

# Special Olympics Northern California

## Floor Hockey



### 2024 Rules & Guidelines

*Team Competition and Individual Skills Contest*

**(See Page 24 for 2024 Rule Changes for Floor Hockey)**



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**SPECIAL OLYMPICS  
NORTHERN CALIFORNIA**

**MISSION STATEMENT**

**To provide athletic opportunities to children and adults with intellectual disabilities which instill the confidence needed to succeed in life.**

***Preparing for life through sports***

**SONORCAL PLAYS BY THE RULES**

**All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.**

# Special Olympics Northern California

## COACHES' CODE OF CONDUCT

Special Olympics Northern California (SONorCal) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. In addition, it is the position of SONorCal that each volunteer coach shall agree to:

### HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONorCal staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

### ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

### ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will dress and act in an appropriate manner at all times.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONorCal staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards, or inappropriate contact or relationship with, athletes, other coaches and volunteers, SONorCal staff members, family members, or spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.
- I will abide by the Special Olympics policy that prohibits coaches/volunteers from dating athletes.

### PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONorCal policies and procedures as amended.

### ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's registration form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes, coaches and volunteers to seek medical advice when needed.
- I will report any emergencies to the appropriate authorities after first taking immediate action to ensure the safety and well-being of those involved.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONorCal policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONorCal in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or competition;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

# Special Olympics Northern California

## ATHLETES' CODE OF CONDUCT

Special Olympics Northern California (SONorCal) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONorCal Athletes and Unified Partners agree to the following code:

### SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

### TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.
- I will follow the International Federation and the National Federation/Governing Body rules for my sport(s).

### RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, competition, or during Games.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules.

# Special Olympics Northern California

## PARENT AND SPECTATOR CODE OF CONDUCT

Special Olympics Northern California (SONorCal) is committed to the highest ideals of sport and expects all parents and spectators to honor sport and Special Olympics. All Special Olympics parents and spectators should observe the following code:

- Remember athletes are participating for their enjoyment. Encourage participation, but do not force it.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the event's or game's outcome.
- Focus on the athletes' effort and performance, rather than whether they win or lose.
- Encourage athletes to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at participants for making a mistake or losing the competition.
- Remember that athletes learn best by example. Appreciate good performance and skillful plays by all participants.
- Respect the decisions of officials, Games Management Team and Staff, and teach athletes to do the same.
- Show appreciation for event volunteers, coaches, and officials and staff. (Remember, without them there would be no opportunities for athletes).
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's or individual's opponents. Without them, there would be no event or game.
- Encourage athletes and coaches to follow the rules and the officials' decisions.
- Swearing and/or inappropriate language will not be tolerated at SONorCal events
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Abide by all posted and written policies, including SONorCal's Animal Policy for Practices, Competitions and Events.
- **By attending an event, parents and spectators have agreed to abide by this Parent and Spectator Code of Conduct. SONorCal reserves the right to dismiss parents and/or spectators from any SONorCal event for violation of this Parent and Spectator Code of Conduct.**

# DIVISIONING CRITERIA

Floor Hockey is a team sport and teams will be divisioned based on total team composition.

USE THE CRITERIA BELOW KEEPING YOUR FIVE BEST PLAYERS IN MIND.

	<b>Understanding of Rules and Concepts</b>	<b>Offensive Ability</b>	<b>Defensive Ability</b>	<b>Physical Ability</b>	<b>Puck Handling</b>
<b>Level 2</b>	High understanding of rules, concepts, fouls and penalties.	The team can execute passing plays. Players can lead teammates with passes. Many shots are taken on target while on the run.	Defensive players can play up rink on offense and still play their defensive roles. Goalkeepers can stop most shots when in position and not screened.	High Physical Ability. Players have the ability and awareness to cover the full rink on offense and defense. Reaction time is quick.	Players can receive the puck on the run. Players can easily and quickly change directions while handling the puck.
<b>Level 3</b>	Basic understanding of most rules, concepts, fouls and penalties.	Most players will move to the puck and take shots on target with speed. Most players can score goals, both on the ground and by lift shots.	Most players will move to guard the opposing players. Goalkeepers stop many direct shots and know how to handle/distribute the puck. Most players can stick check with success.	Moderate to High Physical Ability. Most players have the ability and awareness to cover the full rink on offense and defense. On starting team, typically 2-4 good players.	Most players can receive the puck on the run. Most players can quickly change directions while handling the puck.
<b>Level 4</b>	Limited understanding of rules, concepts, fouls and penalties.	1-2 players score most of the goals. Few players can move to the puck and execute lift shots.	Plays one defensive spot on the rink. The goalkeeper positions him/herself but is slow to react to a shot. Few players can stick check.	Low to Moderate Physical Ability. Few players can run occasional fast breaks. Slow reaction time.	Few players can receive the puck on the run.
<b>Level 5</b>	Low understanding of rules, concepts, fouls and penalties.	Players do not move very much when the puck is not near. Lift shots are rarely taken.	Plays one defensive spot on the rink. Players do not go after the puck unless it is near. The goalkeeper does not position him/herself well and is slow to react to a shot.	Low Physical Ability, but have mastered Individual Skills Contest events and are ready to transition to team play.	1-2 players are able to move with the puck.

# SONORCAL FLOOR HOCKEY RULES AND REGULATIONS

The Official Special Olympics Northern California (SONorCal) Rules shall govern all Special Olympics Floor Hockey competitions. As an International sports program, Special Olympics has created these rules based upon the Rules of Floor Hockey, as approved by the International Governing Body for Floor Hockey. These rules shall govern all competition except when in conflict with the Official Special Olympics Sports Rules. In such cases, the Official SONorCal Sports Rules shall apply.

## SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have an Application for Participation on file in order to participate. This is in accordance with Special Olympics General Rules
2. Each team is required to play all team members in every game played.
3. **SONorCal has a strict Animal Policy for Practices, Competitions and Events, which must be followed by all athletes, volunteers, parents and spectators at all times. Please visit [sonc.org/resources/coach-athletes-resources/coach-resources/policies-procedures-forms](http://sonc.org/resources/coach-athletes-resources/coach-resources/policies-procedures-forms) for the full policy.**

## SECTION B - OFFICIAL EVENTS

The following are Official Floor Hockey Events offered by SONorCal:

1. Team Competition – Level 2, 3, 4 & 5
2. Individual Skills Contest

## SECTION C - PERSONNEL

1. There should be two certified referees in appropriate and matching attire (i.e., black pants and a black and white striped referee shirt). At the discretion of the games committee, games may be played with less than the minimum personnel.
2. There should be two scorekeepers and one timekeeper. The scorekeepers also act as line monitors. At the discretion of the games committee, games may be played with less than the minimum personnel.

## SECTION D - GAME ROSTER

1. Regional Entry Form (Registration Information due prior to tournament):
  - a. A Regional Entry Form must contain at least eight players and a maximum of 16 players. All coaches must also be listed on the Regional Entry Form.
  - b. Regional Entry Forms are considered frozen when submitted to the Games Director at the time that Registration Information is due. The Program office must approve any requests for a roster change.
2. Official Game Roster (Players from Regional Entry Form that are present for competition):
  - a. For any given game, each team must submit the Floor Hockey Scoresheet to the official scorekeeper. Only players who are listed on the Regional Entry Form may be listed on the Floor Hockey Scoresheet. The head coach must also be listed on the Floor Hockey Scoresheet.
  - b. Teams must start a game with a minimum of eight players, and may play with as few as 4 players in instances of injury, game misconduct or behavior.

