



## Rules of Adult Floorball

THE RULES OF FLOORBALL ARE DESIGNED TO PROVIDE OUR CUSTOMERS WITH AN ENJOYABLE, SAFE, COMPETITIVE SPORT.

**mpower**<sub>dome</sub> WISHES EACH AND EVERY TEAM GOODLUCK FOR THE COMPETITION.

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## **mpowerdome Floorball Specifics**

mpowerdome uses the IFF Floorball rules (available here at [www.floorball.org/](http://www.floorball.org/)) with modifications for the game of Floorball to be played at the mpowerdome. The specifics below are the differences that mpowerdome includes compared with the IFF.

### **LENGTH OF GAME**

- 2 x 17 minute halves
- 2 minute halftime break

### **GOALS & GOAL AREA**

- There are no Goalkeepers
- The goals are approx 60cm x 100cm
- There is a goal box that is 200cm x 100cm
- Nobody is allowed inside the goal box
  - If an offensive player enters the box it is the defending teams free hit outside the box.
  - If a defensive player enters the box and influences a goal scoring opportunity, a penalty shot is awarded to the offensive team.
  - If a defensive player enters the box but does not influence a goal scoring opportunity, a free hit is awarded 3m from the box.

### **PENALTY SHOT**

- All players must be behind the penalty spot.
- Designated player must hit the ball at the open net from the penalty spot, at the "T" of the tennis service squares.
- If goal is missed a face-off occurs at either of the corner crosses.

### **FEES, REGISTRATION AND FINALS ELIGIBILITY**

- Team Registration Fee

- Each team is required to pay a non-refundable registration fee prior to the commencement of competition.
- This payment is required upon submission into the competition
- No team will be submitted into the competition if this payment has not been paid.
  
- Early Exit Bond
  - Each team is required to pay a non-refundable early exit bond prior to the commencement of the competition.
  - This payment is required upon submission into the competition
  - No team will be submitted into the competition if this payment has not been paid.
  - The early exit bond will be held by mpowerdome as a non-refundable bond and will be transferred in lieu of finals payments for the competition in question.
  
- Team Match Fee
  - Each team is required to pay a playing fee before the commencement of each game.
  - Teams will not be allowed onto court until this fee has been paid. **The receipt must be shown to the referee**
  
- Forfeit Fees and Points Penalties.
  - A forfeit fee equal to the game fee applies if 24 hrs or more notice is given
  - A forfeit fee equal to the game fee plus an additional \$15 applies to teams who fail to give management notice of their forfeit by 6pm on the Tuesday before competition.
  - All teams that forfeit will accrue a 4-0 for the game in question.
  - Forfeit fees must be paid prior to next game.
  
- Team Lists/match cards
  - The listed players on the teams registration form are the official players for that team.
  - Match cards will be on a clip board at the back of pitch.
  - Prior to each game all team members must write their name and sign the match card.
  - Teams are permitted to bring fill-in-players, however, all fill-in-players must be added to the match card and must sign their name.
  - The captain will be management's main point of contact for any matters relating to each team.
  
- Player Eligibility
  - A player playing may only play 2 games on a single night in each competition only if the teams are in the same division.
  
- Finals Eligibility
  - A player must have played a minimum of three regular season games to be eligible to partake in finals.
  - Management keeps records of which players play each week, and thus, violation of the above rule will result in an automatic loss.

## **DISCIPLINE & CONDUCT**

- Unsportsmanlike behaviour is not tolerated.
- Dissent, abuse or threats of any kind, whether verbal or physical, against the referee, other players, staff or spectators will result in a red card and a minimum one-week suspension for the offending player.
- The length of suspension is to be determined by management.
- Management hold the right to suspend or disqualify any player and/or team from the competition at any time, should their conduct be deemed inappropriate.

## **COMPLAINTS**

- If there are any concerns on or off the field, which involve players or referees, only the captain can make any queries or complaints.
- If the captain wishes to make a complaint or query, they may do so in person to management or by letter.
- All complaints must be supported with evidence and notified to management within three days of alleged problem.

The International Floorball Federation

# Rules of the Game

## Rules and Interpretations

Valid from 1<sup>st</sup> July 2006

International Floorball Federation, Rules and Competition Committee

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**\*These rules have been adapted from the International Floorball Federation rules for Floorball played at the mPowerdome.**

## CONDITIONS OF THE GAME

Floorball shall be played in the form of a match between two teams. The aim of the game is to score more goals than the opposing team, whilst playing within the limits of the rules.

Preferably, floorball shall be played indoors on a hard and even surface at a venue that has been approved by the administrating authority.

### 1 RINK

#### 101 Dimensions of the rink

1) The rink shall be 40 m x 20 m and enclosed by a board with rounded corners, which is approved by the IFF and marked accordingly.

*The rink shall be rectangular, the measures indicating length x width. The smallest rink allowed is 36 m x 18 m, and the largest is 44 m x 22 m.*

#### 102 Markings on the rink

1) All markings shall be made with lines, 4-5 cm in width, in a clearly visible colour.

2) A centre line and a centre spot shall be marked.

*The centre line shall be parallel to the short sides of the rink and divide the rink into two halves of equal size.*

3) Goal creases measuring 4 m x 5 m shall be marked 2,85 m from the short sides of the rink. If using the large goals. (This rule does not apply when using the small goals with no goal keepers)

*The goal creases shall be rectangular, and the measures indicate length x width including the lines.*

*The goal creases shall be centred in relation to the long sides of the rink.*

6) Face-off dots shall be marked on the centre line and on the imaginary extensions of the goal lines, 1.5 m from the long sides of the rink.

