



NBGC FLOOR HOCKEY RULES – 2023

GENERAL

1. A game is played in two halves of 16 minutes each with a running clock. 12 minute halves for Daisy & Discovery.
 - a. There is no overtime until the playoffs.
 - b. The clock stops during timeouts, at all whistles during penalties, and all whistles during the last minute of a half.
 - i. The clock will restart once the puck is dropped during a face-off.
2. Teams are given one 30 second timeout per half.
 - a. Timeouts can only be called when play is stopped after a whistle.
 - b. Unused timeouts do not carry over into the second half or overtime.
3. Players must wear their NBGC team shirt and dry gym shoes to play.
 - a. Goalies must wear a mask, chest protector and a glove on their free hand.
 - b. All non-NBGC equipment must be approved by the Athletic Director before use during a game.
 - c. NBGC sticks must be used by all players.
4. Registered players and two approved coaches are allowed into the gym for each team.
 - a. Coaches are asked to limit their shouting of instructions at players on the court.
 - b. Wait for timeouts and subs to ask the referees questions so as not to distract them from the game.
 - c. Accept the judgment of the referees without argument, complaint, criticism, and emotional displays.
5. Subs enter the game every 4 minutes (3 minutes for Daisy & Discovery League) in an even rotation. Every player on the bench must be brought into the game.
 - a. Tribe, Prep, & Junior have free subs during the last 8 minutes of the game.
 - b. Cadet & Pebble have free subs during the last 4 minutes of the game.
 - c. Discovery & Daisy have free subs during the last 3 minutes of the game.
 - d. The score marker & head ref is in charge of overseeing the rotation.
6. The official game ends when a team trails by 10 or more goals at any time during the second half.
 - a. The remaining time can be used to scrimmage or practice.
7. Players must remain still with their stick on the floor during face-offs.
 - a. The players taking the face-off may not hit the puck before it reaches the ground.
 - b. Face-offs are held:
 - i. To start each period.
 - ii. When the puck goes out of play.
 - iii. After a goal is scored.
 - iv. After a penalty is called.
 - v. When the puck is frozen by the goalie.
 - vi. When the puck gets stuck in the back of the net.
 - vii. When the referees lose sight of the puck.
 - viii. Any other time the whistle blows.
8. A player cannot intentionally kick or bat the puck into the net with any part of the body.
 - a. No goal will be awarded and the face-off will move to the center line.
 - b. Exceptions to this rule are as follows
 - i. A player bats or kicks the puck into their own goal
 - ii. The puck bounces off a player unintentionally.
9. Pulling the goalie can only be done when play is stopped after a whistle.
 - a. The goalie will be subbed out to be replaced by an extra player that must stay on defense and is not allowed to cross the center line
 - b. Once the goalie is pulled, no player may defend the net from inside the crease.
 - c. The team cannot freeze the puck.
10. The referees have the authority to make all decisions not specifically covered in the rules.

PENALTIES

1. Delay of Game – 1 minute
 - a. Intentionally shooting the puck out of play to draw a face-off.
 - b. Intentionally covering the puck with any part of the body (if not the goalie), including stepping on the puck.
 - c. When the goalie throws the puck across the center line untouched by another player.
 - i. Each goalie gets one warning per game.
 - d. Catching and holding/running with the puck.
 - e. Intentionally batting, throwing or swatting the puck out of the air.
 - i. It is legal to catch a puck in flight and set it down or drop it immediately.
 - f. Excessively curving the blade of the stick.
 - i. Sticks must only be bent by referees or scoremarkers.
2. High Sticking – 1 or 3 minutes
 - a. Raising the blade of the stick above the waist while playing the puck.
 - i. A high sticking penalty on the backswing or follow-through of a goal will negate the goal.
 - b. Hitting an opponent at any time when the blade of the stick is above the waist.
3. Holding – 1 minute
 - a. Holding onto an opponent's stick, body or clothing.
4. Offside – 1 minute
 - a. When offensive or defensive designated players cross the center line.
 - i. Reaching the stick across the line is not considered an offside play.
 - ii. An allowance is made for a player that loses their stick and crosses the line to retrieve it.
5. Interference – 1 minute
 - a. Attempting to knock, kick away, or prevent an opponent from picking up their stick.
 - b. Failing to pick up your own dropped stick immediately.
 - c. Setting a screen on a moving opponent.
 - d. Reaching over the boards while on the bench or in the penalty box.
 - e. Making contact with the goalie while the goalie is in the crease.
 - f. Being inside the goal crease before the puck enters.
 - g. Entering & exiting the gym while play is live.
 - h. Spectators in the play area.
 - i. Sliding into the play.
6. Hooking – 1 or 3 minutes
 - a. Using your stick to hold an opponent's body or stick.
7. Slashing – 1 or 3 minutes
 - a. Slashing or attempting to slash an opponent with your stick.
 - b. Hitting an opponent's hand that is on their stick regardless of intent.
8. Tripping – 1 or 3 minutes.
9. Checking/Roughing/Elbowing – 1 or 3 minutes.
10. Unsportsmanlike Conduct – 3 minutes or Game Misconduct
 - a. Throwing the stick to break up a play.
 - b. Banging the stick in anger into the floor, against the wall, and boards excessively.
 - c. Swearing or using abusive language.
 - d. Continued arguing with officials, teammates, opponents, spectators or coaches.
 - e. Involvement in any kind of fight or rough shoving match.
 - f. Attempting to injure a player with the stick or body.
 - g. Any other form of extreme poor sportsmanship.
11. Spearing
12. Game Misconduct