## SECTION E – COACHES & THEIR RESPONSIBILITIES

1. Coaches are reminded to conduct themselves in a professional manner. All coaches must remain in the designated coach box while the game is in progress. The coach box shall be behind the side wall and from the end of the scorer's table to the back wall on the same side as the team bench.
2. Coaches must assist in the lining up of athletes prior to each Line change.
3. No individuals other than registered athletes and game officials are allowed on the court during competition.
4. Coaches are responsible for knowing and understanding the rules of the game.



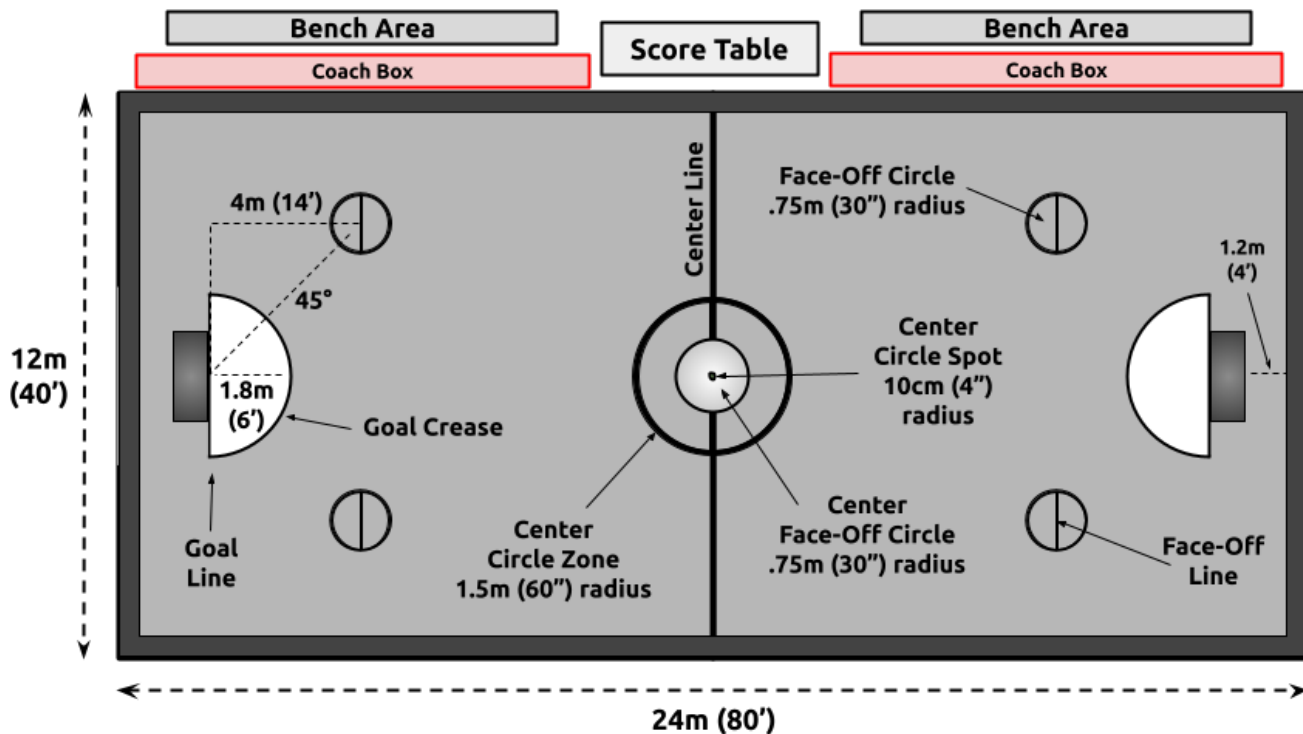
## SECTION F - UNIFORMS

Team uniforms must adhere to the following guidelines:

1. Each player must wear a shirt with distinctive team color and markings, and all team members must wear matching uniforms.
2. A 15 – 20 cm (6 – 8”) number must be on the back of the shirt.
3. Matching athletic shorts or pants must be worn. Jeans are strongly discouraged.
4. Athletic tennis shoes must be worn (soft-soled running-style shoes not recommended).
5. Shin guards must be worn, and preferably, under socks. Socks must be worn by all players.

## SECTION G - FACILITIES

Official Dimensions of the Floor Hockey Playing Surface:



1. Floor Hockey Playing Surface:
  - a. The playing surface shall be a maximum of 15m x 28m (49' x 92') and a minimum of 12m x 24m (40' x 80') on a level surface and properly marked for Floor Hockey.
  - b. The playing surface shall be free from any projections that a player could encounter in the course of play.
  - c. The playing surface may be defined by lines or by boundary boards. Boundary boards must be constructed of quality sturdy material and 1.1m – 1.2m (42" – 48") in height. If boundary boards of this dimension are not available, low walls may be used.
  - d. The back of the goal shall be set 1.2m (4') out from the endline to allow play behind the goals.
  - e. Both goals are set up with the center part of the goal placed in the center of the width of the playing surface.
  - f. The two goals should each measure 1.8m (wide) x 1.2m (high) x .6m (deep) (6' x 4' x 2').
  - g. A center-line will mark the area of play such that the floor is divided in equal halves. Goals and end lines are equidistant from the center-line.
  - h. Center Circle Spot:
    - i. A line 10cm (4") in length, perpendicular to the center-line or a circular spot 10cm (4") in radius to be marked in the center of the center face-off circle.
  - i. Center Face-Off Circle:
    - i. A circle with a radius of .75m (30") and a line width of 2.54 - 5cm (1 - 2") to be marked outside the center circle spot.

- j. Face-Off Zone:
  - i. A circle with a radius of 1.5m (60") and a line 5cm (2") in width to be marked outside the center court face-off circle. This may be done with 1" or 2" tape (3M 471 tape is recommended).
- k. Goal Line:
  - i. A line 2.54 - 5cm (1 - 2") in width is drawn between the goal posts of each goal and extends to the goal crease.
- l. Goal Crease:
  - i. The goal crease is a semi-circle with a 1.8m (6') radius drawn from the center of the goal line.
- m. Face-Off Circle:
  - i. Face-off circles are marked with a circular spot of 10cm (4") in radius or a line of 10cm (4") in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle located on a 45-degree angle from the center of the goal line. The center face-off spot of each face-off circle is determined by measuring a point 4.3m (14') to the left or right of the center of the goal line, then measuring out 4.3m (14') from that point toward the center-line. Each circle has a radius of .75m (30"), and a line drawn through the center point of the face-off circle that is parallel to the center-line.

