

RCSSC FLOORBALL RULEBOOK

These rules were last updated on December 1, 2018.

RULE 1: TEAMS AND PLAYERS

Section 1. Team Formation

1. **Leagues Offered:** The RCSSC offers two floorball leagues: SUPER SOCIAL and EXTREME SOCIAL.
 - SUPER SOCIAL is designed for teams and individuals who love to socialize and have GOOD athletic skills.
 - EXTREME SOCIAL is designed for teams and individuals who love to socialize and have LIMITED athletic skills.
2. **Season.** Floorball is offered on Tuesdays in the starting at 6:30 PM or later. All games will be played at the RCSSC Annex, 7505 Ranco Rd., Henrico, VA 23228.
3. **Number of Players.** All teams must have at least 12 players, but there is no maximum. All players must be listed on the roster and sign the RCSSC waiver to participate.
4. **Adding Players.** Players may be added at any time until the final tee shirt order date. After that time, until the third week of play, a team must drop a player before it may add a player. The dropped player must provide his or her tee shirt to the added player. After the third week of play, team rosters are frozen. Teams must provide an updated roster to the Commissioner at the end of the third week. See the Commissioner for additional roster forms.
5. **Players on the Field.** A team can field no more than six players at a time. At least two of the players on the field must be women. A team must have at least five players, and at least two women, present at game time to avoid a forfeit.
6. **Playing Short.** A team may play with a full team of six if its opponent is short a player.
7. **3-PEAT -- aka DYNASTY RULE.** Everyone loves a little competition, but one team dominating a league season after season can spoil the fun for everybody.

If a team retaining more than four(4) to six(6) players (based on the sport's minimum roster size 6, 10 or 12) has won three championships in consecutive seasons for which they have been registered, that team to will have to form two or more separate teams to promote balance in the league or withdraw their registration (no refund will be issued, league credit will be issued). The River City Sports & Social Club will have the option to, in its discretion, request that team to form two or more separate teams to promote parity in the league or withdraw their registration. The team will then have the opportunity to divide their roster (with no more than four to six retaining players) to form two or more separate teams with each subsequent roster approved by the River City Sports & Social Club.

Section 2. Player Restrictions

1. **Age.** Players must be 21 years old at the start of the season. The Commissioner may request confirmation of age from players throughout the season.
2. **League Membership.** Players may only play for one floorball team, regardless of league.
3. **Violations.** Teams that violate the rules in this section will forfeit the entire season's games and must pay a fine.

Section 3. Uniforms

1. **Tee shirts.** The RCSSC will provide each team with tee shirts for its roster. All players must wear the current season's RCSSC tee shirt for each game.
2. **Permitted Alterations.** Players may add their names, numbers, and other similar personal information to their tee shirts. Players may also add depictions of the American flag. Players' additions may not cover the RCSSC or sponsor logo.
3. **Excluded Alterations.** Players may not add any corporate information to their tee shirts, including website addresses and company names. Players may not include any offensive material on their tee shirts. The Commissioner has the exclusive right to determine whether additions are offensive.
4. **Penalty.** Players who do not wear the official RCSSC tee shirt will be sidelined for that game. Players who are caught exchanging shirts will also be sidelined, and if the players are not listed on the team roster, the team will forfeit the game and must pay a fine. Teams with players who violate alteration guidelines must purchase new RCSSC shirts (\$20/shirt), and the team will forfeit all games until it has paid for the new shirts.

Section 4. Equipment

1. **Rink.** All games will be played at the rink located at the RCSSC Annex. One game will be played at a time.
2. **RCSSC-Provided Equipment.** The RCSSC will supply all teams with sticks, goalie masks, and game balls. If goalies have their own helmets, they may wear them.
3. **Player-Provided Equipment.**
 - **Shoes.** Players must wear tennis shoes or any other non-skid shoes.
 - **Pads.** Each player may wear shin guards (soccer style).
 - **Goalie Mask.** Each goalie must wear a mask at all times while in the rink.
 - **Goalie Gloves.** Standard ice/field hockey goalie gloves and leg pads are NOT permitted under any circumstances. Goalies may wear football receiver gloves or baseball batting gloves and may wear shin guards (soccer style).

