

### **SUMMARY**

- 6 players on the court maximum (including goalie) - 4 men (maximum) and 2 women (no maximum number of women)
- 4 players, including 1 woman required to start a game (including goalie)
- Players must provide their own sticks (**plastic blades, or new hard plastic ABS blades required. NO wood/fiber glass or composite**)
- 2 sets of goalie equipment will be provided for the entire league to share and stored at the gym
- Three 15-minute running periods with 2 minute period breaks
- No checking, this is a no contact league
- No High Sticking (stick must remain at knee level or lower **at all times**, even while running)
- No slap shots
- No off sides or icing
- Minor penalties are 2 minutes, Majors are 5 minutes
- Head referee provided for each game
- Unsportsmanlike behavior may result in that player/team being suspended/removed from participating in all ZogSports leagues for one year
- Game time is forfeit time

### **FORFEITS/GAME TIME**

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 4 (four) players including 1 (one) woman to start a game (including the goalie). Game time is forfeit time. Due to the extremely tight schedule, we strongly suggest arriving at the gym 20-30 minutes before game time to get ready since the games must start on time

### **CLOCK/TIME**

- Three 15-minute running periods
- 2 minute period break
- One, 1 minute time out a game per team
- Clock stops only for official's time-outs (injuries and called time-outs). Delay tactics will enable the referee (at his/her discretion) to stop the clock.

### **TEAM SIZE/CO-ED RULES**

- 6 players, including goalie (at least 2 women) at any one time.
  - A team may use up to 6 women if they choose, but maximum 4 men
- Teams may play with no less than 4 players (3 men, 1 woman including the goalie)
  - If a team has less than 4 players or no women, a forfeit will be awarded
  - Teams may play with 5 players in any ratio as well as long as they do not play with more than 4 men
  - Teams can not pull their goalie and goalies must remain on their defensive side of the court at all times
- Teams must start at game time if the minimum number of players are present
- Rosters are not limited in size, but no additional players may be added to the roster after the 3rd week. If you are short-handed during the season you may pick up another ZogSports player(s) not on your roster for the game. See below "Picking Up Players" for details. Waivers must be signed by all players online before the start of the first game. **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING THE WAIVER**

### **PICKING UP PLAYERS**



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ZogSports wants everyone to be able play every game possible. If a team is short players they are permitted to pick up non-roster, ZogSports players for the game.

#### **Penalties and Limitations**

- **Picking up non-roster player** (must be a ZogSports participant) – Penalty is 1 goal per player
  - Team is never allowed to pick up more than two players
- **Team has less than 4 players or 0 women** - the game is an automatic forfeit
- **Team has 4 players, including 1 woman** - can pick up 2 players max
- **Team has 5 players** - can only pick up 1 player (i.e., a team can never pick up extra players to have a sub during the game)
- **Roster player arrives after the game has started** - non-roster player must be replaced by the roster player and the non-roster player may not re-enter the game.
  - Penalty goals stand
- DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY
- **Not informing the referee of picked up players** - A forfeit will be given. Protests in regards to non-roster players must be made before the game or during period breaks

#### **UNIFORMS/FOOTWEAR**

- Team Shirts provided by ZogSports
  - If players don't have a jersey with them, ZogSports suggests wearing similar colors to rest of team
- We strongly recommend purchasing indoor soccer or basketball shoes (e.g., Adidas Sambas or their equivalent). Running shoes and other sneakers without a flat bottom are strongly discouraged.

#### **Equipment**

**Players** - ZogSports will provide balls and goals for each game. Players must provide sticks that fit the below requirements:

- All sticks must have a plastic blade (no wood or composite blades) and a "butt ended" cap at the top of the shaft
- **PROTECTIVE EYE WEAR, SOCCER SHIN GUARDS (NO HOCKEY SHIN GUARDS), CUPS (FOR THE GUYS), GLOVES AND MOUTH GUARDS ARE NOT REQUIRED BUT STRONGLY RECOMMENDED**

**Goalies**- ZogSports will provide two pair of leg pads, goalie sticks, face masks and a basic chest protector for the entire league which will be stored at the gym. Goalies are encouraged to bring their own mask, leg pads or glove if it meets the below requirements:

- Sticks must have a plastic blade and a "butt ended" cap on the top of the shaft
- Leg pads cannot exceed 34" long and 11.5" wide, and no extra "butter fly" attachment
- Gloves can be a goalie glove or baseball glove (or normal gloves if just for protection)
- If goalies choose to wear chest protection they must wear the ZS provided gear (ice hockey chest/shoulder pads and blockers are not allowed).