*The face-off dots shall be marked as crosses. The dots on the centre line may be imaginary.*

### **103 Goal cages**

- 1) Small goal cages are to be approved by the mPowerdome Sports and Recreation Manager.

## **1 RINK**

### **106 Inspection of the rink**

- 1) The referees shall, at an early stage before the match, inspect the rink and ensure that defects are corrected.

*All defects shall be reported. All dangerous objects shall be removed or padded.*

## **2 GAME TIMES**

### **201 Regular game time**

- 1) Game time shall be 2 x 17 minute periods with a 2 minute intermission, when the teams shall change ends.

*Exemption for shorter game time however not less than 2 x 15 minutes and/or intermissions may be given by the administrating authority. When changing ends, the teams shall also change substitution zones. Every new period shall start with a face-off at the centre spot. At the end of every period the co-ordinator is responsible for providing a siren or other suitable sound device, unless this is automatic. The timing of the intermission shall start immediately at the end of the period. The teams are responsible for being back onto the rink in time to resume play after the intermission.*

- 2) Game time is not effective, this means no stoppages or extra time apply.

*If a penalty is given and during this process the game time runs out, the penalty shall be played even though the time has expired.*

### **203 Extra time**

- 1) Extra time will only be applied in finals. If a final, that has to be decided, ends with a tie, it shall be extended until one team scores.

*During extra time the same rules apply to starting and stopping time as during regular game time. The extra time may be decided by the administrating authority. If the score after limited extra time is still equal, the match shall be decided by penalty shots.*

### **204 Penalty shots after limited extra time**

- 1) 4 field players from each team shall take one penalty shot each. If the score after this is still equal, the same players shall take one penalty shot each until a decisive result is achieved.

*The penalty shots shall be taken alternately. The referees decide which goal to use and shall carry out a draw between the team captains. The winner decides which team will start taking the penalty shots. The team captain or a member of the team staff shall inform the referees of the numbers of the players and the order in which they will take the penalty shots. The referees are responsible for ensuring that the penalty shots are taken in the exact order as noted by the team staff.*

*As soon as a decisive result is achieved during the penalty shots, the match is over and the winning team shall be considered to have won by one extra goal. During the regular penalty shots, a decisive result is considered to be achieved when a team is leading by a larger number of goals than the opposing team has remaining penalty*

shots. During the possible extra penalty shots, a decisive result is considered to be achieved when a team has scored one goal more than the opposing team and both teams have taken the same number of penalty shots. The extra penalty shots do not have to be taken in the same order as the regular penalty shots, but a player must not take his third penalty shot until all the noted players in his team have taken at least two, and so on. A penalized player may participate in the penalty shots if he has not incurred a match penalty. If one of the noted players incurs any penalty during the penalty shots, the team captain shall choose a field player, who is not already noted, to replace the player who has incurred the penalty. A team that is unable to note four field players shall only be allowed to take as many penalty shots as they have noted players. This is also valid during possible extra penalty shots.

## **3 PARTICIPANTS**

### **301 Players**

1) Each team is allowed to use a maximum of 10 players. These shall be noted in the match record.

*Players may be field players or goalkeepers. No other players than those noted in the match record are allowed to participate in the match.*

2) During play, at the most 4 players in each team may be on the rink simultaneously.

*For the referees to start a match each team shall have at least 3 field players or the final score shall be 5-0 to the non-offending team. During play, each team must be able to play with at least 3 players, or the match shall be stopped, called a forfeit and the final score shall be 5-0 to the non-offending team.*

### **302 Substitution of players**

1) Substitution of players may take place at any time and an unlimited number of times during a match.

*All substitution shall take place in the team's own substitution zone. A player leaving the rink has to be on his way passing over the board before a substitute may enter the rink. An injured player leaving the rink outside his own substitution zone must not be replaced until play is interrupted.*

### **304 Particular regulations for team captains**

1) Each team shall have a team captain, who shall be marked in the match record.

*The marking shall be made with a "C" in the margin. Change of the team captain may only take place in case of injury, illness or match penalty, and has to be noted with time in the match record. A replaced team captain must not function again as team captain during the same match.*

### **304 Particular regulations for team captains (continued)**

2) Only the team captain is entitled to speak to the referees. He is also obliged to assist them.

*When the team captain speaks to the referees, this shall be done according to set conditions. A penalized team captain loses his right to speak to the referees, unless he is addressed by them, and, except when the team staff requests a time out, the team has no possibility to communicate with the referees.*

### **306 Referees**

1) A match shall be led and controlled by two equally authorized referees if possible. One referee is acceptable.

*The referees shall have the right to stop a match if there is an obvious risk that it can not be continued according to the rules.*

## **4 EQUIPMENT**

### **401 The players' clothing**

1) All field players shall wear uniforms consisting of matching shirts.

- *Teams are given the grading period to finalise uniforms. When the season commences penalties apply for team members who are out of uniform. Each player out of uniform will result in a goal being awarded to the opposite team; a maximum of three goals will be awarded.*
- *If the referees consider that the teams cannot be distinguished by their uniforms, a coin toss or similar method shall be used to decide which team is obliged to wear bibs.*

3) It is recommended that jerseys should be numbered.

4) All players shall wear non marking enclosed shoes.

*The shoes shall be of an indoor sports model. Socks outside the shoes are not allowed. If a player loses one or both shoes during play, he may continue playing until the next interruption.*

### **405 Personal equipment**

1) A player must not wear personal equipment which may cause injury.