## SECTION H - EQUIPMENT

1. Floor Hockey Puck
  - a. The puck is a circular felt disc with a center hole. Dimensions:
    - i. Diameter: 20cm (8")
    - ii. Center Hole: 10cm (4") – may be reinforced with leather
    - iii. Thickness: 2.5cm (1")
    - iv. Weight: 140-225 grams (5-8 ounces)
2. Floor Hockey Sticks
  - a. Must be a rod or dowel made of wood and/or fiberglass with specific dimensions (this does not apply to the goalkeeper's stick). Dimensions:
    - i. Circumference: 7.5cm-10cm (3"-4")
    - ii. Length: 90cm-150cm (3'-5')
    - iii. The non-handle end (i.e., the bottom or the floor end) of all sticks other than the goalkeepers' sticks, must be rounded-off, or have an approved soft tip securely attached (glued). The stick must be of a uniform thickness over its entire length. No tape, string or other object is allowed that will increase the diameter on the bottom of the stick.
3. Floor Hockey Goalkeeper's Stick
  - a. The goalkeeper's stick shall be a regulation ice hockey goalkeeper's stick. Dimensions:
    - i. The blade of the goalkeeper's stick must not exceed 8.9cm (3 ½") in width at any point except at the heel where it must not exceed 11.4cm (4 ½") in width.
    - ii. The goalkeeper's stick cannot exceed 39.3cm (15 ½") in length from the heel to the end of the blade.
    - iii. There is to be no measurement of the curvature of the blade on the goalkeeper's stick. All other elements of the stick are subject to a measurement and the appropriate applicable penalty.
    - iv. The widened portion of the goalkeeper's stick extending up the shaft from the blade shall not extend more than 66cm (26") from the heel and must not exceed 8.9cm (3 ½") in width.
4. Protective Equipment
  - a. The goalkeeper may use a stick and must have protective gloves, plus helmet and mask. A goalkeeper will be allowed to wear regulation-size ice hockey goalkeeper pads and gloves, or some reasonable facsimile thereof (i.e., street hockey pads, cricket pads, baseball glove). The leg guards worn by goalkeepers must not exceed 12" in extreme width when on the leg of the player.
  - b. Players are required to wear helmets with protective cages or shields (full face cages/shields are recommended, but not required) and shin guards to ensure player safety. Proper athletic shoes (tennis) must be worn by all persons on the playing surface during play. Elbow pads, and mouth guards may be worn. Protective gloves are recommended to be worn by all players.
5. Goals
  - a. Goals must measure 1.8m wide x 1.2m high x .6m deep (6' x 4' x 2'). The sides and back of the goal must have appropriate netting. Regulation ice hockey goals are also permitted.

# SECTION I - RULES OF COMPETITION

## 1. Team Competition

### a. Player and Line Rotations

- i. A team on the playing area must consist of six (6) players: one (1) goalkeeper that must play from a standing position, two (2) defenders, and three (3) forwards (one center and two wings).
- ii. There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game (9<sup>th</sup> line), where the goalie can be pulled and an additional player (defender or forward) may be on the floor. This may only be done during a face off or stoppage of play.
- iii. By the end of the game, the total number of lines played by any one player, excluding the goalkeeper, must not exceed the total number of lines played by any other teammate by more than one line.
- iv. The goalkeeper may play the entire game or may split playing time.
  - a. If a player is designated to play goalkeeper, that is the only position he/she will be allowed to play during the game.
  - b. If two goalkeepers are designated during the same game, by completion of the game they must have played within one line of each other, and goalkeepers must be and remain dressed with full equipment in order to minimize delays between lines.
    1. If two goalkeepers are designated then the minimum they must be rotated is each game. They may be rotated on an equal basis within each game.

### b. Rotation of lines

- i. The recommended rotation of lines shall be as follows:

	Period 1			Period 2			Period 3		
# of Players (not incl. the goalkeeper)	Line 1	Line 2	Line 3	Line 4	Line 5	Line 6	Line 7	Line 8	Line 9
7	1,2,3,4,5	6,7, 1,2,3	4,5,6,7, 1	2,3,4,5,6	7, 1,2,3,4	5,6,7, 1,2	3,4,5,6,7	1,2,3,4,5	6,7, 1,2,3
8	1,2,3,4,5	6,7,8, 1,2	3,4,5,6,7	8, 1,2,3,4	5,6,7,8, 1	2,3,4,5,6	7,8, 1,2,3	4,5,6,7,8	1,2,3,4,5
9	1,2,3,4,5	6,7,8,9, 1	2,3,4,5,6	7,8,9, 1,2	3,4,5,6,7	8,9, 1,2,3	4,5,6,7,8	9, 1,2,3,4	5,6,7,8,9
10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5	6,7,8,9,10	1,2,3,4,5
11	1,2,3,4,5	6,7,8,9,10	11, 1,2,3,4	5,6,7,8,9	10,11, 1,2,3	4,5,6,7,8	9,10,11, 1,2	3,4,5,6,7	8,9,10,11, 1
12	1,2,3,4,5	6,7,8,9,10	11,12, 1,2,3	4,5,6,7,8	9,10,11,12, 1	2,3,4,5,6	7,8,9,10,11	12, 1,2,3,4	5,6,7,8,9
13	1,2,3,4,5	6,7,8,9,10	11,12,13, 1,2	3,4,5,6,7	8,9,10,11,12	13, 1,2,3,4	5,6,7,8,9	10,11,12,13, 1	2,3,4,5,6
14	1,2,3,4,5	6,7,8,9,10	11,12,13,14, 1	2,3,4,5,6	7,8,9,10,11	12,13,14, 1,2	3,4,5,6,7	8,9,10,11,12	13,14, 1,2,3
15	1,2,3,4,5	6,7,8,9,10	11,12,13,14,15	1,2,3,4,5	6,7,8,9,10	11,12,13,14,15	1,2,3,4,5	6,7,8,9,10	11,12,13,14,15

- ii. Each team must submit an approved scoresheet to the scorekeeper 10 minutes prior to the start of the game. Each scoresheet must include team name, head coach, all players' names and individual numbers on the respective lines throughout the game, reflecting the rotation of all players. The scoresheets will be distributed as follows: one copy of the scoresheet will be kept by the scorekeeper (table), one by the coach of the opposing team and one will be given back to the coach. If the scoresheet is not turned in on time, a 1-minute bench penalty may be assessed to the late team.
- iii. Injuries, Player Removal and Penalties
  - a. Injuries
    1. When a player gets injured (including seizures, over-exertion, etc.) a substitute may come in. This will affect the line rotation of having everyone play within 1 line of each other.
      - a. Since the injury was not intended (if the referee determines that the injury was staged in order to gain a free substitution, then the substitution should be treated like a behavioral substitution), the coach may substitute any player not on the court at the time of the injury.
      - b. If the injured player is not able to play in future lines, then the coach has to rotate the substitutes among any players not on the injured player's line so that no player substitutes twice for the injured

player until all others not on the injured player's line have substituted once.

b. Player Removal

1. When a player has to be removed from the game for behavioral problems (player close to a misconduct penalty, disciplinary reasons, fake injury, etc.), or game misconduct, a substitution may come in. This will affect the line rotation of having everyone play within 1 line of each other.
  - a. In this instance, the opposing coach has to designate the player to substitute – from among the players not on the court at the time of the removal.
  - b. If the removed player is not able to play in future lines, then the opposing coach has to designate different players from among any players not on the removed player's line so that no player substitutes twice for the removed player until all others not on the removed player's line have substituted once.
  - c. This will also apply for a player disqualified for game misconduct.