#### **GAME CANCELLATION**

Games may be cancelled due to dangerous weather conditions, facility constraints or other unforeseeable reasons. ZogSports will not cancel games unless absolutely necessary so you should always assume games are on unless the hotline or web page says differently. If the games are cancelled, ZogSports will post the information on:

1. Weather alert page at [www.zogsports.org](http://www.zogsports.org) and
2. Weather Alert Hotline at 212-202-7532 (please do not leave message on this number)

**If the message is old then games for that day are on as scheduled.**

#### **Floor Hockey Rules**

Referees will have a copy of the rules at the gym. If you have any questions regarding a call that was made (which is rule-based), please ask the referee to refer to the rules if there is disagreement. We also recommend that each team



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bring their own copy of the rules just in case. Only captains can discuss a rule with the referee and no judgment calls will be discussed. Players will be ejected for unsportsmanlike conduct.

### **START OF PLAY**

- The team wearing the most team ZogSports shirts automatically win the “coin toss”. If the teams have a comparable number of Zog shirts, the referee will have the two captains shoot odds/evens or rock/paper/scissors. The winning captain will have the option of choosing sides or the ball.
- A game is started by an “indirect face-off” from the center mark

### **Face-Offs**

- All face-offs are “**indirect**” with one team being given possession of the ball
- Players must be on their defensive side of the court until the ball is touched
- All players, besides the possessing team’s center, must be at least 3 yards from the center mark
- After the whistle the center will play the ball in any direction but a goal can not be scored directly off of it.
- **All face-offs will adhere to the above rules. Any violations will result in a loss of possession**

### **Face-off guidelines**

Face-offs will be awarded when:

- It is not safely playable (behind the goal or near an obstruction in the gym)
  - Given to the defense at closest point
- It hits the ceiling
  - Given to opposite team at closest point from where ball was hit
- If the ball is “tied-up” by two players against the wall or in the corner
  - Given to last team in possession at closest point
- The goalie scores by throwing the ball
  - Given to offense in zone
- The goalie clears the ball with hand on a fly over half court
  - Given to offense in zone
- The goalie has control of the ball and the ref calls it a “goalie’s ball”
  - Ball is given to a defender next to the net who can clear the ball (not stick handle) without the offense attacking
- The goalie attempts to freeze the ball (not playing it once the opponents are clear in a delay tactic)
  - Given to offense, in zone
- Hand pass or closing hand around the ball
  - Given to opposite team at closest point
- Kicking the ball to score a goal
  - Given to defense, in zone
- Most crease violations
  - Given to opposite team, in zone
- Each period, teams change directions and start with a center face-off, possession changing as well
- After a goal is scored the team scored against is given possession and a face-off at center

### **SUBSTITUTIONS**

- Unlimited substitutions of players are permitted
- Teams may substitute on the fly (no need to wait for a stoppage in the game)
- All players not in the game must stand in designated “bench” area
- Player must be on the bench before the substitute enters

### **OFFSIDE/ICING**

- There is no offside or icing rule



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## **GOAL CREASE**

- The goal crease will be approximately 2 yards from the goal line and 1 yard wider than the goal posts and will be marked with tape at the corners
- No player (offense or defense) is permitted to enter the goal crease at any time (including sticks unless on **defense**), except the goalie
- Goalies may only cover the ball if part of their body is in the crease
- Once possession is obtained, offensive players must clear the zone and the ball played.
  - Goalies cannot clear the ball over half way on a fly with their hand

## **PENALTIES AND MISCONDUCTS**

All penalties are at the discretion of the ref. Verbal warnings may be given or a direct penalty. Referees will play a delayed whistle on penalties when the other team still has clear possession. Any player receiving a major in a game or receiving 3 minors will be ejected for the remainder of the game and could be suspended for future games.

