

# Competitive Floorball

Canadian Floor Hockey Association Rules shall be applied whenever possible, unless otherwise indicated.  
Revised June 2025

## General Intramural Sports Regulations:

- There is no warmup equipment provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the league start date. To complete your roster, you will need to know each player email address that is associated with their Active Living profiles. All players who do not have a profile must contact Client Services at 403-220-7749 to request on. Students your UCID is your profile.
  - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add players email).
- All players must be added to the roster no later than 24hrs before league play commences. Players may be added after at the coordinator's discretion.
- Captains are expected to:
  - a. Function as the exclusive point of contact for all communication between IMS and players
  - b. Appoint an alternate captain, who will function as a second contact if the captain is unavailable.
  - c. Contact Active Living Client Services with any playing preferences or requests prior to their sports registration deadline. Requests will not be accepted after the registration deadline.
  - d. Share the League Introduction email and all relevant documents with your team.
  - e. Review all documents, resources, and policies related to their sport in detail.
  - f. Complete the captains quiz (found in the league introduction email) 24h prior to the league start date.
  - g. Ensure that all teammates are aware of all IMS policies and rules relating to their sport.
  - h. Ensure that all teammates are registered and have their online waivers signed.
  - i. Maintain control of your team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches.
  - j. Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave.
- All players **must complete an online waiver before they are allowed to play**. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- All players who have not signed their waivers prior to league play **will be removed** from their rosters.
- All players **must provide photo identification** to the supervisor before they may begin their matches.
- In Competitive Leagues, to be eligible for playoffs, a player must:
  - Be on the team roster.
  - Sign the online waiver.
  - Compete in at least (1) regular season match.
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**

- Any games that end after 30 minutes or 1 half of play of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a **Zero-Tolerance policy** for **fighting** and **abuse** of staff and other intramural participants. This will be strictly enforced.
- Ineligible players include but are not limited to:
  - Current intercollegiate varsity athletes while in season (in the same or similar sport)
  - Current professional athletes (in the same or similar sport)
  - Current national team/Olympic athletes (in the same or similar sport)
  - Individuals under the age of 18 and not currently enrolled at the University of Calgary
  - Suspended and or delinquent participants.

For a complete list, see [Intramurals policies and procedures](#)

### **Defaults:**

- A default will occur when a team fails to appear or fails to have a minimum of **3 (2 players + goalie)** players (1 of the opposite gender in mixed) on the field within ten (10) minutes of the start of the game time. Failing to do so will result in a default.
- Defaults will result in the loss of the \$60 Default Bond, and a second \$120 bond will be due before the next match. A second default will result in the loss of this second bond and may result in removal from the league.
- Defaults will be recorded as a **5-0 loss**, resulting in 0 Fair play Points, and are -1 points in the standings.
- Teams that give Intramural Sports a minimum of twenty-four (24) hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a **5-0 loss**; fair play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players (due to penalties, injuries, etc.) throughout the game, it will be canceled. Games that are cancelled after 30 minutes or 1 half of play of scheduled playing will be considered a completed game and the score will be upheld. If the game is cancelled before the 30 minutes or 1 half of play of scheduled playing, it will be considered a forfeit.

### **Playing Rules:**

- Each team is allowed to dress 11 players including goalie, all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- Games are played on full court
- There are to be 4 (3 players + goalie) players on the floor
- Games will consist of two (2) twenty 20 minute running time halves - with a 5 minute break between halves. No stoppage of clock unless there is an incident.
- In playoffs there will be stop time only in the last two (2) minutes.
- Each team is allowed 1 (60 second) time out per half. Unused timeouts cannot be carried over to the second half of the game.
- Players are advised to use plastic blades but are allowed to use composite sticks if need be. All tape should be removed from players' blades as well.
- Goalies may use wood sticks, but they must be taped. Goalies must wear a CSA approved helmet with securely fastened face shield. Goalies may wear ice hockey goalie gear or full equipment.
- Penalties: may be assessed at any time before during or after a game, even when play is not in progress.
  - Minor Penalties are 3 minutes

- Any player receiving 3 minor penalties in one game shall be ejected from that game and an automatic one game suspension for the following scheduled game.
- Major Penalties are 7 minutes
- Any player receiving a major penalty shall be assessed a Game Misconduct penalty as well.
- Any Misconduct penalty shall be recorded and reviewed. A misconduct penalty in the last 10 minutes or a misconduct penalty associated with a major penalty shall result in a minimum of a one game suspension.
- Misconduct Penalties can also be assessed for any actions deemed disrespectful of the game, the officials, or the participants.
- At the sixth (to the eighth) penalty against a single team there will be a penalty shot awarded to the fouled team as well as a power play. If any penalties six through eight are coincidental then no penalty shot will be awarded.
- The ninth penalty by any team will be considered a forfeit regardless coincidental or not.
- Standing on the ball will result in a delay of game penalty.
- Face-offs at centre will start with a whistle. The two players shall have their sticks lined up on the ground, behind the ball, before the referee blows his whistle to start the play. All other plays shall start with one team having possession. A player on that team must shoot or pass from where possession was gained. The defensive team must give a 1m buffer (including stick) in order to play the ball. A team may not gain possession in the middle third of the offensive zone (move the ball to the outer third). If possession cannot be determined, it shall go to the defence. The ball must be played within 3 seconds.
- There are no off-sides and no icing.
- In case of injury during a power play, if the injured player is on the penalized team, at least one minute shall remain on the power play from the drop of the ball (referee's discretion), after the injured player is removed from the floor.
- Players may change at any time. During a play, the player leaving the bench must wait until the player leaving the floor is within a reasonable distance so as not to acquire an unreasonable advantage by making the line change. If this does occur, it shall be loss of possession. A 'Too Many Players' penalty should only be called when there are 5 players (including goalie) definitely in the play.
- Goalies may cover the ball anywhere in their half of the court. They are not allowed to retrieve the ball from behind the net. If they do, it will result in a play turnover. The opposition must give the goalie 5 seconds to play the ball with a 1m buffer zone (including stick). A goal will be called back for goaltender interference only when they obstruct the goalies intended movement to stop the ball while within 2 steps of the net. (Effectively making the size of the crease 2 steps). Game restarts with the defending team gaining possession.
  - The goalie may drop the ball behind the goal line and play is live
  - The goalie may play the ball past the centre line, if the ball crosses the line the play will be whistled down and the opposing team will take possession
- Slap shots are NOT allowed. Anytime a player has any part of the stick raised above the height of the player's waist, the play will be stopped and a change of possession will occur at the site of infraction. This includes backhands to clear the ball, where swinging the stick is common. Making contact with the ball also will be called at the waist.
- If a team plays the ball out of the playing area, the other team shall take possession where the ball went out of play.
- Blocking shots is acceptable.
- No Diving
- Any infractions by one team that stops a play will result in the other team gaining possession of the ball. This includes high sticks, illegal hand passes, penalties, etc.
- Play will be stopped anytime the ball goes through the goal mesh.

- Hand passes are only allowed in the team's defensive half.
- Coincidental penalties play continues as 3 on 3.
- We reserve the right to invoke the 'Mercy Rule' in the last five (5) minutes of play if there is a difference of seven (7) or more goals between both teams.
- Teams cannot win by more than a difference of 7 goals (ie if the score is 12-2, it will be recorded as 9-2).
- In Playoffs, a tie is decided by a shootout with teams picking three shooters. If nothing is decided after the first three shooters, a new shooter from each team will shoot. No shooter is allowed to shoot more than once.