RULE 2: THE GAME

Section 1. Player Positions

1. **Start of Play.** Teams may start with no more than six players in the rink: five field players with stick in hand must be in the rink (three men and two women), with the sixth player in the goal with NO stick.
2. **Rink Players.** All players except the goalie are "rink players." No more than three men can be rink players. The goalkeeper may be male or female.
3. **Goalkeeper.** The goalie may stop or clear the ball in any direction by catching, trapping, covering, kicking, or batting the ball with his or her hands or feet **IN THE GOAL BOX ONLY**. After a shot, the goalkeeper may pick up the ball and roll it or pass it to any teammate in the rink. A thrown ball cannot go past the center line without bouncing at least once. The goalkeeper cannot hold the ball for more than five seconds. Goalies may **ONLY** touch the ball when a part of their body is within the goal box. Goalies may play on their knees and cannot leave their goal box.
4. **Field Players.** The field players may play anywhere in the rink except in the goalie box. They can only contact the ball with their stick, feet, legs, or chest; contact with the hands and head is not allowed. Players must stay on their feet: no jumping. One foot must be on the ground when touching the ball. Players cannot use their feet to pass the ball or score. However, players are allowed one touch with their foot to help gain possession of the ball.

Section 2. The Clock

1. **Quarters.** Each game will consist of four(4) ten(10)-minute quarters with one minute between each quarter.
2. **Running Clock.** The clock will run during each quarter. If an injury occurs in the rink, the game will stop, and the referee will add time at the end of the game.
3. **Start of Game.** Games will start on the timekeeper's whistle. All games will start promptly.

Section 3. Substitutions

1. **Field Players.** Players may substitute on the fly, but only after the player being replaced has left the rink. Players must enter or exit the rink using the side bench or stage.
2. **Goalie.** Teams may only substitute goalies between quarters, unless the goalie is injured during the game.

RULE 3: FORFEITS AND SCHEDULING

1. **Minimum Players.** If a team does not have the minimum number of players (five, with two female players) by game time, a **\$50** forfeit fine will be assessed.
2. **Avoiding Forfeit.** If the forfeiting team contacts the RCSSC no later than 24 hours before the game, no forfeit fine will be assessed, since it will allow time for the opposing coach to notify his or her team of the impending forfeit. E-mail the forfeit notice to rivercityssc@aol.com.
3. **Fine.** The forfeit fine will be contributed to the forfeiting team's opponent's bar tab the following week. The fine recipient must use the tab the following week: the fine will not be carried over.
4. **Time of Payment.** The \$50 forfeit deposit will be used for one game. Any additional forfeit fines must be paid before the next scheduled game.
5. **Failure to Pay.** Teams that fail to pay an assessed fine before the subsequent week's game will have two points subtracted from their win total. After the second week, the fine will double.
6. **Ejection.** After three weeks of nonpayment, the Commissioner may eject the team from the league.
7. **Inclement Weather Policy.** In case of inclement weather, check the RCSSC weather hotline (804) 307-7294 and your e-mail for updates. If you do not receive a cancellation e-mail and there is no cancellation message on the RCSSC voicemail, all games are on.
8. **Regular/Post-Season Schedule Deviations.** The RCSSC's priority is to ensure that all teams play their full regular season schedule; post-season games are not guaranteed. Make-up games for both regular season and post-season games may be scheduled on days of the week outside of regularly scheduled game days and without regard to a team's day preference. When games are rescheduled, the Commissioner will e-mail the affected teams to allow sufficient time to adjust their schedules.
9. **No Refunds.** The RCSSC will not issue full or prorated refunds if the regular season or post-season is shortened due to inclement weather or for other unforeseeable reasons.

RULE 4: REFEREEING

1. **Responsibilities.** The RCSSC will provide one referee per game.
2. **Home Team.** The home team, which is listed first on the schedule, will defend the goal on the entrance side of the rink. Teams switch sides each quarter.

3. **Face-Off.** The referee will call for a face-off when:
 - he or she is undecided on an incident (for example, the ball goes out of bounds),
 - the ball hits the referee, or
 - the ball is damaged.

RULE 5: SPORTSMANSHIP

1. **Social Aspect of League.** Teams should patronize the sponsor bar after its game. The league's focus is on being social, not winning or losing.
2. **Unsportsmanlike Conduct.** Any RCSSC member who does not conduct himself or herself, whether on or off the field, in a manner that demonstrates courtesy and respect for his or her own teammates and other teams will be removed from the league. The RCSSC will keep a record of all players and/or teams who engage in unsportsmanlike conduct.
3. **Contact.** Floorball is a noncontact sport. Any players or teams that violate this rule are subject to immediate suspension from the league without warning.
 - Checking is not allowed.
 - Slight incidental contact is allowed when one player is in possession of the ball (like soccer).
 - After a player has passed or released to another player, both players must avoid contact. If the referee believes either player did not sufficiently attempt to avoid contact, either player or both players will be ejected from the game and may be suspended if the referee deems the contact unsportsmanlike conduct.
 - All players must avoid contact with each other's sticks when possible.
4. **Unsportsmanlike Conduct Penalties.** Any player ejected from a game for unsportsmanlike conduct will receive a mandatory two-game suspension. If the player receives a subsequent ejection, that player will be dismissed from the league and shall not receive reimbursement of any league fees.
5. **Team Penalties.** Teams who engage in two unsportsmanlike conduct offenses or who engage in illegal contact will be ineligible to participate in any RCSSC sports for one year. Teams that are suspended will not be reimbursed for any league fees.
6. **Fighting.** Fighting will result in a player's or a team's permanent suspension from participation in the RCSSC.

