

# RULES

Unihockey is a noncontact sport played in school gyms.

## A. GENERAL

1. Neither team shall allow food or drinks (except water) into the school. Do not allow treats to be dispensed after the game, except as players are leaving the school.
2. Players must remain near the bench area during the game.
3. Spectators must stay on the stage during the game, and siblings of players should stay with parents. Nobody should play with school equipment on the stage. There must be a hall monitor designated before a game starts—the home team is responsible to provide a hall monitor for the first half and the visiting team for the second half. The monitors may stay on the stage and watch the game, but should prevent unaccompanied children from leaving.
4. We allow 50 minutes for completing a game. Starting times for games depend on the session.

## B. PLAYERS AND EQUIPMENT

1. A team is comprised of maximum of 8 players. There must be 4 players present to start a game. A 10-minute grace period will be allowed before a forfeit is declared. The 10 minutes should be deducted from the game clock, unless the game is the last one of the day.
2. Athletic or soft soled shoes must be worn by players, coaches and referees. Players may use their own goggles.

## C. GAME TIME

1. A game consists of 8, 4-minute shifts divided into 2, 4-shift halves. There is a 4-minute rest between halves.
2. Running time is used with the clock stopping only for shift changes, major penalties, goals, injuries, or at the direction of the referee. The clock should not stop for minor penalties or face-offs.
3. Each team will be granted one time out per game. The time out may only be taken during a natural stoppage of the clock (*e.g.* goal, injury, major penalty) and will last for one minute.
4. We allow 50 minutes for completing a game. Starting times for games are shown on schedules. When the next game is scheduled to start, the team playing must give up the gym. This rule holds true no matter what the reason for the delay (*e.g.* power outages, injuries).
5. Coaches will also be refs.

## D. LEAGUE STANDINGS AND PLAYOFFS

1. League standings will be determined on a point basis with 2 points for a win, 1 point for a tie, and 0 points for a loss.
2. If there is a tie in the standings, it will be resolved applying the following rules in the order listed:
  - a. If there are two divisions (we have two divisions if there are 8 or 12 teams in an age level), points in the division;
  - b. Wins.
  - c. Points accumulated in games against each other. If three or more teams are affected and they have not played an equal number of games against each other, use only the games which make up complete cycles of round robin play, beginning with the end of the season.
  - d. Goals scored against each other (a forfeit is scored as 10 to 0).
  - e. Goals allowed.
  - f. Goals scored.
  - g. If there is still a tie, there will be a sudden death shift preceding the regular playoff game.
3. Referees will be provided for playoff games.

## E. GOALS

1. A goal is scored when the ball crosses the goal line completely.
2. For a goal to count at the end of a period, it must cross the goal line before the time expires. Being shot before time expires is not sufficient.

## F. PLAYING RULES

1. There are no off-sides in Floorball
2. **HIGH STICKING:** The stick is considered too high when the blade of the stick is above the **WAIST** during shooting, or passing or playing the puck **in traffic**. If the high stick infraction occurs **not** in close proximity to any other player while **FOLLOWING THRU ON A SHOT THE STICK MAY TRAVEL BETWEEN THE WAIST AND CHEST**.
3. Players may use their feet to play the ball, but not to score a goal by intentionally kicking or directing the puck with their feet into the net. Goals resulting from intentional deflections off feet or a player's body are not legal goals. If this occurs, have a face-off to the left or right of the goal. The ball can be played with the feet one time before needing to be played with the stick.
4. Shoulder to shoulder contact like basketball is allowed to position the player to the ball.
5. The stick is considered part of the players body
6. No body checking or stick checking allowed
7. The ball can not be played above the knee. You must wait for the ball to drop below the knee before playing with stick or feet. This is when most shoulder to shoulder contact takes place to position the player to the ball like basketball or soccer.
8. No playing the stick between an opponents legs.
9. The ball can not touch a players head or hands.
10. No jumping to play the ball. A player is allowed to have 1 knee on the ground. This usually occurs in defense of a free hit when forming a defensive wall similar to soccer.
11. No playing the ball without your stick.
12. BAA Unihockey will not have goalies.
13. Position changes: Coaches may move forwards or defensive players from one side to the other during shifts, but changes from forward to defense can only be made between shifts. Substitutions during shifts can only be made in case of injury.
- 14.** Teams: 5 players are on the floor at a time: 2 forward, 2 defense, 1 center.
- 15.** Unihockey defense is identical to basketball~the stick is considered part of a players body and can not be touched. Shoulder to shoulder contact is allowed to position the player around the ball. This is similar to basketball and soccer.