*Personal equipment includes protective and medical equipment, watches, earrings, etc. The referees decide what shall be considered dangerous. All protective equipment shall, if possible, be worn underneath the clothing. With the exception of elastic headbands without knots, no headgear such as helmets may be worn.*

### **406 Ball**

1) The ball shall be approved by the IFF and marked accordingly.

### **407 Stick**

1) The stick shall be approved by the IFF and marked accordingly

*All tampering with the shaft, except shortening, is prohibited. The shaft may be strapped above the grip mark, but no official marks may be covered.*

2) The blade shall not be sharp and its hook shall not exceed 30 mm.

*All tampering with the blade, except hooking, is prohibited. The hook shall be measured as the distance between the highest point of the blade's inner side and an even surface on which the stick is lying. Changing the blade is allowed, but the new blade shall not be weakened. Taping the joint between the blade and the shaft is allowed, but no more than 10 mm of the visible part of the blade shall be covered.*

### **408 The referees' equipment**

1) The referees shall be equipped with plastic or metal medium sized whistles, measuring equipment and red cards.

*Exemption for other types of whistles may be given by the administrating authority.*

### **410 Control of equipment**

1) The referees shall decide about controlling and measuring all equipment.

*Inspection shall take place before and during the match. Incorrect equipment, including defective sticks, discovered before the match shall be corrected by the player concerned, who after this may start the match. With the exception of personal equipment and minor defects to the stick (e.g. small holes or painting, which shall be corrected by the player concerned, who after this may continue the match), all incorrect equipment discovered during the match shall lead to the prescribed penalty. Offences concerning players' uniforms shall not lead to more than one penalty per team per match. However, all incorrect equipment shall be reported. No other players than the team captains and the player with the equipment being measured can be present during the measuring. After measuring, play shall be resumed according to what caused the interruption.*

2) Measuring of a hook may be requested by the team captain.

*The team captain also has the right to point out to the referees other incorrectness in the opponents' equipment, but in this case the referees decide whether or not to take action. Measuring may be requested at any time, but shall not be carried out until play is interrupted. If measuring is requested during an interruption, it shall be carried out immediately, including in connection with goals and penalty shots, unless, in the referees' opinion, it negatively affects the situation for the opposing team. In this case the measuring shall be carried out at the next interruption. The referees are obliged to check a hook at the team captain's request, but only one measuring per team per interruption shall be allowed. No other players than the team captains and the player with the equipment being measured may be at the secretariat during the measuring. After measuring, play shall be resumed according to what caused the interruption.*

## 5 FIXED SITUATIONS

### 501 General regulations for fixed situation

1) When play has been interrupted, it shall be resumed with a fixed situation, according to what caused the interruption.

*Fixed situations are face-offs, hit-ins, free-hits and penalty shots.*

2) The referees shall use one signal, show prescribed signs and mark the place for the fixed situation. The ball may be played after the signal if it is not moving and is in the right position.

*The referees shall first show the consequence sign and then a possible offence sign. The offence sign shall only be used if considered necessary, however always in connection with penalties and penalty shots. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place at a hit-in or a free-hit.*

3) A fixed situation must not be unreasonably delayed.

*The referees decide what shall be considered unreasonable delay. If a fixed situation is delayed, the referees shall if possible notify the player before any action is taken.*

### 502 Face-off (802)

1) At the start of a new period and to confirm a correctly scored goal, a face-off shall be taken at the centre spot.

*A goal scored during extra time or from a penalty shot after a period or a match has ended shall not be confirmed with a face-off. When a face-off is taken at the centre spot, each team shall be on their own side of the centre line.*

2) When play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot, play shall be resumed with a face-off.

3) A face-off shall be taken at the nearest face-off dot, according to where the ball was at the interruption.

4) All players, except those taking the face-off, shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included.

*Before a face-off, it is the referees' responsibility to check that the teams are ready and that all players have taken position.*

5) A face-off shall be taken by one field player from each team. The players shall be facing the opposing team's short side and must not have physical contact before the face-off. The feet shall be placed perpendicular to the centre line. Each player shall have both his feet at the same distance from the centre line. The sticks shall be held with a normal grip and with both hands above the grip mark. The blades shall be placed perpendicular to the centre line on either side of the ball, but without touching it.

*Normal grip implies the way the player holds his stick during play. The defending team's player chooses on which side of the ball to place his stick. The ball shall be at the centres of the blades. If a player taking a face-off does not obey the referees' instructions, another player who is on the rink shall take the face-off.*

6) A face-off may go directly into goal.

### **503 Events leading to a face-off**

1) When the ball is damaged unintentionally.

2) When the ball is not correctly playable.

*The referees shall, before interrupting play, give the players a reasonable opportunity to play the ball.*

3) When parts of the board have been separated and the ball comes near the place in question.

4) When the goal cage is moved unintentionally and cannot be put back within a reasonable time.

*It is the defending teams responsibility to put the goal cage back as soon as this is considered possible.*

5) When a serious injury occurs or an injured player directly affects play.

*The referees decide what shall be considered a serious injury, but as soon as this is suspected, play shall be interrupted immediately.*

6) When an unnatural situation occurs during play.

*The referees decide what shall be considered an unnatural situation, but this always includes unauthorized persons or objects on the rink, the lights going out either completely or partly, and the final signal being sounded by mistake, or when a referee is hit by the ball and this has a significant effect on the play.*

7) When a goal is disallowed despite the fact that no offence leading to a free-hit has been committed.