RULE 6: PLAY OF GAME

Section 1. Start of Play

1. **Face-Off.** At the beginning of the game and third quarter, each team uses ONE player who will assume a neutral position facing each other, with his or her stick on the floor alongside the center line. The referee will place the ball between the sticks. When the referee blows the whistle, the game will start. No other players can be within five feet of the face-off.
2. **After a Goal.** After a team scores a goal, the referee will give the ball to the goalie, and teams should reset their players.
3. **Subsequent Quarters.** At the start of the fourth quarter, the home team's goalie will start off with the ball. At the start of the second quarter, the visitor's team goalie will start with the ball.

Section 2. Gender Play

1. **Super Social Division.** NONE.
2. **Extreme Social Division.** Two points per goal scored by a female.

Section 3. Passing

1. **Legal Pass.** A legal pass is one made with the stick. Players can intercept a pass with their stick, feet, legs, and chest but not their hands or head. Defenders may deflect or clear the ball with their foot but **cannot pass** it to a teammate.
 - **Exception:** The goalkeeper can pass with his or her hand, provided the goalie is in contact with the goalie box and the thrown or rolled pass makes contact with the rink before it passes the center line.
2. **Illegal Pass.** Any pass made with a player's hand or foot is illegal. The referee will whistle the ball dead. Goalkeepers cannot throw the ball past the center line without at least one bounce.

Section 4. Scoring

1. **How to Score.** Teams can score from anywhere in the rink. The ball must be scored off the stick of an attacking player. To be legal, the ball must **completely cross** the goal line before any official game stoppage, including a referee's whistle or end-of-period buzzer.

Goals may be scored when:

- An attacking player directs the ball into the goal using the stick.
- An attacking player **deflects** the ball into the goal using the stick or off a defending player.

No goal is scored when:

- Any part of an attacking player, including the stick, penetrates the goalie box before the ball.
- An attacking player intentionally directs the ball into the goal without using the stick.
- An attacking player hits the ball with the stick higher than waist level.
- An attacking player directs the ball with any body part and a defending player's body deflects the ball into a goal.
- A defending player has possession of the ball (no own goals).
- Kicking a ball into the goal is not allowed.

2. **Points.** A goal is worth one point.

RULE 7: PENALTIES

Section 1. Dead Ball Penalties

1. **Dead Ball Penalties, Defined.** After a dead ball penalty, the ball is turned over to the opposing team at the current spot of the ball. After a ball is turned over, all defending players must be at least **three yards** away from the ball. This is a direct shot and therefore can be an unassisted score.
2. **Out of Bounds.** When the ball leaves the playing area or touches any object that is not part of the playing surface, the ball is out of bounds. Out-of-bounds balls are placed back on the playing surface nearest where they went out of bounds.
3. **Penalty Shots.** Penalty shots are awarded when a defender plays the ball in the goalie box or when an infraction is committed on a clear scoring chance (typically a breakaway). Anyone on the floor at the time the penalty shot is awarded is allowed to take the shot. The ball is placed at center rink and must always be moving forward once the referee blows his or her whistle for the 10 seconds allotted. Only the goalie may defend. (ALL other players must be behind the center line.) After the shot, regardless of the result, the game will restart with the ball in the hand of the shooting team's goalie.
4. **Infractions.** Players who engage in the following conduct will be assessed a dead ball penalty:
 - High stick: Players cannot make contact with the ball using their stick above the knee. Players cannot raise the stick above the waist at ANY TIME including on the backswing or follow through of a shot.
 - Stick interference: Players cannot lift, slash, hold, or otherwise impede an opposing player's stick.

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- **Illegal kick:** Players cannot use their feet to pass to another player but may kick the ball once onto their own stick. Players cannot score with their foot.
- **Playing from the ground:** Players cannot go down to both knees (one knee is allowed) or touch the ground with either hand while playing play the ball. Only goalies can play from the ground.
- **Sliding:** Players cannot slide.
- **Illegal substitution:** A substitute player cannot enter the rink before his or her teammate has left the rink.
- **Goalie's pass.** A thrown ball must bounce at least once before it crosses the center of the rink. Goalies cannot intentionally kick balls to their teammates.
- **Body contact:** Only incidental shoulder contact is allowed (like soccer).
- **Crease violation:** Only the goalie may be inside the goalie box. A dead ball will result if an offensive or defensive player is in the crease. If a defensive player is playing the ball in in the box, the referee will award the opposing team a penalty shot.