## G. PENALTIES

All penalties will be called at the time of infraction without warnings given. There are two types of penalties, MAJOR and MINOR, as described below:

1. **MAJOR PENALTY:** A major penalty results in the player sitting out and will be assessed for the following infractions:
  - a. **REPEATED HIGH STICKING:** The stick is considered too high when the blade of the stick is above the **WAIST** during shooting, or passing or playing the puck **in traffic**. If the high stick infraction occurs not in close proximity to any other player while **FOLLOWING THRU ON A SHOT THE STICK MAY TRAVEL BETWEEN THE WAIST AND CHEST**. A second High Stick penalty on a player is an automatic Major Penalty.
  - b. **PUSHING:** It is considered pushing if a player pushes another player with hand, arm, or body to gain an advantage. Remember that **UNihockey is a noncontact sport** and pushing will be called. *Note that there is no longer a minor penalty option for pushing.*
  - c. **TRIPPING:** Either with a stick or foot, tripping is a dangerous play and cause for a major penalty.
  - d. **SLASHING or HOOKING.** Slashing is one player hitting another with their stick, and hooking is a player using her stick to impede another player's progress.

- e. UNSPORTSMANLIKE CONDUCT. This can be called on players or coaches, and will certainly be called if a referee hears profanity or verbal abuse of a player or the referee. On penalties called on coaches or players on the bench, the coach may select the player to serve the penalty.
  - f. DELIBERATE DELAY OF GAME. By coach or player, this includes intentionally stepping on the BALL.
  - g. DELIBERATE STEPPING ON OPPONENT'S STICK.
  - h. DANGEROUS PLAY. This is any play that the referee judges puts another player in danger. This includes, but is not limited to reckless swinging of a stick or lifting another player's stick into a high sticking position (STICK CHECKING).
2. Serving **MAJOR PENALTIES**: The penalized player must leave the floor for 1½ minutes. If the penalty extends beyond a shift change, the player that replaces the penalized player must serve the remainder of the penalty time. A penalized player may not return to the floor and have another player finish her penalty. When the time expires, the player serving the time immediately returns to the open position. There is no switching of positions during penalties (ie not switching a F back to play D if the D is called for a major penalty). If a team loses a D on a penalty, they just play without that person and position. You just lose who you lose. If a penalty extends past the end of a shift into the next shift then the player sits out the remainder of the penalty and can't return to their new position until then. If, in the same case, the penalized player does not play in the next shift, then the position is penalized for the remainder of the penalty into the next shift. (Player first / Position second). **The penalized player will be allowed back on the floor early if the opposing team scores before the penalty time expires.**
- A team cannot be short more than 2 players at a time. The start of additional penalties will be delayed until the first penalty expires. The third penalized player must go to the penalty box when she is penalized, but can be replaced by a player from the bench. The time of the penalty for the third player does not start until the first player's penalty expires. The penalized team must continue to play 2 short until the second player's penalty expires and will be short one player until the third player's penalty expires. If a goal is scored against the penalized team, the player with the shortest remaining penalty time may return. If 2 players have equal time remaining, one may return. When both teams have penalized players and a goal is scored, both players serve out their penalties before returning.
3. **MINOR PENALTIES**: A minor penalty results in a **FREE HIT** and will be assessed for:
- a. Illegal hand or head pass: If a player catches or hits the ball with her hand or head.
  - b. Player leaving her feet or sliding at the ball.
  - c. Too many players on the floor. Any goals scored before this is discovered by the referees will be disallowed.
  - d. Interference: Players may not use their stick or foot to pick up another player's stick. This is a minor penalty unless the lifting of the stick is so severe as to cause the opponent's stick into a high stick position, in which case it is a major penalty (see Dangerous Play).
4. **MINOR** penalties result in a free hit by the offended team from point of infraction. The pass must be hit to another player.
- The **FREE HIT** may be taken as quickly as desired and the player does not have to wait for a whistle. If the team taking the free pass does not take the initiative, the referee should place the ball in front of the offended player and restart play with the whistle. If the time for the four-minute shift runs out before the free pass is taken, the next shift begins with the free pass. (It is recommended to use a defensive player to take the free pass.)

