

# 2024 NAMS Floor Hockey

## Rules and Regulations

1. The season will be 6 weeks long; 5 weeks long and 1 week of playoffs/championship.
2. Each Team will play 10 regular season games.
3. All players must report to the gym directly after school and assist with game setup.
4. All personal belongings (book bags, etc) will be kept on the bleachers.
5. All players will remain in the gym until all Floor Hockey equipment has been put away at the end of the day.
6. No players are permitted to walk throughout the building during or after the floor hockey games.
7. All players will be picked up in the front of NAMS.
8. Games will be played 6v6 with a goalie or 5v5 with a goalie. This will depend on the number of available players each day.
9. Games will be played on Mondays and Tuesdays. Wednesdays and Thursdays may be used for make-up games.
10. Goalie equipment must be worn. (Minimum of Helmet and Chest Pad)
11. Games will be 30 minutes in length.
12. All players must play an equal amount of time. Subs will be called every 5 minutes.
13. Games ending in a tie will go to a sudden death shootout.
14. The following game rules will be followed at all times:
  - a. NO High Sticking
  - b. NO Raise Stick above Waist at any Time
  - c. NO Sliding
  - d. NO Tripping
  - e. NO Holding
  - f. NO Checking
  - g. NO Pushing
  - h. NO Illegal use of Hands
  - i. NO Slap Shots (Snap and wrist shots are permitted)
15. The following infractions will result in immediate removal of the current game. Depending on the severity of the incident this could also affect future games.
  - a. Disrespect to the official
  - b. Abuse of equipment
  - c. Instigating a Fight
  - d. Cross-checking
  - e. Slashing
  - f. Fighting
  - g. Slap shots