Section 2. Two-Minute Penalties

1. **Two-Minute Penalties, Defined.** This penalty requires the penalized team to play shorthanded for two minutes. Penalty time carries over from quarter to quarter when time runs out. A team member in the rink at the time the penalty is assessed must serve the penalty. The position of the player serving the penalty cannot be replaced during the penalty. For example, if the home team's rover is penalized, his or her team will not have a rover until after the two-minute period.
2. **Infractions.** The following conduct will give rise to a two-minute penalty:
 - **Illegal hands:** Players cannot use their hands to play or touch the ball.
EXCEPTION: Goalies may use their hands ONLY within the goal box.
 - **Playing from the ground:** Players cannot go down to the ground to play the ball. This includes both knees (one knee is allowed) or either hand touching the ground. **EXCEPTION:** Goalies can play the ball from the ground.
Illegal distance: Opposing players must be at least three yards from a dead ball play. This includes once a goalie has position of the ball.
Sliding, second offense: Players must attempt to stay on their feet at all times. Players, including goalies who slide outside their box, will be assessed a penalty, and their team will lose possession. If a goalie is penalized, a defender will sit for the goalie.
 - **Stick interference, major infraction or second offense:** Players cannot, intentionally or unintentionally, lift the stick above their waist, including while shooting or blocking the ball. **NO CHOPPING, HACKING, HOLDING, OR LIFTING.**
 - **Tripping:** Players cannot trip opposing players by using their stick or legs or by stopping in front of or behind players to cause them to fall or lose their balance. **DO NOT PUT THE STICK BETWEEN ANOTHER PLAYER'S FEET.**
 - **Holding:** Players cannot hold opposing players, either with their hands or their stick.
 - **Obstruction:** A player who is not in possession or not attempting to play the ball deliberately obstructs an opposing player from taking possession or making a play.
 - **Charging:** Players cannot charge the goalie.
 - **Too many players.** Teams cannot have more than the allotted number of players in the rink.
 - **Second offenses or major infractions:** Players who engage in any of the following will suffer a two-minute penalty: high kick, illegal kick, illegal substitution, or body contact.
 - **Unsportsmanlike conduct:** Unsportsmanlike conduct, including arguing with the referee, taunting an opponent, using abusive language, etc. will result in a penalty.

Section 3. Major Penalties (Suspension)

1. **Major Penalty, Defined.** A major penalty requires the penalized team to play a man down and lose that player's position for the duration of the game, regardless of whether the team scores a goal.
2. **Suspension.** Players who are suspended will also be suspended for the following week's game. Players who are

suspended twice during the same season will be removed from the league. Suspended players must immediately leave the rink.

3. **Infractions.** Players who engage in the following conduct are subject to suspension from the game:
 - illegal or excessive contact with either the body or the stick;
 - aggressive or repetitive (two or more) minor penalties;
 - sliding, third offense;
 - sliding into a goalie while the goalie is in the box; or
 - breaking equipment out of anger. Players who break equipment will also be fined double the equipment's replacement cost and will not be allowed to play until the equipment is replaced.

Section 4. Ejections

1. Players who engage in the following conduct may be immediately ejected from a game:
 - excessive unsportsmanlike behavior or
 - fighting.

RULE 8: TEAM STANDINGS

1. **Regular Season.** Points will be awarded to teams for each game as follows:
 - Win: 3 points
 - Tie: 1 point
 - Loss: 0 points
2. **Ties.** During the regular season, there will be no overtime or penalty shots to break ties. If a tie occurs in a playoff game, the teams will participate in a shootout.
3. **Shootout.** In a shootout, each team will be allowed five shots on goal. A female player must attempt every other shot. The team with the best scoring record after five shots wins. If the game remains tied after five shots, teams will take one shot at a time until a winner is determined. A coin flip will determine who shoots first. The goalie who finished the game at regulation must be the goalie for the shootout. You **DO NOT** have to be in the rink at end of regulation time to be eligible for the first round shootout.
4. **Playoffs.** The Commissioner will determine the number of teams making the playoffs in each division. The computerized playoff wizard will break regular season record ties. Playoff games may be scheduled on days other than regularly scheduled game days, especially if games are canceled due to inclement weather.

REMINDERS

- RCSSC officials have the final say on all game rules.
- NO glass containers.
- NO alcohol.
- Please police yourself.
- Coaches are responsible for controlling their teams. We are all adults. Enough said.

PLEASE SUPPORT OUR SPONSOR BAR!