c. Penalties

1. When more than two players from the same team are penalized, all penalized players will sit in the penalty box. The number of players, over two, sitting in the penalty box will be substituted for by a player or players not on the court at the time of the penalty, giving the team four total players on the court. Players substituted to the penalty box must be those with the fewer number of lines on the scoresheet – therefore players do not exceed the total number of lines played by any other teammate by more than one line (excluding the goalkeeper). Only two penalties can be served at the same time.
  - a. Whenever an additional penalty is waiting to be served, the time will begin at the completion of the earlier penalties.
  - b. Any time more than two players are in the penalty box, the following will occur:
    1. At the completion of the first penalty and at the first stoppage of play, the first penalized player may go back into the game in place of the substitute player. At the completion of the first penalty, the third player's penalty will begin. As each additional penalty is completed, the players are allowed to return to the game.
    2. At the completion of the first penalty, if there is no stoppage of play, the third penalty will begin. At the completion of the second penalty, if no stoppage of play has occurred, the player from penalty one may return to the game and the substitute continues to play. At the completion of the third penalty, if no stoppage of play has occurred, the player from penalty two may also return to the game and the substitute continues to play, which puts the team back at full strength. The player from penalty three will return in place of the substitute until there is a stoppage of play.
    3. This is repeated for each additional penalized player (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, etc.) until normal playing conditions return.
  2. In case of a line change during the course of a player's penalty, a player from the incoming line will serve the remaining portion of the penalty. If the penalized player is not scheduled to play in the incoming line then the coach of that player's team will determine which player of the incoming line must serve the balance of the penalty.

- iv. All players attending the tournament must be included in the original line rotation each game except for players with injuries or players with behavior problems.
- v. Only players dressed for the current game (maximum of 16) are permitted to sit on a team's bench.
- vi. To be eligible for higher level competition (i.e. international), teams must have competed in the next lower level of competition (i.e. program, regional) with at least (11) players so that the 11-player international rule has been met.

c. Time of Play

- i. Games will consist of three 9-minute periods (each period being 3 minutes in duration) with 1-minute rest periods between each period. The last three minutes of the third period shall be stop time unless waived by both coaches prior to the start of the final line.
- ii. One 1-minute time-out is allowed per team, per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands. A time-out may only be permitted during an official stoppage of play.
- iii. There will be three line shifts per period. The timekeeper (table) will signal the time for line changes with a horn and/or towel. Play will resume with a face-off at the face-off circle nearest the stoppage of play.
- iv. Each period will begin with a face-off at the center floor face-off circle (lines 1, 4, 7 and overtime if needed).
- v. Teams may change ends after each period of play. If a team desires to change ends, the head coach must inform

the referees prior to the beginning of play. If neither team requests this option, the teams will remain on the side of the surface they began the game for the duration of the game.

- vi. Time of play must be running time. However, when a penalty is called, the clock will be stopped until play is resumed. Play is resumed with a face-off and the sound of the referee's whistle. The clock will also be stopped for time-outs, line changes, and whenever the referee so designates.
- d. Face-offs
    - i. A face-off shall occur at the following times:
      - a. To begin the game and each period at the center floor face-off circle;
      - b. After each stoppage of play during a period, except after a goal, at the nearest face-off circle;
      - c. After each goal at the center floor face-off circle;
      - d. After each minor or major penalty at the offending team's defensive end;
      - e. When an unsafe condition exists due to cracked or broken stick(s) in the vicinity of play, or at any other time deemed appropriate by the referee. A face off must take place at the nearest face-off circle to the position of the puck when play was stopped.
      - f. If an attacking player shoots the puck over the boards, or out of bounds, in the attacking zone, then the face-off comes to the center floor face-off circle. If the puck is shot out of play by a defensive player, then the face-off results in the face-off circle closest to the infraction.
    - ii. For all face-offs, all players, including the two players participating in the face-off, must stand with their sticks and bodies completely to their team's side of the face-off line.
    - iii. Both players who are facing off, must stand completely outside of the face-off circle, and must have their sticks at an equal distance from the puck in the face-off zone (they may have the tips of their sticks to the same side of the face-off circle as long as the tip of each player's stick is on their respective half of the face-off circle).
    - iv. For face-offs from the center floor face-off circle, only the players facing off are allowed in the face-off zone until the whistle is blown.
    - v. During the face-off, players must play the puck – they are not allowed to interfere with the other player's stick during the face-off.
    - ix. Play starts when the referee blows the whistle.
      - a. For hearing-impaired players:
        1. The referee shall raise their arm(s) to indicate that play is about to start.
        2. The referee must then simultaneously blow the whistle and drop the arms toward the puck to indicate the start of play.
    - x. The puck must be swept out of the face-off circle in a manner such that the stick does not make contact with the center of the puck.
      - a. Contact with the puck outside of the face-off circle must be made by a player other than those facing off before the players facing off can place their sticks in the center of the puck.
      - b. The players who are facing off may continue to sweep the puck until the puck is swept out of the face-off circle.
      - c. After the initial sweep, the players who are facing off may kick the puck out of the face-off circle.
  - e. Goals
    - i. The entire puck must pass over the goal line to count as a goal scored.
    - ii. The puck needs to be in the goal before the signal sounds to end the line change or period for the goal to count.
    - iii. One point is counted for each goal scored.
    - iv. The offensive player must put the puck into the goal with the stick, from outside the goal crease area.
    - v. Kicking or throwing the puck into the goal is not allowed.
    - vi. It is legal to kick the puck during play, but it is illegal for an offensive player to kick it into the goal.
    - vii. If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, a goal must be allowed.
    - viii. A goal is scored anytime the puck is put into the goal in any way by a defending player.
  - f. Minor Fouls
    - i. The following events shall result in a stoppage of play and face-off at the nearest face-off circle:
      - a. The goalkeeper throws the puck forward to a teammate.
        - i. The goalkeeper may throw the puck no more than a 45° angle (*per Fig. A on following page*), behind the defending side face-off circle.
        - ii. If the puck is thrown between the defending face-off circles, it is only eligible to be played by an opposing player.



