

Intramural Foam Hockey

Western Kentucky University – Intramural Sports
Preston Health & Activities Center

SECTION 1. EVENT FORMAT

I. Overview

- A. Foam Hockey will be a Mini-League. Each team will be guaranteed two (2) pool play games and then will move on to Single Elimination Bracket Play.
- B. The Intramural Supervisor will provide oversight and aid with operations of the sport, while Intramural Officials will officiate the games.
- C. ALL PARTICIPANTS MUST PRESENT THEIR ID IN ORDER TO PARTICIPATE.
- D. GAME TIME IS FORFEIT TIME!
 - i. All participants must be signed in and “ready to play” with a minimum number of three (3) players to avoid a forfeit.

II. Sportsmanship

- A. After each game teams will be awarded a sportsmanship rating according to WKU Intramural Sports policy.
- B. Teams will be rated on the following score system and must have an average of three (3) points or a “B” to be eligible for playoffs:
 - i. Four (4) points - an “A”
 - ii. Three (3) points - “B”
 - iii. Two (2) points - a “C”
 - iv. One (1) point - a “D”
 - v. Zero (0) points - an “F”
- C. Teams will receive a “B” in sportsmanship for a default and an “F” for a forfeit.
 - i. In the event of a forfeit during a pool play game, the team must receive an “A” during their other pool play game to be eligible for playoffs. (This is an exception to the “B” average rule for playoff eligibility)

SECTION 2. THE GAME

I. Brief Overview

- A. Each game will be played with four (4) players per team.
 - i. There is a maximum of fifteen (15) players allowed per roster.

- ii. A minimum of three (3) players are required per team to avoid a forfeit.
- B. The score and time will be kept by an Intramural Sports staff member.
- C. Each game will consist of three (3) 8-minute periods.
 - i. There will be a two (2) minute break in-between periods.
 - ii. Each team is allowed two (2) 30-second Time-Outs per game.
- D. Face-offs will take place at half-court at the beginning of each period and after goals.
- E. ALL NON-INCIDENTAL CONTACT IS CONSIDERED A FOUL.
 - i. Each team foul following the fourth (starting with the 5th) during a period will result with one (1) point being awarded to the opposing team.

II. The Court

- A. Preston Center Basketball Courts will be used, with goals placed underneath each hoop.
- B. Out-of-bounds violations result in possession given to the team that did not touch the puck last. A minimum of five (5) yards must be given by the opposing team upon the restart, which will take place following a whistle by an official.
 - i. The puck must completely cross the basketball court sidelines to be deemed out-of-bounds.
 - ii. The area of the court behind each goal is considered IN BOUNDS.
 - ii. If the puck goes under the curtains, it will be considered out-of-bounds
- C. Crease = Area of play near the goal where you cannot enter.
 - a. The width of the crease is the lane lines for basketball, while the length will be marked off with tape five (5) feet from the goal line.

III. Beginning Play

- A. The Intramural Supervisor will assist teams with court assignments.
- B. Captains' Meeting
 - i. ALL PARTICIPANTS must attend the group Captain's Meeting in order to be eligible to play prior to the first game.
 - a. All other Captain's Meetings will be with just the two designated captains.
 - ii. Prior to the start of each game, each team's captain will be required to meet with the supervisor to go over rules and who will receive possession of the ball.
 - a. Participants are asked to follow the supervisor's instructions and ask any desired rule clarifications at this meeting.
- C. Arriving Late

- i. Any player who arrives late must first sign in with an Intramural Supervisor before they may enter the game. This may be done in-between periods or in-between games.

SECTION 3. EQUIPMENT

I. Equipment Provided

- A. 36-inch UltraSoft™ Floor Hockey sticks, which are designed with a foam blade will be provided by the WKU Intramural Sports program.
- B. Teams will be required to wear colored pennies, which will also be provided.
 - i. Teams are welcome to bring numbered jerseys, as long as they are the same color.

II. Illegal and Required Equipment

- A. Athletic attire is required, including non-marking indoor shoes.
- B. No jewelry, hats or anything that would be considered potentially harmful to other participants may be worn.
- C. No cast or brace with an outermost layer composed of exposed metal, hard and/or sharp plastic or other material will be permitted.
 - i. Braces and casts must be covered by a standard sleeve or other soft, pliable material in order to be permitted.

SECTION 4. PLAYERS

I. Team Composition

- A. Each team will be made up of four (4) players on the court.

II. Roster Limit

- A. Teams can have a maximum of fifteen (15) players on their roster.

III. Minimum Team Requirements

- A. Games may be played with a minimum of three (3) players.

IV. Substitutions

- A. Unlimited substitutions are allowed. A legal substitution requires the following:
 - i. The player may not enter until their teammate is completely off the court.
 - ii. Substitutions must take place at half-court.
- B. AN ILLEGAL SUBSTITUTION WILL BE COUNTED AS A TEAM FOUL (after a warning has been given to that team), and will result in a change of possession if the team has control of the puck.