*This includes when the ball goes into goal without passing the goal line from the front.*

8) When a penalty shot does not result in a goal.

*This includes when a penalty shot is incorrectly performed.*

9) When a delayed penalty is carried out because the offending team gains and controls the ball.

*This includes when the non-offending team, in the referees' opinion, is trying to waste time.*

10) When a penalty is imposed for an offence which is not in connection with play, but is committed or noticed during play.

*This includes when a penalized player enters the rink before his penalty expires or terminates.*

11) When the referees are unable to decide the direction of a hit-in or a free-hit.

*This includes when players from both teams commit offences simultaneously.*

12) When the referees' decision is incorrect.

### **504 Hit-in (803)**

1) When the ball leaves the rink, a hit-in shall be awarded to the non-offending team.

*The offending team is considered to be the team whose player, or player's equipment, last touched the ball before it left the rink. This also includes when a player, to remove the ball from the goal cage, hits the net without touching the ball.*

2) A hit-in shall be taken from where the ball leaves the rink, 1.5 m from the board, but never behind the imaginary extensions of the goal lines.

*If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place. If a team gets an advantage from taking a hit-in closer to the board than 1,5 m, this shall be allowed. A hit-in behind the imaginary extension of the goal line shall be taken from the nearest face-off dot. When the ball touches the ceiling or objects above the rink, the hit-in shall be taken 1.5 m from the board at the same distance from the centre line.*

3) The opponents shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included.

*The player taking the hit-in 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.*

4) The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.

5) The player taking the hit-in must not touch the ball again before it has touched another player or another player's equipment.

6) A hit-in may go directly into goal.

### **Events leading to a hit-in**

1) When the ball passes the board or hits the ceiling or any other object above the rink.

### **506 Free-hit (804)**

1) When an offence leading to a free-hit is committed, a free-hit shall be awarded to the non-offending team.

*With offences leading to a free-hit, the advantage rule shall be applied whenever possible.*

*The advantage rule implies that if the non-offending team still controls the ball after an offence, they shall have the opportunity to go on playing if this gives them a greater advantage than a free-hit. If advantage is being played, and the game is interrupted because the non-offending team loses control of the ball, the resulting free-hit shall be placed where the original offence occurred.*

### **506 Free-hit (continued)**

2) The free-hit shall be taken where the offence was committed, but never behind the imaginary extensions of the goal lines, or closer to the goal than 3.5 m.

*If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place. A free-hit closer to the board than 1.5 m may be moved out to this distance. A free-hit behind the imaginary extension of the goal line shall be taken from the nearest face-off dot. 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.*

3) The opponents shall immediately, without summons from the referees, take a position at least 3 m from the ball, sticks included.

*The 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.*

4) The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.

5) The player taking the free-hit must not touch the ball again before it has touched another player or another player's equipment.

6) A free-hit may go directly into goal.

### **507 Offences leading to a free-hit**

1) When a player hits, blocks, lifts, kicks or holds an opponent or opponent's stick.

*If the referees consider the player to have played the ball before hitting the opponent's stick, no action shall be taken.*

2) When a field player raises the blade of his stick above knee level in the back swing before hitting the ball, or in the forward swing after hitting the ball.

*This includes mock shots. A high forward swing is allowed if no other players are in the vicinity, and there is no risk of injury. As knee level is considered the level of the knee when standing upright.*

3) When a field player uses any part of his stick or his foot, to play or try to play the ball above knee level.

*Stopping the ball with a thigh is not considered to be playing the ball above knee level, unless considered dangerous. As knee level is considered the level of the knees when standing upright.*

### **507 Offences leading to a free-hit (continued)**

4) When a field player places his stick, his foot or his leg between an opponent's legs or feet.

5) When a player, in control of the ball, or trying to reach it, forces or pushes an opponent in any way other than shoulder to shoulder.

6) When a player, in control of the ball, trying to reach it, or trying to get a better position, moves backwards into an opponent, or prevents an opponent from moving in the direction intended.

*This includes when the attacking team prevents or obstructs the formation of a defence line at a free hit awarded within 3.5 m of the goalkeeper's area.*

7) When a field player kicks the ball twice, unless in between it has touched the player's stick, another player or another player's equipment.

*This shall be considered an offence only if the player, in the referees' opinion, both times kicks the ball intentionally.*

8) When a player receives a foot pass from a field player in the same team.

*This shall be considered an offence only if the pass, in the referees' opinion, is intentional. Receiving a foot pass from a player in the same team is allowed if an opponent omits to take the ball despite the possibility to do so.*

9) When a field player is in the red goal square and affects play.

*A field player is not allowed to play at the ball or effect play when any part of their body is inside the red square.*

10) When a field player intentionally moves the opposing team's goal cage.

12) When a field player jumps up and stops the ball.

*As jumping is considered to be when both feet entirely leave the floor. Running is not considered as jumping. A player is allowed to jump over the ball if he does not touch it.*

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### **507 Offences leading to a free-hit (continued)**

13) When a field player plays the ball from outside the rink. **(no offence sign)**

*Outside implies having one or both feet outside the rink. If a player plays the ball from outside the rink during substitution, this shall be considered too many players on the rink. If a player, not in the process of changing, plays the ball from the substitution zone, this shall be considered sabotage of play. It is allowed to run outside the rink, but the ball must not be played from there.*

16) When a face-off, hit-in or a free-hit is incorrectly performed or intentionally delayed.