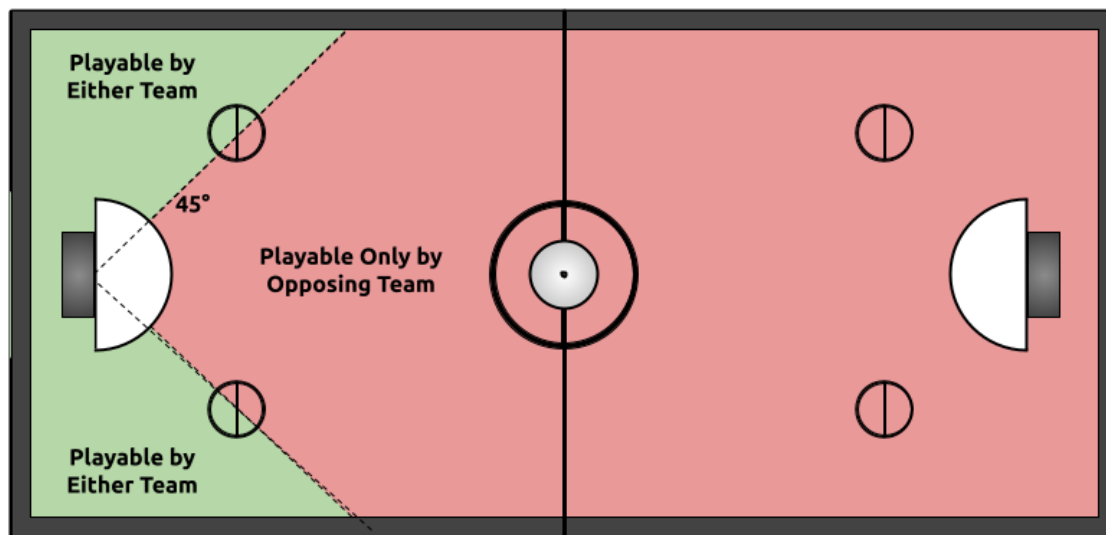


Fig. A

- b. Any player, other than the goalkeeper, who holds the puck in their hands or passes the puck with his/her hands to a teammate.
- c. A player stands on the puck.
- d. A player, including the goalkeeper, holds the puck longer than 3 seconds,.
- g. A goal crease violation. A goal crease violation has occurred any time an attacking player breaks the plane of the goal crease with his body or stick, which includes the goal crease line. Or when a defensive player breaks the plane of the goal crease with his body, or brings a puck into the goal crease area. The only time a defensive player may reach into the crease with their stick is for the purpose of clearing the puck out of the goal crease area. The resulting face-off shall occur in the offending player's side of the court.
  - 1. In the event a crease violation is called against a defensive player whose team does not have control of the puck, the referee will indicate a "delayed foul" by raising his arm. Play will not stop until the defending team gains control of the puck, at which time a face-off shall occur in the offending side of the court.
- g. Other stoppages
  - i. The following events shall result in a stoppage of play and face-off at the nearest face-off circle:
    - a. A stick is cracked or broken.
    - b. A player falls in the immediate area of the puck.
    - c. The court borders are displaced in a manner and duration that would affect game play.
    - d. The puck is controlled simultaneously by two or more opposing players for more than 3 seconds.
    - e. The puck moves up the stick of two or more opposing players.
- h. Minor Penalties
  - i. Minor penalties shall result in a 1-minute penalty for the offending player. The resulting face-off must be taken in the face-off circle of the offending team's defensive end. Minor penalties include the following:
    - a. Holding (impeding progress of an opposing player).
    - b. Tripping (with the stick, foot, or hand).
    - c. Charging (running, jumping into, or charging opponent who has a clearly established position).
    - d. Interference (impeding the progress of an opponent who is not in possession of the puck).
    - e. Deliberately delaying the game by lying or standing on the puck or shooting it out of the playing area.
    - f. Hooking, slashing, or kicking.
      - 1. Slashing is defined as any of the following:
        - a. A swing of the hockey stick or goalie stick that strikes another player.
        - b. Repeated downward striking with the hockey stick on an opponent's stick.
        - c. Free swing or baseball swing with the hockey stick or goalie stick.
      - 2. Hooking is defined as impeding or attempting to impede the progress of an opponent by "hooking" with the stick.
    - g. High sticking (a player's stick must be held below his/her own shoulder at all times).
    - h. Roughing (using any part of the body such as an elbow to hit an opponent or modify, by contact, the opponent's direction).

- i. Goalkeeper outside the goal crease (both feet must stay inside the goal crease area). Delayed penalty if the goalie comes out of the crease and the other team has possession of puck.
- j. The goalkeeper sits, lies down, kneels on the ground, or holds the stick horizontally along the floor during the play.
  - i. A goalkeeper may go to the ground while making a save or to smother the puck.
  - ii. The goalkeeper will be warned the first time.
- h. Charging from behind.
- i. Cross-checking (occurs when a player holds their stick horizontally and shoves a player with it).
- j. Abuse of officials or other court personnel, opponents, or unsportsmanlike conduct committed by team members, coaches or spectators. A player who is on the court at the time of the call will serve the penalty. The offending team's coach makes the decision as to which player serves the penalty.
- k. A team does not submit the score sheet ten minutes prior to the scheduled start of the game or coaches other than the designated "head coach" try to discuss rules and rule interpretations with the referees during the game. The coach makes decision as to which player serves the penalty.
- ii. In case of a line change during the course of a player's penalty, a player from the incoming line shall serve the balance of the penalty.
- iii. If a goal is scored against a team that is short-handed, the player serving the penalty may return to the game even if the penalty time has not elapsed. (Definition: "Short-handed" – the Team is below the numerical strength of its opponent on the court.)
  - a. A team shall not be required to play with fewer than four players.
  - b. If more than two players are penalized during the same time, penalties shall be served in succession (see Section H under "Player and Line Rotations").
  - c. If both teams have a player in the box and a goal is scored, then both players will remain in the box until the penalty is served.
  - d. See the following examples:
    - 1. A coincident minor penalty results in both teams playing at equal strength. Players will sit the entire penalty whether a goal is scored or not.
    - 2. Team A gets a minor penalty and is "short-handed." Team B gets a minor penalty 30 seconds later. Both teams are considered to be equal strength until the end of Team A's penalty, at which point Team B will be "short handed" for the remaining 30 seconds of their player's penalty.
- iv. If the goalkeeper commits a minor penalty, a teammate playing on the court at the time of the penalty, to be chosen by the coach, can serve the 1-minute penalty for the goalkeeper.
- v. In the event a penalty is called against a player whose team does not have control of the puck, the referee will indicate a "delayed penalty" by raising their arm.
  - a. Play will not stop until the defending team gains control of the puck.
  - b. The full duration of the penalty shall be enacted from the time play is stopped.
  - c. If the opposing team scores during the time of the "delayed penalty," the goal shall count, the subsequent face-off will take place at the center face-off circle and the player who committed the penalty will then serve the penalty.
- vi. The team's conduct before, during and after the game is the responsibility of the head coach. If the referee determines that a team's play is too rough or inappropriate, the referee will give the head coach one warning and then the head coach may be subject to a one-minute penalty for unsportsmanlike conduct. If the problem persists, the team may receive a two-minute major penalty and the head coach is removed from the game.
- vii. Coaching from outside of the designated team bench may also result in a minor penalty.
  - a. Members of a team, including head coaches, assistant coaches, and athletes not in the game, are not allowed in the following areas of the court:
    - 1. Baselines (behind either goal).
    - 2. Sideline opposite of the team benches/table.
    - 3. In front of the scorekeepers table.
    - 4. Opponent's bench.
  - b. At the discretion of the referee, a team may receive a warning before a 1-minute minor penalty is assessed. A player on the court at the time of the penalty will be chosen by the offending team's head coach to serve the penalty.
- i. Major Penalties
  - i. Major penalties shall result in a 2-minute penalty, and expulsion from the game, for the offending player.
  - ii. The referee will stop play by signaling a time-out to the timekeeper (table).