The following are fouls and can result in Major/Minor penalties or in/out of zone face-offs depending on the level of aggressiveness or danger of the foul committed (where not stated, standard youth hockey rules apply):

- **Crease Fouls ("In the crease")**
  - No player may touch the ball with any part of their body or stick when the ball is 100% within the crease, even if the player is standing outside the crease. The only exception is the **defense** can use their stick to play a ball in the crease.
  - A player stepping in the crease or making contact with the ball or goalie in the crease will be called a face-off or a penalty depending on the aggressiveness of the attempt at the ball.
  - **Body passes**
    - A player may use a hand to knock down or touch an airborne ball; they may not close a hand around the ball or use it to pass to a teammate in any zone
    - A player may kick the ball, but not score as a result

All penalties will be called and the player in violation will serve the full time with their team playing down a player.

### **The below examples are exceptions to when a team must be down a player:**

- If a goal is scored during a delayed penalty – The call is still made with the player serving the full minutes but can be replaced on the court
- If a goal is scored during a penalty – The team can replace the penalized player but the player in violation must complete their penalty time
- If the penalties are off setting – Both teams can replace the penalized players but the offending players will still serve the full penalty

### **Minor Penalties**

A minor penalty will result in the player sitting out for a full 2 min. 3 minors in a game and the player is ejected.

- Team will play down one player for two minutes or until a goal is scored against his/her team and can then replace the penalized player
- Penalized player will stand on the "bench" for the full 2 min even if a goal is scored (regardless of subs)
- Team cannot play more than 2 players down at a time (unless playing with the minimum 4 or have no subs)
  - If 3 or more penalties occur within 2 minutes, the 3<sup>rd</sup> penalty starts after the first penalty ends, etc.
  - All offending players must sit out until their penalty is up no matter the sub situation

### **Major Penalties**

A major penalty will result in the player being ejected from the game and the team playing down for 5 min

- Team will play down one player for 5 minutes. The team will not be able to replace the missing player until the entire 5 minutes have expired, even if a goal is scored.
- Penalized player will not be able to return to the game and may be suspended for future games

### **Goalie Penalties**



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- **A Minor** – First offense a position player will serve the time and can come back in if scored upon. Second offense the player in goal will serve the whole penalty and not be allowed to return to the goalie position that game. The team must use a time out to replace them in net. These two minors will be counted toward that players 3 limit.
  - **A Major** – The goalie is ejected and the team must spend their time out to replace them and a position player will serve the 5 minutes
    - If taking a time out when there are none left, a penalty shot will be awarded.

**The actions below are illegal and will result in a minor or major penalty**

- **Tripping, slashing, pushing, charging, spearing, slap shots, interference (goalie or player) or throwing of a stick**
- **Checking** (Shoulder or hip contact on the court or near the wall) and excessive use of hands against the walls
- **Swearing, gesturing, or arguing** with the referee or any player
- **Holding/Hooking**
  - Use of the stick will be limited to only playing the ball
  - The use of a hand or stick to impede a player's progress is illegal
- **High Sticking**
  - A penalty will be given to any player that raises the blade of their stick above knee level (this applies to back swings, follow troughs and while running)
- **Sliding, laying down or kneeling**
  - Players (not including the goalie) cannot lay down, slide or kneel in an attempt to block a shot and will result in a in/out of zone face-off
- **Dangerous play**
  - Slashing at or lifting an opponents stick above knee level is also illegal and will result in an in/out of zone face-off or penalty depending on the aggressiveness of the attempt

**Penalty Shot (these are in addition to the penalty which will still be served. But the team will not have to play down)**

A penalty shot is a break away, one on one from center court on the goalie and will be awarded:

- If a player slides, kneels or lays down in the crease and makes contact with the ball preventing a goal
- A defensive player covers the ball in the crease
- A stick is thrown to prevent the ball from going into the net
- A player is fouled while having a clear scoring chance
- All of the above are at the referee's discretion
- During a penalty shot the goalie must remain in the crease until the ball is played
- If the shot is missed the play is dead (no rebounds) and an in zone face-off is given to the offense