## H. FREE HIT

When an offence leading to a free-hit is committed, a free-hit shall be awarded to the nonoffending team. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place

- 1) When given a free hit, the opponent must be at least 3 meters away from the ball (sticks included). Player taking the free-hit does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.
- 2) If the ball goes out of the rink the other team can continue play taking a free-hit from the spot where the ball went out. If the ball goes out from the end the other team continues from the corner spot.
- 3) The ball shall be played with the stick. It shall be hit, not dragged, flicked or lifted on the stick.
- 4) The player taking the free-hit shall not touch the ball again before it has touched another player or another player's equipment.
- 5) A free-hit may go directly into goal.

The defending team shall always have the right to form a defence line immediately outside their goalkeeper area. If the attacking team prevents or obstructs this, a free-hit shall be awarded to the defending team. The attacking team is not obliged to wait for the defending team to form the defence line, and has the right to place their players in front of the defence line.

## I. PENALTY SHOT

A penalty shot is given if the foul is committed when the other player is trying to score from close to the goal

## J. FACE –OFFS

Face-offs shall be performed in a manner similar to ice hockey. All face-offs will be done by a Center Position Player. Centers will face each other and their sticks shall be in the face-off circle with both stick blades pointing to the center of the puck. The puck is placed on the ground and the whistle starts play. On face-offs, no other players may be inside the face-off circle. They will occur:

1. At the start of each half at center court. Players (and their sticks) other than the 2 facing off must stay outside of the circle and on the side of the center line that they are playing on.
2. At the start of each shift at the face-off spot closest to the position of the ball at the end of the previous line change.
3. When the referee determines that the ball is unplayable, he or she will blow the whistle and declare a face-off.
4. Use a face-off to start play after a major penalty is committed. If the penalty is on the defense, the face-off is held at the nearest face-off spot. If the penalty is on the offense, face off at center court.

## K. PROTESTS

1. Judgment calls by the referee cannot be protested, only misapplication of the rules. Potential protests should be discussed at the next line change with referees and the opposing coach
2. If it is determined that a protest is in order, the protest must be noted on the score sheet and a brief remark made as to the reason for the protest.
3. The protesting coach must notify the division director or the city director within 48 hours. The score sheet plus a written report must be submitted.
4. Protests will be ruled on by the overall director or the floor hockey committee as appropriate. If a protest is upheld, the game will be replayed in its entirety or other action as determined by the floor hockey committee. It may be decided not to play the protested game until it is determined if the game will affect the final standings of either team or playoff or trophy positions.

## L. PLAYING TIME FOR PLAYERS

1. Players are to have equal playing time. Guidelines for playing are as follows:
  - a. At the end of the game, the difference between shifts played by members of a team should be one or fewer;
  - b. At the end of the game, the difference between offensive and defensive positions played should be no more than three. It is permissible to play consecutive shifts at either an Offensive or Defensive position. (Center is an offensive position).
2. The maximum number of shifts a player may play Center in a regulation game is 2. In an overtime game (playoffs only), **each team will revert back to the start of their rotation (Shift 1) and play from there.**
3. If a player subs in for an injured player during a shift, this counts as a shift played for the injured player, not the substitute.
4. Improper playing time will negate any goals scored by the offending team during the shift(s).