*This includes when the non-offending team takes the ball away when the play is interrupted, the ball is dragged, flicked, or lifted on the stick. If a hit-in or a free-hit is taken from the wrong place or when the ball is not entirely still, it may be taken again. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place.*

19) When a penalty is imposed for an offence committed in connection with play. **(prescribed offence sign)**

20) When a player delays play.

*This includes when a field player, in order to gain time, places himself against the rink or goal cage in such a manner that the opponent is unable to reach the ball in a correct way. The player should, if possible, be made aware of this before any actions are taken.*

### **508 Penalty shot**

1) When an offence leading to a penalty shot is committed, a penalty shot shall be awarded to the non-offending team.

*If a penalty shot is awarded during a delayed penalty or caused by an offence leading to a penalty, the rules concerning penalties in connection with a penalty shot shall also be applied.*

2) The penalty shot shall be taken from the marked spot indicated by the referee.

3) All players except the player taking the penalty shot shall be behind the player taking the shot.

*If another player in the offending team commits an offence during the penalty shot, a new penalty shot shall be awarded and the offence considered sabotage of play.*

4) The player taking the penalty shot shall play the ball as a free hit situation; they may not scoop, lift or drag the ball.

5) If a 2 minute bench penalty is imposed in connection with a penalty shot, the 2 minute bench penalty shall be noted in the match record only if the penalty shot does not result in a goal.

*The penalized player shall be on the penalty bench during the penalty shot.*

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### **509 Delayed penalty shot**

1) A delayed penalty shot shall be applied when the non-offending team still controls the ball after an offence leading to a penalty shot, and the goal situation is still in progress.

*If a delayed penalty shot is awarded during a delayed penalty or caused by an offence leading to a penalty, the rules concerning penalties in connection with a penalty shot shall also be applied. A delayed penalty shot may be caused by an offence leading to a penalty even if a delayed penalty is already in progress.*

2) A delayed penalty shot implies that the non-offending team is given the possibility to continue the attack until the immediate goal situation is over.

*A delayed penalty shot shall still be carried out after the end of a period or a match. If the non-offending team scores correctly during a delayed penalty shot, the goal shall be allowed and the penalty shot cancelled.*

### **510 Offences leading to a penalty shot**

1) When a goal scoring situation is interrupted, or prevented from occurring, because the defending team has committed an offence leading to a free-hit or a penalty. **(prescribed offence sign)**

*The referees decide what shall be considered a goal situation. Offences in the goal crease shall not automatically lead to a penalty shot.*

*A penalty shot shall always be awarded when the defending team, during a goal situation, intentionally moves the goal cage or intentionally plays with too many players on the rink.*

*If, when a free-hit for the opposing team is hit directly at the goal, a field player of the defending team is in the red square, if the goal cage has been moved, in the area where the goal cage normally stands, a penalty shot shall always be awarded.*

## **6 PENALTIES**

### **601 General regulations for penalties**

1) When an offence leading to a penalty is committed, the offender shall be penalized.

*If the referees are unable to point out the offender, or if the offence is committed by a member of the team bench, the team captain shall choose a field player, who is not already penalized, to serve the penalty. If the team captain refuses to do this, or is penalized, the referees shall choose the player.*

*All penalties carried out shall be noted in the match record with the time, number of the player, type of penalty and cause of penalty. If the penalty is caused by an offence in connection with play, the nonoffending team shall be awarded a free-hit. If the penalty is caused by an offence not in connection with play, play shall be resumed with a face-off. If the penalty is caused by an offence committed during an interruption, play shall be resumed according to what caused the interruption. A penalized team captain loses his right to speak to the referees, unless he is addressed by them.*

2) A penalized player shall be on the penalty bench during the entire penalty.

*All penalties terminate when the match is over. A penalized player shall be on the same side of the centre line as his team. During regular game time a penalized player may leave the penalty bench during an intermission. A penalized player may not leave the penalty bench during the intermission between regular game time and extra time. A player, whose penalty expires, shall immediately leave the penalty bench, unless the number of penalties for his team makes this impossible or the penalty expiring is a personal penalty.*

*A penalized player who is injured may be replaced on the penalty bench by a field player who is not already penalized. Both players shall be noted in the match record with the number of the player actually serving the penalty in brackets. If the injured player enters the rink before the penalty expires, match penalty one will be imposed.*

*If one of the referees is responsible for a player being admitted to the rink too soon and the mistake is noticed during regular penalty time, the player shall resume his position on the penalty bench. There shall not be any additional penalty time and the player shall return to the rink when his regular penalty time expires.*

## **602 Bench penalty**

1) A bench penalty shall affect the team, and due to this the penalized player must not be replaced on the rink during the penalty.

2) No more than one bench penalty per player and two bench penalties per team may be measured simultaneously.

*All bench penalties shall be measured in the order they are imposed. A player, whose penalty can not be measured, shall be on the penalty bench from the moment his penalty is carried out.*

*If more than one penalty is imposed simultaneously on a team already having a bench penalty, the team captain decides which of the new penalties shall be measured first. Shorter bench penalties shall, in this case, always be measured before longer. If, during a delayed penalty, the team incurs yet another bench penalty, the delayed penalty first imposed on the team shall be the one measured first.*

3) A team, which has more than two players with carried out bench penalties, shall still have the right to play with 3 players on the rink.

*The team shall play with 3 players on the rink until they have only one bench penalty being measured. A player, whose bench penalty expires before this, shall remain on the penalty bench until play is interrupted or, if this occurs sooner, further bench penalties expire so that his team has only one bench penalty being measured. All penalized players in a team shall leave the penalty bench in the same order as their bench penalties expire, but the rules concerning the number of players allowed on the rink shall be noticed all the time. The referees shall help a player, whose penalty has expired during play, to leave the penalty bench as soon as play is interrupted.*

4) If a player, who has incurred a bench penalty, commits further offences leading to a penalty, all his penalties shall be served consecutively.