SECTION 5. TIMING

I. Time Limit

- A. The game will consist of three (3) 8-minute periods.
- B. The clock will not stop and will be managed by the Intramural Supervisor or scorekeeper. (The clock may be stopped in the event of an injury)
 - i. If you are late, the game will be shortened because the clock will stop at the designated time limit.
- C. A two (2) minute period break will be counted down by the Intramural Supervisor or an official.

II. Timeouts

- A. Teams will receive two (2) 30-second timeouts per game.
- B. Injury time outs may be determined only at the Intramural Supervisor or Official's discretion.

III. Slow Play

- A. There will be no official shot clock.
- B. Teams will NOT be allowed to stall or "freeze" play.
 - i. Each player will have five (5) seconds to make an effort to advance the puck.
 - a. This is done by moving toward the goal, passing, or shooting the puck.
 - b. Violations will result in a turnover.
 - i. Teams are expected to continue their pace of play and maintain it during the game.

IV. Overtime (ONLY IN PLAYOFFS)

- A. If the score is tied after the time limit is reached, teams will play an overtime period.
- B. The five (5) minute overtime period will end once a team scores.
- C. If no team scores in the overtime period, there will be a sudden-death shootout.
 - i. Teams will take turns shooting at an open goal from half-court.
 - a. If a player on a team makes their shot while the opposing team misses, the game will be over.
 - b. If it is still tied after all four (4) starters have shot, the order will reset and the new shot will be taken from the free-throw line on the opposite half of the court.

SECTION 6. SCORING

I. Points Breakdown

A. One (1) point will be awarded to each team if they shoot the puck and it crosses the entire goal line.

II. Mercy Rule

A. There will be no mercy rule scores.

III. Teams Arriving Late

A. Teams will only be given a ten (10) minute grace period for arriving late.

B. The clock will be started for the first period at the scheduled time of each game.

i. One (1) point will be awarded to the opposing team for every (2) minutes that goes by starting with a score of zero (0) to (1) once the game begins.

a. Ready to play: 0:01 – 1:59 (late team starts 0-1)

b. Ready to play: 2:00 – 3:59 (late team starts 0-2)

c. Ready to play: 4:00 – 5:59 (late team starts 0-3)

d. Ready to play: 6:00 – 7:59 (late team starts 0-4)

e. Ready to play: 8:00 – 9:59 (late team starts 0-5)

ii. The game will be ended with a score of five (5) to zero (0) when the clock hits ten (10) minutes if the team is not present.

IV. Forfeit/Default Score

A. In the event of a forfeit or a default, a score of three (3) to zero (0) will be given.

V. Fouls

A. After four (4) team fouls in a period, every foul afterward during that period will count as one (1) point to the opposing team.

SECTION 7. CHANGE OF POSSESSION

I. Face-offs

i. Will take place at half-court at the beginning of each period and after goals.

ii. One player from each team is allowed in the center circle on their half of the court. The puck will be placed in the middle of the players.

a. After the official's whistle, the players will raise their sticks to touch blades. Upon touching blades the players will say the letter "W".

b. After they say "W", they will touch the court where their blade started and then proceed to touch blades with the opposing player again.

c. On the second touch, the players will say the letter “K”. This process will be repeated a third time and upon the third touch the players will say the letter “U”.

d. Once this is done, the play will be considered live.

II. Out-of-Bounds Violations

A. For out-of-bounds violations, the opposing team will receive possession.

i. Possession will be given at the point of exit and play will resume on the officials whistle. A minimum of five (5) yards must be given.

III. Fouls

A. For fouls, the opposing team will receive possession.

i. Possession will be given at the spot of the foul and play will resume on the officials whistle. A minimum of five (5) yards must be given.

B. If an offensive player is fouled in the act of the shooting and the result of the play is a goal, the goal will count and a face-off at half-court will determine the next possession.

i. The foul will still be counted as a team-foul for the period. If it is a team’s fourth foul (or more) that period, the shooting team will receive an additional point (2 total).

SECTION 8. PLAYER CONDUCT

I. Legal Movement

A. A player must pass, shoot, or make an offensive move toward the goal within five (5) seconds.

i. A violation of this will result in a turnover.

B. The puck may only be played with your stick

i. A puck that is played with one’s arms or legs will be considered a violation (change of possession).

ii. Extending ones arms or legs to obstruct a player is prohibited.

C. Players without the puck are free to move without restriction, except in the crease.

D. ABSOLUTELY NO CONTACT (excluding incidental contact).

i. Any non-incidental contact will result in a foul.

a. Possession will be changed for offensive fouls.

F. The foam blade of each stick must remain below knee-level.

i. A violation of this rule will result in a change of possession.

III. Goaltending and Goal Interference

A. Offensive or defensive players may not enter either crease (sticks do not count).

i. Any part of a player's foot touching the line is considered a crease violation.

ii. A player's arm must remain on their stick at all times, therefore they cannot physically reach into the crease.

iii. Player's may not jump across the crease.

B. Offensive Violation – Any such violation results in a negated shot attempt (if applicable).

Possession goes to the defense at the crease. All opposing players will need to be on their half of the court, so that the team with the puck is not at a disadvantage.

C. Defensive Violation – The shot will be scored (on made attempts) with a face-off following from half court.