- a. The head coach will adjust the line rotation so that each player, excluding the goalkeeper(s), will play within one line of each other.
- b. The player shall be substituted for by a teammate, as selected by the offending team's head coach, who shall serve the 2-minute penalty.
- iii. The resulting face-off must be taken in the face-off circle of the offending team's defensive end.
- iv. If one or more goals is scored while the team is short-handed due to the major penalty, the player serving the 2-minute penalty may not return to the game before the 2 minutes have elapsed.
- v. Major penalties include the following:
  - a. Unsportsmanlike behavior (profane or offensive language, abuse of officials, opponents or other court personnel, etc.), at the discretion of the referee.
  - b. Committing any intentional foul that might injure another player.
  - c. Fighting.
  - d. Deliberately throwing or swinging a stick at another player.
  - e. Minor penalties, at the discretion of the referee, that are committed deliberately and with intent to injure another player, coach, or referee.
  - f. Receiving three minor, or bench, penalties in one game.
  - g. Any action on the part of a player or coach which is intended to provoke, instigate, or incite unsportsmanlike behavior on the part of another player.
    - 1. If the penalty is assessed on a coach, he/she will be required to leave the bench and will revoke their role as a coach for the remainder of the game. Refusal to adhere to this rule will result in game forfeiture.
- j. Three Minor Penalties
  - i. A player that has received three (3) minor or bench penalties in one game shall receive a major penalty and will be removed from the current game.
  - ii. Refer to Section H, 1., i. for Major Penalties.
- k. Off-sides
  - i. There will be no off-sides in the game. The only time players must be on their side of the playing surface is during a face-off.
- l. Overtime
  - i. In the event that a game is tied at the end of regulation, and the Competition Director has determined that overtime will be used, overtime shall consist of the following:
    - a. One additional period of nine minutes, with a running clock for all lines.
    - b. The first team to score a goal shall be declared the winner
    - c. The first line of overtime shall start with Line 2, with subsequent lines following the regular rotation of lines.
    - d. If, at the end of the overtime period, the score is still tied and no winner is needed for the competition to be completed, the game shall result in a tie.
    - e. If a winner is needed, then the game continues with the regular rotation of lines, until a goal is scored.
  - ii. Any additional overtime play beyond the first overtime period will be determined by the Games Committee based on the competition structure.

## SECTION J - TIE BREAKERS

1. For divisions at a competition where, at the discretion of the Competition Director, places do not need to be determined for advancement purposes (in final division play), the following procedures will take place:
  - a) Head to Head: counting only games between the teams that are tied; if still tied, proceed to b).
  - b) The remaining tied teams will receive the same award (double, triple, etc.) and subsequent places will be skipped.
  - c) Forfeit Rule:
    - i. If any team involved in a tie has forfeited a game (not including divisioning, leveling, or play-in games), it will be placed in the lowest position of the teams involved.
    - ii. If any team involved in a tie received a win as the result of a team forfeiting to them, ALL games involving the team that forfeited will be omitted and the resulting records will be used in the foregoing tiebreaker procedures.
2. For divisions at a competition where, at the discretion of the Competition Director, places need to be determined for advancement purposes (to final divisions, medal or placement games), the following procedures will take place:
  - a) Head to Head: counting only games between the teams that are tied; if still tied proceed to b).

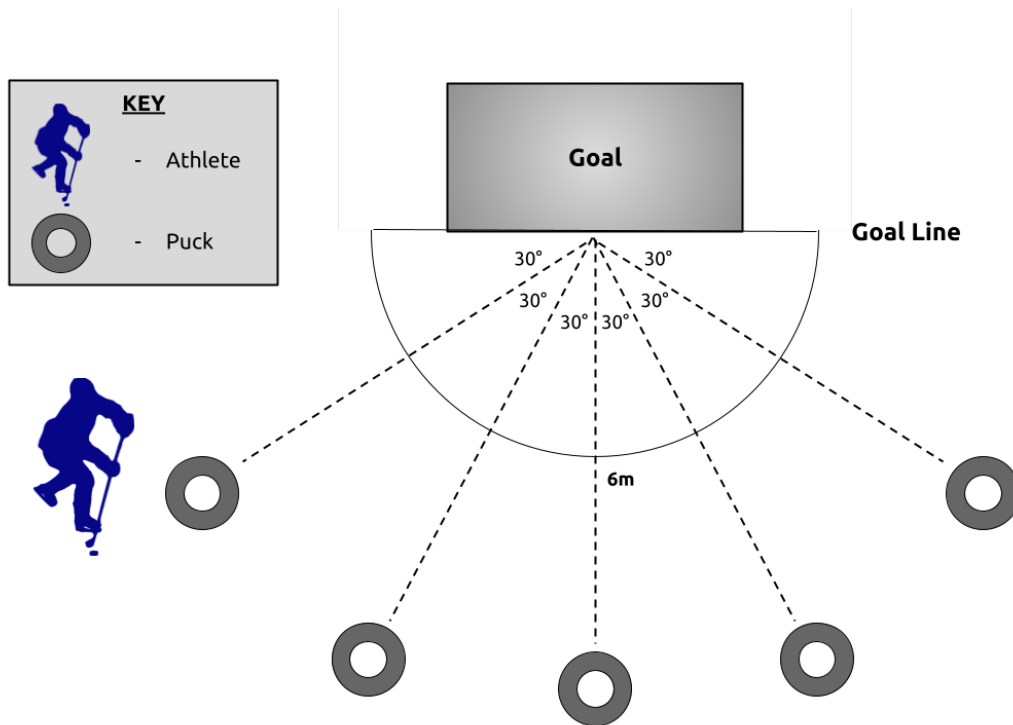


- b) Lowest total defensive points allowed, counting only games (not including divisioning, leveling, or play-in games) between the teams that are tied; if still tied, proceed to c).
- c) Highest point differential (difference between points scored and points allowed in each game), counting only games (not including divisioning, leveling or play-in games) between the teams that are tied; if still tied, proceed to d)
- d) Highest total offensive points scored, counting only games (not including divisioning, leveling, or play-in games) between the teams that are tied; if still tied, proceed to e)
- e) Lowest total defensive points allowed, counting all games (not including divisioning, leveling, or play-in games) between common opponents; if still tied, proceed to f)
- f) Highest point differential (difference between points scored and points allowed in each game), counting all games (not including divisioning, leveling or play-in games) between all common opponents; if still tied, proceed to g)
- g) Highest total offensive points scored, counting all games (not including divisioning, leveling, or play-in games) between common opponents; if still tied, proceed to h)
- h) If all of the tiebreakers described above still do not decide the outcome of a tie, a coin flip will be used, where the winner will be given the higher placement.
- i) Forfeit Rule:
  - i. If any team involved in a tie has forfeited a game (not including divisioning or play-in games), it will be placed in the lowest position of the teams involved.
  - ii. If any team involved in a tie received a win as the result of a team forfeiting to them, ALL games involving the team that forfeited will be omitted and the resulting records will be used in the foregoing tiebreaker procedures.

