should contain the following information: a) A statement of the problem; b) A description of the temporary modification to the application of a rule or official meanings; and c) The length of time the Notice is in effect.

A Notice does not alter the physical content of the Game Rules Book and is in effect for the period specified by the board of directors.

A Notice will normally be issued via an email to members at the beginning of a playing session. Should physical or any other conditions on any given night require the need to temporary modify the application of a rule or official meanings, the board members present will make a verbal statement of their decision prior each game on that night.

Interpretations

An interpretation includes a consideration of the application of a rule or official meanings of a rule.

Requests for an interpretation of the Game Rules Book shall be in writing and contain the following information: a) A concise written statement of the interpretation being sought; and b) A description of the condition that provoked the need for an interpretation;

Request for a rule interpretation by the board of directors can be made by any member at any time. The board of directors will respond with an official interpretation within seven days from the time the request was submitted. The interpretation will be emailed to all club members and explained prior to the start of each game the first time the interpretation is in effect.

Rule Changes

A change includes consideration of a new rule, deletion of an existing rule, or a revision to a rule application.

Requests for a change to the Game Rules shall be in writing and contain the following information: a) A statement indicating the nature of the problem; b). A description of the proposed change and how it is expected to be an improvement over existing rules and c) Co-sponsorship by at least three other club members as evidenced either by written signature or electronic communication is required. Only one co-sponsor may be a current board member.

Requests for a rule change can be made by any member at any time during the year.

Changes related to safety concerns will be reviewed within a seven-day period from receipt of the written request if done during a playing session. Changes not related to safety will be added to the agenda of the next meeting of the board of directors.

The board of directors will vote on the proposed changes keeping in mind the mission and the character of the Club. The board of directors may opt to have a Comment Period during which other club members are allowed to comment on the proposed change prior to voting or making any final decision. The board of directors will Deny, Approve or Approve on an Interim Basis a change.

A change that is approved will be effective immediately for playing purposes. A change that is approved on an interim basis will be effective immediately for the purpose of testing or evaluating a new rule, its application or manner of use, or a provision not specifically described in the Game Rules Book. When issuing an approval on an interim basis, the board of directors will specify the length (in games or game nights) of the evaluation period. The board of directors may terminate an interim rule change at any time if there is an indication of safety concerns. Upon completion of the evaluation period, the board of directors will act to approve or deny the change as a permanent rules change.

The decision to adopt a rules change on either a permanent or interim basis will be emailed to all club members and will be explained prior to the start of each game the first time the change is in effect.