**SCORING**

- The ball must wholly cross the goal line to be considered a goal
- A goal can not be scored by intentionally directing the ball into the net with any body part (head, foot, hand ect..)
- A shot from behind halfway can not score directly on goal
- After a goal is scored the ball returns to the center for a face-off by the scored upon team

**STANDINGS**

- Scoring/ Wins, Losses and Ties:
  - Win – 3 points
  - Loss – 0 points
  - Draw - 1 point



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- Regular season games ending in a tie score will go to a 3 player shootout (see details below). Games ending in a shootout will be recorded as a normal win and loss. If still a tie it will be recorded as such. Sudden death will be used in playoffs
  - Standings will be updated to the website weekly

### **TIE BREAKERS FOR PLAYOFFS/SEEDINGS**

1. Total number of points
2. Head-to-head competition
3. Record against other teams in or tied for playoffs (winning percentage – i.e., 0-1 is same as 0-2, but 1-3 is better than 0-1)
4. Number of wins
5. Record against next best common opponent
6. If team forfeited
7. Number of times team needed to pick up players during season
8. “Coin Toss”

### **PLAYOFF GAMES**

Playoff games will follow the same format during regulation as the regular season. If teams are tied at the end of regulation in playoffs sudden death will be used. A sudden death playoff will involve 5 players per side (3 men max and 2 women including goalie) from each team for five-minute overtime. If neither team scores after the sudden death overtime period, teams will go into a shootout.

### **SHOOTOUT SPECIFICS**

- Each team selects 3 players (2 males max, 1 female)
  - Players don't have to have been playing at the end of regulation
- A coin toss will decide which team shoots first
- Both teams shoot at the same goal.
- Teams will alternate taking direct penalty shots from the center mark one on one with the goalie (no male/female shooting order is necessary)
- In the playoffs if tied after the 1<sup>st</sup> round, the 2<sup>nd</sup> round will be SUDDEN DEATH (i.e., 1<sup>st</sup> player from Team A scores and 1st player from Team B misses - Team A wins)
  - Players who shot in the 1<sup>st</sup> shootout are not eligible to shoot again until all remaining players present have shot
  - If and when 1 team begins to utilize players for the second time, the other team may “recycle” players as well. Thus, some players on the team with more people present may or may not shoot.

### **SPORTSMANSHIP**

ZogSports is a charity-focused, social sports club for young professionals. Our goal is for you to have fun. We hope that you keep this in mind when participating. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by the referee or ZogSports staff may result in suspension and/or ejection from a game or the league.

### **SUSPENSIONS/EJECTIONS**

- Any player(s)/team(s) that are involved in a fight will be suspended from all ZogSports Leagues for life. Any teams will forfeit all remaining games
- Any excessive contact or collision will result in a penalty and ejection of player
- Any player abusing the referee will automatically be ejected from the game without a warning



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- A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit
  - ZogSports reserves the right to ask any offending player to leave the premises

### **ALCOHOL / CLEAN-UP**

Unfortunately alcohol is not allowed at the gym. Please wait until after the games to join us at our Happy Hour bars for the drinking to begin. Please do your part to keep the gyms clean and use the trash cans provided. This is really important. **If we do not clean up, we risk losing our permits.**

### **FORFEIT PENALTIES AND NOTIFICATION**

**First Offense:** Loss of game and warning issued

**Second Offense:** Loss of game and removal from the playoffs

**Third Offense:** Loss of game and possible removal from remainder of schedule

## **NOTIFICATION**

If you know in advance that your team is going to forfeit a game, you **MUST** contact us by 12 pm on the day of the game at [info@zogsports.org](mailto:info@zogsports.org). It is not considered notification unless you receive a reply. If your game is on a weekend you must notify us by noon on Friday.

If your decision is not made until after 12 pm, you should still try to reach ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from showing up, no extra penalty. If you do not do this, your team will be eliminated from the playoffs.

There is no additional penalty if you show up short-handed (and need to add other ZogSports players to field a full team) and have to forfeit the game, since you did make an effort to get a team to play. Once ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.