## **SECTION K - INDIVIDUAL SKILLS CONTEST (ISC)**

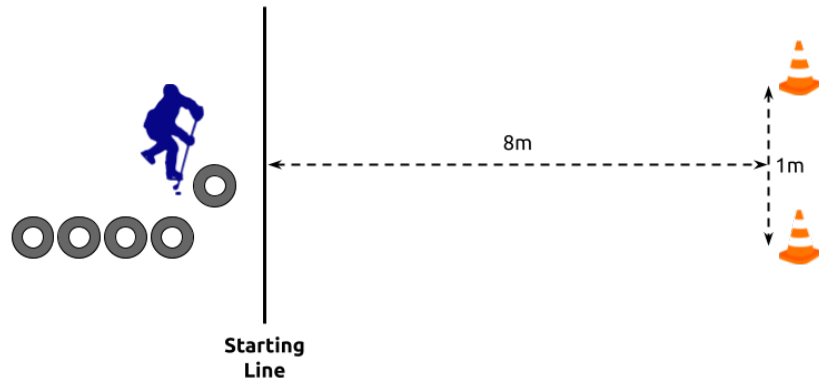
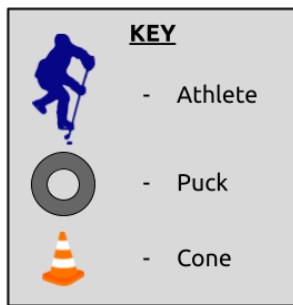
1. The following events provide meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
2. Athletes who receive assistance in the portion of the event that determines the score will receive a “Non Score” for the event. Athletes who score “Non Score” in all of the events will only be eligible for a Participation award. In order to receive a placement award (Gold through 8<sup>th</sup> Place), athletes must perform at least one of the events below without receiving assistance in the portion of the event that determines the score (see specific events for details).
3. Four events comprise the Individual Skill Contest: Shoot Around the Goal, Pass, Stick-Handling, Shoot for Accuracy.
4. The athlete’s final score is determined by adding together the scores achieved in each of these four events.
5. Athletes will be pre-divisioned according to their total scores from these three events as well as gender and age group.
6. Each event is diagrammed with the suggested number and placement of volunteers who will administer them.

## ISC Event #1: Shoot Around the Goal



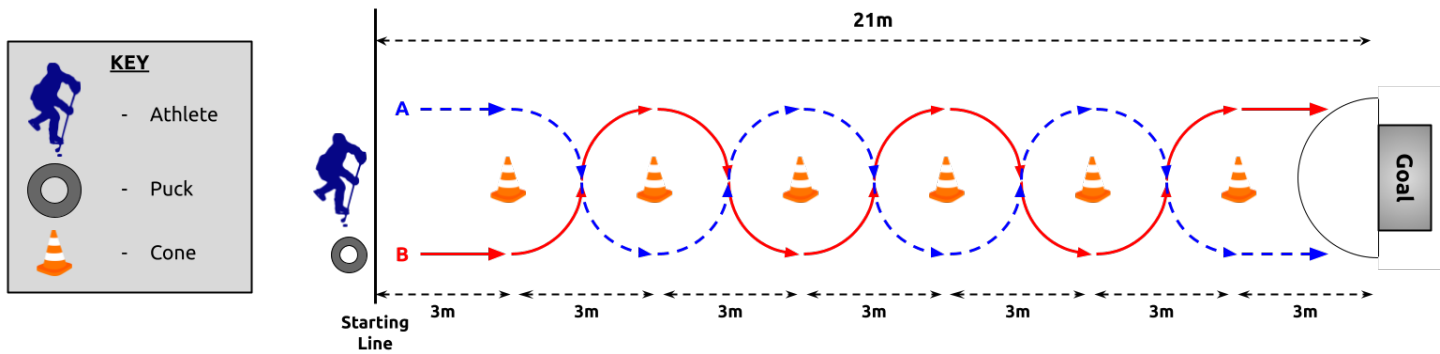
1. Purpose: To measure the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
2. Equipment
  - a. Floor Hockey Stick
  - b. 5 pucks
  - c. Tape
  - d. Stopwatch
  - e. Goal
3. Description
  - a. Athlete takes one shot on goal from five different spots around the goal.
  - b. These spots are located at the end points of five 6-meter long rays which start from a common point at the center of the goal line.
  - c. Each ray is drawn such that it creates a 30° angle with the goal line extended or with a previously drawn ray.
  - d. The athlete has a 10-second time limit to shoot all pucks.
  - e. One puck shall be at each spot before the athlete starts shooting.
4. Scoring
  - a. Each puck, which completely crosses the goal line into the goal, is worth five points.
  - b. The score is the total of the five shots.
  - c. The maximum score is 25. The minimum score is zero.
  - d. If the athlete receives assistance shooting or otherwise moving the stick and/or puck in a forward motion, they will receive a "Non Score" for this event.

## ISC Event #2: Pass



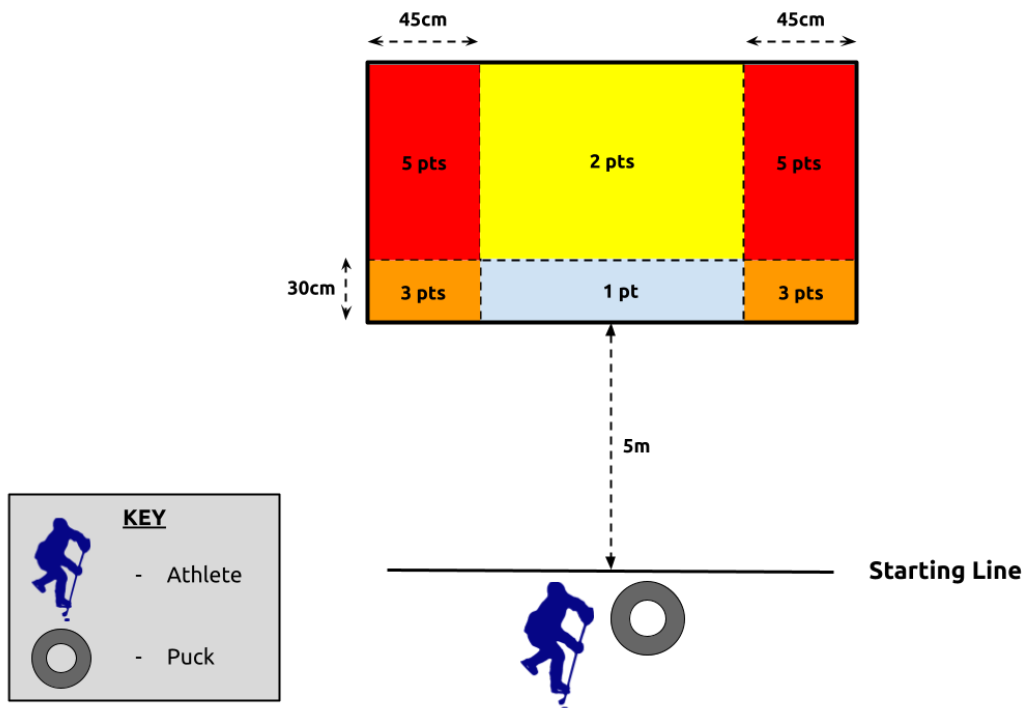
1. Purpose: To measure the athlete's control and accuracy when passing the puck.
2. Equipment
  - a. Floor Hockey Stick
  - b. 5 pucks
  - c. Tape
  - d. 2 Cones
3. Description
  - a. Athlete makes five passes from behind the starting line.
  - b. Athlete tries to pass the puck between 2 cones (1 meter apart).
  - c. Cones are placed 8 meters from the starting line.
4. Scoring
  - a. Each time the puck completely crosses the line between the 2 cones, the athlete shall be awarded five points.
  - b. If the puck hits the cone and completely crosses the line, the athlete shall be awarded three points.
  - c. The athlete's total score is the sum of the scores from the five passes.
  - d. The maximum score 25 points maximum. The minimum score is zero.
  - e. If the athlete receives assistance passing or otherwise moving the stick and/or puck in a forward motion, they will receive a "Non Score" for this event.