OTHER PENALTY-RELATED RULES

1. When a team has a power-play opportunity (an extra player on the floor) during a Minor Penalty, the penalty ends if a goal is scored. If the shorthanded team scores or if teams are at even strength, no one comes out of the box early.
2. When a Major Penalty is called, the penalized player must serve the full 3 minutes, regardless of power-play goals being scored by the opponent. As soon as the 3 minutes are up the player goes back into the game.
3. A player who receives 2 MAJORS in a game is ejected.
4. If subs are called while a player is serving a penalty for game misconduct, the sub for the penalized player will serve the remainder of the penalty before entering the game. This also applies to a Major Penalty.
5. The clock will stop at all whistles during power-plays until the puck is dropped for a face-off.
6. When a shot is already in flight toward the net a penalty by the offense near his/her net will not cancel out the shot if it results in a goal.
7. If a goalie or teammate intentionally moves the net while a shot is in flight, during a scramble in front of the net or while a breakaway is in progress the ref may:
 - a. With a shot in flight, award a goal if the ref feels the shot would have scored.
 - b. During a scramble or breakaway, award a penalty shot.
 - c. Call a delay of game penalty in addition to a or b.
8. A penalty shot is awarded if a player is interfered with from behind on a shot attempt or if a defender releases the stick to knock the puck away while on a clear breakaway.
 - a. On a penalty shot the shooter will start at the centerline and move in for a shot with continuous forward motion (referring to the player's body)
 - b. Their forward body momentum may not stop before shooting.

OVERTIME RULES FOR PLAYOFFS

1. A 2-minute overtime period will be played. The clock will stop on whistles during the last minute.
2. Subs can be made on any whistle.
3. If the game is still tied, the teams will go into a shootout.
 - a. All players besides the goalie must return to their team's bench.
 - b. The team entering the game with the higher seed will choose whether they want to shoot 1st or 2nd.
 - c. The teams will take 5 shots total in an alternating fashion. The coach will send out 1 player at a time to take the shot.
 - d. If the game is still tied following 5 shots for each team, the game will go into sudden death penalty shots with the chance to match.
 - e. If the goal is matched, the next goal wins.

INDIVIDUAL LEAGUE RULES

Daisy & Discovery League (K-1st grade)

- 4 on 4. 1 goalie, 1 center, 1 defense, 1 forward
- Teams must have at least 3 players by forfeit time (8 minutes after game time)
- Games consist of two 12-minute halves.
- Subs rotate in every 3 minutes with free subs during the last 3 minutes of the game (2nd half)
- Teams are given one 30-second timeout per half.
- A player can only play goalie for one half per game.

Pebble League & Cadet League (2nd-3rd grade)

- 6 on 6. 1 goalie, 1 center, 1 defense, 1 forward.
- Teams must have at least 5 players by forfeit time (8 minutes after game time)
- Games consist of two 16-minute halves.
- Subs rotate in every 4 minutes with free subs during the last 4 minutes of the game (2nd half)
- Teams are given one 30-second timeout per half.
- A player can only play goalie for one half per game.

Junior League (4th-5th grade girls)

- 5 on 5. 1 goalie, 1 center, 1 defense, 1 forward.
- Teams must have at least 5 players by forfeit time (8 minutes after game time)
- Games consist of two 16-minute halves.
- Subs rotate in every 4 minutes with free subs during the last 8 minutes of the game (2nd half)
 - o During free subs, coaches can sub "on the fly." When subbing on the fly, the player being subbed out must be off the court before a player from the bench steps onto the court.
- Teams are given one 30-second timeout per half.
- A player can only play goalie for one half per game.

Prep League (4th-5th grade boys)

- 6 on 6. 1 goalie, 1 center, 1 defense, 1 forward.
- Teams must have at least 5 players by forfeit time (8 minutes after game time)
- Games consist of two 16-minute halves.
- Subs rotate in every 4 minutes with free subs during the last 8 minutes of the game (2nd half)
 - o During free subs, coaches can sub "on the fly." When subbing on the fly, the player being subbed out must be off the court before a player from the bench steps onto the court.
- Teams are given one 30-second timeout per half.
- A player can only play goalie for one half per game.

Tribe League (6th-8th grade boys & girls)

- 6 on 6. 1 goalie, 1 center, 1 defense, 1 forward.
- Teams must have at least 5 players by forfeit time (8 minutes after game time)
- Games consist of two 16-minute halves.
- Subs rotate in every 4 minutes with free subs during the last 8 minutes of the game (2nd half)
 - o During free subs, coaches can sub "on the fly." When subbing on the fly, the player being subbed out must be off the court before a player from the bench steps onto the court.
- Teams are given one 30-second timeout per half.
- A player can only play goalie for one half per game.