*This is regardless of whether the first penalty has started or not. If a bench penalty has already started and the same player incurs another penalty, the measuring of the first penalty shall not be affected, but go on from where it was when the new penalty was carried out.*

*Consecutively implies that as soon as the player's first bench penalty expires or terminates, the next one shall start being measured, unless the team has other bench penalties, not yet being measured, which have been imposed in between the first player's bench penalties.*

*An unlimited number of bench penalties can be imposed on the same player. If a player has incurred a personal penalty, all his bench penalties have to expire or terminate before the personal penalty may start to be measured. If a player is serving a personal penalty, then incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates. The team captain shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench*

*penalty expires. If a penalized player commits an offence leading to a match penalty, the rules concerning match penalties shall also be applied.*

## **603 2 minute bench penalty**

1) If the opposing team scores during a 2 minute bench penalty that is being measured, the penalty shall terminate, unless the opposing team is outnumbered on the rink or the teams play with equal strength.

*The penalty will not terminate if the goal is scored neither during a delayed penalty nor from a penalty shot caused by an offence leading to a penalty. If a 2 minute bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.*

2) If a team has more than one 2 minute bench penalty, these shall terminate in the same order they have been carried out.

#### **604 Delayed penalty**

1) All types of bench penalties, including match penalties, may be delayed. A delayed penalty shall be applied when the non-offending team still controls the ball after an offence leading to a penalty. Only one penalty at a time can be delayed except when a goal situation is in progress, in which case a second penalty may also be delayed.

*If one or several delayed penalties are imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.*

2) A delayed penalty implies that the non-offending team is given the possibility to continue the attack until the offending team gains and controls the ball or play is interrupted.

*During a delayed penalty, the non-offending team shall be given the opportunity to replace the goalkeeper with a field player and continue the attack. A delayed penalty shall still be carried out after the end of a period or a match. If the delayed penalty is carried out because the offending team gains and controls the ball, play shall be resumed with a face-off. The non-offending team must use a delayed penalty for constructive attacking play. If the referees consider the team only to be trying to waste time, the players shall be notified. If the team still does not try to attack, play shall be interrupted, the delayed penalty carried out and play resumed with a faceoff.*

*If the delayed penalty is carried out because of any other interruption, play shall be resumed according to what caused the interruption. If the non-offending team scores in a correct way during a delayed penalty, the goal shall be allowed and the delayed 2 minute bench penalty last imposed on the team shall not be carried out. No other penalties shall be affected. If the offending team scores during a delayed penalty, the goal shall be disallowed and play resumed with a face-off. If the non-offending team scores an own goal, the goal shall be allowed.*

#### **605 Offences leading to a 2 minute bench penalty**

1) When a player, hits, blocks, lifts, kicks or holds an opponent or opponent's stick in order to win a considerable advantage, or with no possibility of reaching the ball.

2) When a field player plays the ball above waist level with any part of his stick or his foot.

*As waist level is considered the level of the player's waist when standing upright.*

3) When a player is guilty of dangerous play with the stick.

*This includes uncontrolled forward or backward swing of the stick, and raising the stick above an opponent's head if this is considered dangerous or disturbing for the opponent.*

4) When a player forces or pushes an opponent against the board or the goal cage.

5) When a player tackles or trips an opponent.

6) When a team captain requests measuring of a hook and the measured equipment is correct. **(no offence sign)**

*The team captain will serve the penalty.*

7) When a field player participates in play without a stick. **(no offence sign)**

8) When a field player fetches a stick from a place other than the team's own substitution zone. **(no offence sign)**

9) When a field player omits to pick up his broken or dropped stick from the rink and bring it to his substitution zone.

*Only clearly visible parts of the stick have to be removed by the player.*

10) When a player intentionally moves to obstruct an opponent, who is not in control of the ball.

*If a player who is trying to move into a better position backs into an opponent, or prevents an opponent from moving in the direction intended, only a free-hit shall be awarded.*

12) When a player violates the 3 m rule at a hit-in or a free-hit.

*If the hit-in or the free-hit is performed while the opponents are trying to take position in a correct way, no action shall be taken. If a team forms a defence line which is not at a proper distance, only one player shall be penalized.*

13) When a field player stops or plays the ball when lying or sitting down.

*This also includes stopping or playing the ball with both knees or one hand on the floor, stick holding hand excluded.*

14) When a field player stops or plays the ball with his hand, arm or head.

### **605 Offences leading to a 2 minute bench penalty (continued)**

15) When an incorrect substitution takes place. **(922)**

*The player leaving the rink has to be passing over the board before a new player may enter the rink. If the case is close, action shall only be taken if play is affected. It is also incorrect substitution when a player changes outside the team's own substitution zone when play is interrupted. The player entering the rink is the one to be penalized.*

16) When a team plays with too many players on the rink.

*Only one player shall be penalized.*

17) When a penalized player:

Without entering the rink, leaves the penalty bench before his penalty expires or terminates.

Refuses to leave the penalty bench when his penalty expires. Enters the rink during an interruption in the game, before his penalty expires or terminates.

*A player, whose penalty expires, shall not leave the penalty bench if the number of penalties for his team makes this impossible or the penalty expiring is a personal penalty. If a penalized player enters the rink during play, this is considered sabotage of the game.*

18) When a player commits repeated offences leading to a free-hit.