The above rules are basically guidelines for playing. Coaches will make honest mistakes. Notify one of the Directors if you feel that a coach is not following the guidelines. The issue will be addressed. Our ultimate goal is to have a fun-filled competitive

## GUIDELINES FOR SCOREKEEPING

1. Refs provides the scorekeeper.
2. Get rosters (name & number) from coaches prior to the start of the game.
3. Record playing time and positions each shift as indicated:
  - a. D for defense (on the goal side of the floor);
  - b. F for forward (on the other end of the floor);
  - c. C for center (lined up in the center of the floor)
4. If any players arrive late, draw a horizontal line through any shifts they missed and record "L" by their number on the scorecard.

5. Tally goals, verifying the number of the scorer with the referee.
6. Check the "H.S. Penalty" box when a player commits her first high sticking penalty, again verifying the player with the referee.
7. At half time, summarize positions played with respect to offense, defense and total shifts. Notify coaches and referees of big discrepancies in playing time between players on a team.
8. Rules regarding playing time:

## **GUIDELINES FOR TIMEKEEPING**

1. Refs provides the timekeeper.
2. Halves consist of 4~ four-minute running time shifts. Stop the clock only for goals, injuries, major penalties, and at the direction of the referee. The clock does not stop for minor penalties or face-offs.
3. There should be a brief break between shifts.
4. There should be 4 minutes between halves (use the clock to time this).
5. For major penalties, the girl committing the penalty sits out for 1½ minutes of playing time. Please notify the player serving the penalty when it expires.

# **UNIHOKEY VOLUNTEER POSITION DESCRIPTIONS**

## **DUTIES OF LEAGUE SCOREKEEPER**

Both coaches will send results of games to the League Scorekeeper and Division Director. The Leagues Scorekeeper will send the league standings to Karen Aber and she will post the results at [www.baaonline.org](http://www.baaonline.org). The winning coach should place the game scorecard in the equipment box for the Director to pick up.

## **DUTIES OF DIVISION DIRECTOR (Cubs, Midget and Bantams)**

### **General**

Assist the City Director in managing the leagues. As a division director you will be responsible for making sure that the league runs smoothly, coaches are following playing rules, hall monitors are assigned at games, etc.

The division director is the key contact person for coaches, parents, and referees in your division. You should plan on attending one BAA Board Meeting per year.

A division director may also be a coach or referee, act as the chairperson for the championship games, assign referees for championship games.

## **Responsibilities during the year**

### **September**

- Participate in at least one sign-up prior to team selection.
- Participate in team selection-usually performed after the last sign-up.
- Review team rosters to confirm that there are sufficient volunteers for coaching and referees. Note: You may need to recruit coaches.
- Work with City Director to determine what the best times are for practices and games. Continued on page 16.

### **October**

- Attend the coaching and referee clinic where you meet coaches and distribute jerseys, team rosters, etc.

### **October**

- Assist coaches with practices.
- Make sure that players have correct size jerseys. If additional jerseys are needed contact the City Director after the first practice.
- Distribute any information that the City Director passes on to you.

## **November**

- Work with coaches to make sure the league is running smoothly.
- Select and contact referees for the playoffs.
- Confirm with the coaches where they stand in respect to the playoffs.

## **November**

- Act as the BAA representative for the league playoffs.
- Make sure there are referees for games.
- Distribute trophies after the games.
- Attend Wrap-up meeting

## **Dec-March**

- **Consider participating in BAA Classic Floor Hockey**

## **April-Aug**

- Minimal involvement

## **SCHOOL LOCATIONS**

Oak Grove Elementary	Valley View Elementary	Westwood Elementary
1301 W. 104th St.	351 E. 88th St	3701 W. 108th St.

## **SCHOOL CLOSINGS**

Bloomington Schools rarely close and even if school is canceled due to weather the building may be open.

In the event of bad weather, please check our website: [www.baaonline.org/weather.htm](http://www.baaonline.org/weather.htm)