## ISC Event #3: Stick-Handling



1. Purpose: To measure the athlete's speed and ability to handle the puck.
2. Equipment
  - a. Floor Hockey Stick
  - b. Puck
  - c. Tape
  - d. 6 Cones
  - e. Stopwatch
  - f. Goal
3. Description
  - a. Athlete stick-handles the puck from a starting line through a course defined by cones (see diagram – follow path A or B), and shoots the puck at the goal.
  - b. The distance from the start line shall be 21 meters from the goal line.
  - c. The cones shall be placed in a straight line at intervals of 3 meters.
  - d. The clock starts when the athlete first moves the puck and stops when the puck passes the goal line.
4. Scoring
  - a. The time consumed stick-handling is subtracted from 25. Subtract one point for each cone missed.
  - b. Five bonus points are given if the athlete scores a goal.
  - c. The maximum score varies. The minimum score is zero.
  - d. If the athlete receives assistance moving around the course (is pushed, physically guided, or otherwise moved), and/or receives assistance shooting or otherwise moving the stick and/or puck in a forward motion, they will receive a "Non Score" for this event.

## ISC Event #4: Shoot for Accuracy



1. Purpose: To measure the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.
2. Equipment
  - a. Floor Hockey Stick
  - b. 5 Pucks
  - c. Tape/Rope/PVC
  - d. Goal
3. Description
  - a. Athlete takes five shots on goal from behind the Starting Line that is 5 meters from, and directly in front of, the goal.
  - b. Six sections are defined within the goal by rope, tape or PVC as shown in the diagram.
  - c. The vertical ropes, tapes or PVC are hung 45cm (18") in from each goal post.
  - d. The horizontal rope, tape or PVC is strung/hung 30cm (12") above the floor.
4. Scoring
  - a. The goal is divided into point sections as follows:
    - i. 5 points for any shot entering the goal in either of the upper corners.
    - ii. 3 points for any shot entering the goal in either of the lower corners.
    - iii. 2 points for any shot entering the goal in the upper middle section.
    - iv. 1 point for any shot entering the goal in the lower middle section.
  - b. The puck must completely cross the goal line into the goal for athlete to receive any points, except if the rope, tape or PVC stopped the puck from crossing the goal line. In this case, give the point total for the lesser section.
  - c. The score is the total of these five shots.
  - d. The maximum score is 25. The minimum score is zero.
  - e. If the athlete receives assistance shooting or otherwise moving the stick and/or puck in a forward motion, they will receive a "Non Score" for this event.

# FINAL ISC SCORE

1. The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the four events. The maximum final score possible for one round is variable.
2. A sample of the Floor Hockey Individual Skills Contest Scorecard can be found below.

## SAMPLE FLOOR HOCKEY INDIVIDUAL SKILLS CONTEST SCORECARD

**Special Olympics**  
**Northern California**  
*Individual Skills Contest (ISC) Scorecard*  
**FLOOR HOCKEY**

Place Athlete Label Here

<b>Athlete Name:</b>		<b>Age Group:</b>		<b>Division:</b>	
<b>Delegation:</b>		<b>Gender:</b>			

	ATTEMPTS					SCORE	
	1	2	3	4	5		
<b>SHOOT AROUND THE GOAL</b>							Sum of Points
<b>PASS</b>							Sum of Points
<b>STICK HANDLING</b>	Time Elapsed	Cones Missed	Bonus				25 minus time minus cones missed plus bonus
<b>SHOOT FOR ACCURACY</b>							Sum of Points
<b>Total Score</b>							

### Shoot Around the Goal

- Athlete takes one shot on goal from 5 different spots around the goal (pucks are laid out prior to athlete starting)
- The athlete has a 10-second time limit to shoot all pucks
  - Scoring: - **5 points** for each puck that completely crosses the goal line
  - **Score is the total of 5 shots (Maximum of 25 points)**

### Pass

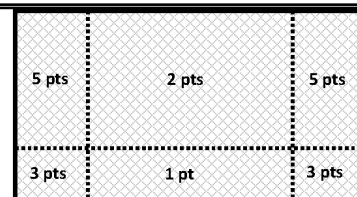
- Athlete makes 5 passes from behind the starting line
- Athlete attempts to pass the puck between 2 cones (1 meter apart), which are placed 8 meters from the starting line
  - Scoring: - **5 points** for each puck that completely crosses the line between the two cones
  - **3 points** for each puck that hits a cone and completely crosses the line between the two cones
  - **Score is the total of 5 shots (Maximum of 25 points)**

### Stick-Handling

- Athlete stick-handles the puck from the starting line through a course defined by cones and shoots the puck at the goal
- The clock starts when the athlete first moves the puck and stops when the puck crosses the goal line
  - Scoring: - Subtract the time elapsed from 25. Then subtract one point for each cone missed.
  - **5 bonus points** are given if the athlete scores a goal
  - **Score is the time elapsed subtracted from 25, minus penalties, plus any bonus (Minimum score is "0"; Maximum score varies)**

### Shoot For Accuracy

- Athlete takes five shots on goal from behind a line that is 5 meters from and directly in front of a goal with 6 sections (see diagram in rules)
  - Scoring: - See diagram to the right for scoring sections
  - The puck must completely cross the goal line into the goal to receive points unless the rope/tape stopped the puck, in which case the athlete shall receive the points for the lesser section
  - **Score is the total of 5 shots (Maximum of 25 points)**



## SECTION L - 2024 RULE CHANGES

1. Actual rules changes listed below are in **red font, underlined and in bold print** within the rule book.
2. General formatting and wording changes.
3. Rule Change Summary:
  - a. Added SONorCal's Animal Policy for Practices, Competitions and Events.
  - b. Added roster size limits for consideration for 2026 USA Games for 5-A-Side Traditional and 7-A-Side Unified Play.
4. Changes within the Rules & Guidelines below:

### *Page 8 – Section A: General Rules*

#### SECTION A – GENERAL RULES

3. SONorCal has a strict Animal Policy for Practices, Competitions and Events, which must be followed by all athletes, volunteers, parents and spectators at all times. Please visit [sonc.org/resources/coach-athletes-resources/coach-resources/policies-procedures-forms](https://sonc.org/resources/coach-athletes-resources/coach-resources/policies-procedures-forms) for the full policy.