*This includes both shorter and longer time.*

19) When a team systematically disrupts play by committing repeated offences leading to a free-hit.

*This also includes when a team commits a number of minor offences during a short time. The player committing the last offence shall serve the penalty.*

20) When a player intentionally delays play.

*This includes when a player of the offending team is striking or taking the ball away when play is interrupted, intentionally blocking the ball against the board or a goal or intentionally damaging the ball.*

21) When a team systematically delays play. *If the referees consider a team close to being penalized for delaying play, the team captain shall, if possible, be notified before any action is taken. The team captain shall choose a field player, who is not already penalized, to serve the penalty.*

22) When a player or a member of the team staff protests against the referees' decisions, or when coaching is performed in a disturbing or otherwise incorrect way.

*This includes when the team captain constantly and without reason questions the referees' decisions.*

*Protesting against the referees' decisions and coaching in a disturbing way is considered spontaneous and a minor offence compared to unsportsmanlike behaviour.*

*This also applies if a member of the team staff enters the rink without the referees' permission. The referee shall, if possible, notify the team staff before any action is taken.*

24) When a player, despite summons from the referees, omits to correct his personal equipment.  
**(no offence sign)**

### **606 5 minute bench penalty**

1) If the opposing team scores during a 5 minute bench penalty, the penalty shall not terminate.

*If a 5 minute bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.*

### **607 Offences leading to a 5 minute bench penalty**

1) When a field player, performs violent or dangerous strikes with his stick.

*This includes when a field player raises his stick over an opponent's head and the opponent is hit.*

2) When a field player uses his stick to hook an opponent's body.

3) When a player throws his stick or other equipment on the rink to hit or try to hit the ball.

4) When a player throws himself towards an opponent or otherwise attacks an opponent violently.

5) When a player tackles, throws or trips an opponent against the board or the goals.

6) When a player commits repeated offences, each leading to a 2 minute bench penalty.

*The 5 minute bench penalty replaces the last 2 minute bench penalty. The offences shall be similar.*

### **608 Personal penalty**

1) A personal penalty can only be imposed in connection with a bench penalty and shall not be measured until the bench penalty expires or terminates. An unlimited number of personal penalties may be measured simultaneously.

*If a player, already serving a personal penalty, incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates. The team captain shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.*

2) A personal penalty shall only affect the player, and due to this he may be replaced on the rink during the penalty.

*The team captain shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires. When the personal penalty expires, the player must not enter the rink until play is interrupted. The referees shall, together with the secretariat, help a player, whose personal penalty has expired during play, to leave the penalty bench as soon as play is*

*interrupted. A member of the team staff incurring a personal penalty shall be sent to the spectators' stand for the rest of the match, and the team captain shall choose a field player, who is not already penalized, to serve the bench penalty.*

### **609 10 minute personal penalty**

1) If the opposing team scores during a 10 minute personal penalty, the penalty shall not terminate.

### **610 Offences leading to a 2 minute bench penalty + 10 minute personal penalty**

1) When a player or a member of the team staff is guilty of unsportsmanlike behaviour.  
*Unsportsmanlike behaviour implies: Behaving in an insulting or unfair way towards referees, players, team staff, officials, spectators, or any simulating action intended to deceive the referees. Intentionally kicking, upsetting or hitting the board or the goal cage. Throwing the stick or any other equipment, even during an interruption, or in the substitution zone.*

### **611 Match penalty**

1) A player or a member of the team staff incurring a match penalty shall immediately go to the dressing room and must not take any further part in the match.  
*The arranging team is responsible for ensuring that the offender goes to the dressing room and does not return to the spectators' stand or the rink during the remaining time of the match, possible extra time and penalty shots included. All match penalties shall be reported.  
Offences committed before or after the match, which normally lead to a match penalty, shall be reported, but no bench penalty shall be imposed. With the exception of incorrect equipment (which shall be corrected by the player concerned, who may then start the match), offences leading to a match penalty committed before the match shall also lead to the offender's non participation in the match, possible penalty shots included.*

2) A match penalty shall always be followed by a 5 minute bench penalty.  
*The team captain shall choose a field player, who is not already penalized, to serve the bench penalty, and possible other bench penalties concerning the player or member of the team staff incurring the match penalty. Possible personal penalties concerning the player incurring a match penalty shall terminate.*

### **612 Match penalty 1**

1) Match penalty 1 shall lead to suspension for the rest of the match and shall not lead to any further punishment for the player.

### **613 Offences leading to a match penalty 1**

1) When a field player uses a non approved stick or a stick with a hook which is too wide.  
**(no offence sign)**

2) When a player or a member of the team staff, not noted in the match record, participates in the match. **(no offence sign)**

3) When an injured player, who has been replaced on the penalty bench, participates in play before his penalty time has expired. **(no offence sign)**

4) When a player is guilty of continued or repeated unsportsmanlike behaviour.  
*The match penalty replaces the second 2 minute bench penalty + 10 minute personal penalty, but shall still be followed by a 5 minute bench penalty. Continued implies in the same sequence and repeated for the second time in the same match.*

5) When a player, in anger, breaks his stick or other equipment.

6) When a player is guilty of a physical offence of misconduct.

*This includes dangerous, violent or unsportsmanlike offences considered deliberate or unprovoked.*

### **614 Match penalty 2**

1) Match penalty 2 shall also lead to suspension from the following match in the same competition.

### **615 Offences leading to a match penalty 2**

1) When a player or a member of the team staff participates in a scuffle.

