



OPD Youth Floor Hockey General Rules (Ages 4-8)

I. League Description

Oswegoland Park District Youth Floor Hockey is a recreational league designed to provide participants with a safe, fun environment in which to learn and play the game of floor hockey. This league is designed to be instructional and help teach children the rules of the sport and also many other life lessons that can be learned from a team sport environment. Our league is intended to keep children active and engaged. The coaches should enforce the OPD values of fair play, sportsmanship, and teamwork.

II. Player Eligibility / Age Rules

1. All participants must be registered in the Park District floor hockey program based on their current grade. Coaches are not allowed to make any changes or additions to their rosters. All roster changes/additions/deletions must be done by OPD staff.
2. OPD uses the grade categories listed below. If participation is not great enough, age groups may be combined at the discretion of the Park District.

Co-ed: Pre-K – Kindergarten

Co-ed: 1st Grade – 2nd Grade

III. Teams/Rosters

1. Teams will be created by the OPD staff based on participation. Number of teams per age group will vary. Roster size will be between seven and ten players based on participation numbers and divisions.

IV. Schedules

1. Schedules will be created and maintained by the OPD staff.
2. Practices and games will be played on Saturdays.

V. Games

1. Each game consists of three twelve minute periods. The clock will be stopped and substitutions will be made at the three-minute mark of each period. The game clock will run continuously, stopping only when a player is injured or when coaches make substitutions at the three-minute mark.
2. Between each of the periods, there will be a two-minute timeout.

3. Substitutions may only be made at the three-minute mark of the period or when a player is injured.
4. Playing time should be distributed as evenly as possible by the coaches.

VI. General Playing Rules (All Divisions)

1. A face-off shall be used to start all games. Teams will use face-offs when restarting play. Players must be on their own side of the rink at all face-offs.
2. No off-sides will be called.
3. When a penalty is called, play is resumed by a face-off.
4. The defenders must stay on their half of the rink at all times.
5. A lineup consists of 4 players for Pre-K and Kindergarten divisions: 1 defender and 3 forwards. A 5-player lineup will be used for 1st and 2nd grade divisions: 1 defender and 4 forwards.
6. There will be no goalies used in any division.
7. If the puck is sent out of bounds, it will be put back into play with a face-off at the nearest faceoff dot.
8. The puck may be knocked down from the air or caught, but must be immediately dropped on the ground in front of the player and not thrown.
9. A player cannot play the puck while on the ground.
10. A player may not kick the puck intentionally. This will be left up to the official's discretion.
11. A player may not score a goal by kicking it into the goal.
12. A player may not intentionally pick the puck up off the ground. If this occurs, play will be stopped and restarted with a face-off.

VII. Penalties

1. Penalties will be called loosely at the discretion of the referee assigned to your court. Coaches are responsible for assisting players with transition, substitutions, etc. but the referee will be making all calls.
2. Players will be given a warning on their first offense. On their next offense, they will be sent to their bench to serve out their penalty. The player committing the foul cannot be replaced on their floor until time is served. The parent/coach will be responsible for keeping the penalty time.

- a. **Hooking/Tripping** – 1:00 minute
 - i. A player may not impede the progress of an opponent by hooking with their stick or tripping another player with their stick.
- b. **Pushing/Roughing** – 1:00 minute
 - i. A player may no bump an opponent with part of the body to gain an advantage or possession of the puck.
- c. **High sticking/Slashing** – 1:00 minute
 - i. Sticks must stay at waist height after a pass or shot have been made. Players may not make intentional contact with another player with their stick.
- d. **Delay of Game (Freezing the puck)** – 1:00 minute
 - i. A player may not intentionally freeze the puck using their hands, feet or other body part to prevent an opponent from playing the puck.
- e. **Unsportsmanlike Conduct** – 2:00 minute
 - i. Players are prohibited from displaying any conduct that is unsportsmanlike towards opponents, teammates or officials. This includes swearing, taunting, intent to injure, bullying, or other acts.

IV. Equipment

1. All players will be given a team shirt as their uniform.
2. Players are expected to wear non-marking rubber soled gym shoes.
3. All sticks and pucks will be provided by the Oswegoland Park District Staff.
4. All players must wear shin guards to participate.
5. Mouth guards are required during game play. Players are not required to wear mouth guards during non-contact drills at practice.
6. No jeans, pants, or shorts with belt loops are permitted.
7. No player can participate while wearing a hard cast/brace with metal or hard plastic components.
8. Players should not wear any equipment or apparel that is considered dangerous to them or other players. This includes: any type of jewelry not medically issued, barrettes (ponytail holders must be rubber coated), or casts.
9. Players are allowed to wear jewelry that is either medical or religious in nature. They are advised to tuck this in to avoid any potential of injury.
10. Players are advised to tuck in their team shirts to their pants or shorts.

V. Officiating / Referees

1. All officials will be assigned by the OPD Athletics staff.
2. All interpretations of the rules during the game made by the officials are final. Officials do reserve the right to remove any participant or coach from the game if such disciplinary action is warranted. Actions that may be deemed inappropriate or warrant ejection or removal include but are not limited to: player safety concerns, foul language, over aggressive or physical play, taunting, bad sportsmanship, etc.

VI. Playoffs

1. There are no playoffs or postseason play for OPD Youth Floor Hockey.

VII. Player Conduct / Sportsmanship

1. Any conduct determined to be unsportsmanlike or unruly by either the officials or any OPD staff will result in a warning.
2. The second instance of misconduct shall result in an ejection. Any player removed from a game for any reason may not be allowed to participate in that team's next scheduled game if deemed so by the OPD staff. The Park District reserves the right to extend the suspension period if the reason for the ejection in their opinion is severe enough.