*A scuffle implies a milder form of a fight, without punches or kicks, where the players involved respect attempts to separate them.*

2) When a player commits an offence leading to a 5 minute bench penalty, for the second time in the same match.

*The match penalty replaces the second 5 minute bench penalty, but shall still be followed by a 5 minute bench penalty.*

3) When a member of the team staff, is guilty of continued or repeated unsportsmanlike behaviour.

*The match penalty replaces the second 2 minute bench penalty + 10 minute personal penalty, but shall still be followed by a 5 minute bench penalty. Continued implies in the same sequence and repeated for the second time in the same match.*

4) When a player, whose equipment is about to be measured, tries to correct the equipment before the measuring.

5) When a player or a member of the team staff commits an offence clearly intending to sabotage play.

*This includes when:*

*A penalized player intentionally enters the rink during play, before his penalty expires or terminates. If the rink is entered during an interruption in play a 2 minute bench penalty shall be imposed. If the mistake is noticed after the regular penalty time has expired, no action shall be taken. If a player, whose penalty has expired, enters the rink despite the numeric situation does request him to wait for the next interruption, it can, depending on its cause, be considered to be 'playing with too many players'.*

*Offences are committed by either team from the substitution zone, during a penalty shot.*

*Equipment is thrown from the substitution zone during play.*

*A player, not in the process of changing, takes part or tries to take part in play from the substitution zone. A team intentionally has too many players on the rink.*

### **615 Offences leading to a match penalty 2 (continued)**

6) When a field player continues to use a defective stick or uses a strengthened or lengthened shaft.  
(no offence sign)

### **616 Match penalty 3**

1) Match penalty 3 shall also lead to suspension from the following match in the same competition, and further punishment decided by the administrating authority.

### **617 Offences leading to a match penalty 3**

1) When a player or a member of the team staff is involved in a fight.  
*A player is considered to be involved in a fight when he uses punches or kicks.*

2) When a player or a member of the team staff is guilty of a brutal offence.  
*This also includes throwing a stick or other equipment at an opponent.*

3) When a player or a member of the team staff is guilty of abusive language.  
*Abusive language implies grossly insulting referees, players, team staff, officials or spectators.*

### **618 Penalties in connection with a penalty shot**

1) If a penalty shot, caused by an offence leading to a penalty, results in a goal, only the penalty causing the penalty shot can be affected.  
*This includes a delayed penalty shot. If the penalty shot is caused by an offence leading to a 2 minute bench penalty, the penalty shall be cancelled if the penalty shot results in a goal, but all other types of penalties shall be carried out. If during a delayed penalty shot, the offending team commits another offence leading to a penalty shot, the second offence shall be considered the offence causing the penalty shot.*

2) If a penalty shot, caused by an offence not leading to a penalty results in a goal, no other penalty shall be affected.

## **7 GOALS**

### **701 Allowed goals**

1) A goal shall be considered allowed when it has been correctly scored and confirmed with a face-off at the centre spot.  
*All allowed goals shall be noted in the match record with the time and the numbers of the scoring and assisting players. An assisting player is considered a player of the same team directly involved in the scoring. Only one assist per goal shall be noted. A goal scored during extra time or from a penalty shot after a period or a match has ended shall not be confirmed with a face-off, but shall be considered allowed when both referees have pointed at the centre spot and the goal has been noted in the match record.*

2) An allowed goal must not be disallowed.  
*If the referees are certain that an allowed goal is incorrect, this shall be reported.*

### **702 Correctly scored goals**

1) When the entire ball passes the goal line from the front, having been played in a correct way with a field player's stick, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before, the goal.  
*This includes: When a player in the defending team has moved the goal cage out of position and the ball passes the goal line from the front between the marks for the posts and below the imaginary position of the bar. When an own goal is scored. An own goal may be allowed off the stick or body of the defender. If the non-offending team scores an own goal during a delayed penalty, the goal shall be allowed. An own goal shall be noted as OG.*

2) When the entire ball passes the goal line from the front after a player in the defending team has directed the ball with his stick or his body, or a player in the attacking team has unintentionally

directed the ball with his body, and no offence leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before the goal.

*The goal shall not be considered correctly scored if a field player in the attacking team intentionally kicks the ball immediately before it is directed into goal. If a player has scored with an incorrect stick and the mistake is noticed only after the ball has passed the goal line, the goal shall be allowed.*

3) When a player who is not noted in the match record, or is incorrectly numbered, is involved in the scoring of a goal.

*Involved implies scoring or assisting.*

### **703 Incorrectly scored goals**

1) When a player in the attacking team has committed an offence leading to a free-hit or a penalty in connection with, or immediately before, the goal. **(prescribed offence sign)**

*This includes when a team scores with too many players or a penalized player on the rink, and when a player in the attacking team intentionally moves the goal cage out of position.*

### **703 Incorrectly scored goals (continued)**

2) When a player in the attacking team intentionally directs the ball into goal with any part of his body.

*Since this is not considered an offence, play shall be resumed with a face-off.*

3) When the ball passes the goal line during, or after, a signal.

*A period or a match is over as soon as the final signal has started sounding.*

4) When the ball goes into the goal cage without passing the goal line from the front.

6) When a field player in the attacking team intentionally kicks the ball and it goes into goal after having touched another player or another player's equipment.

*Since this is not considered an offence, play shall be resumed with a face-off.*

7) When the offending team scores during a delayed penalty.

*The penalty shall be carried out and play resumed with a face-off.*

8) When the ball bounces off one of the referees and directly into goal.