



Town of Bourne

Recreation Department

ADULT MULTI-SPORT SERIES: FLOOR HOCKEY GUIDELINES

Format:

- Games are 7 vs 7 (6 players + 1 goalie).
- Teams are formed nightly from whoever shows up.

Game Play:

- Games are played in two 20-minute halves with a short break in between.
- Players will rotate in/out on the fly.
- Standard plastic floor hockey sticks and balls/pucks are provided.
- No body checking. Play the puck, not the person.
- High sticking (stick above waist) is not allowed.

Goalie Rules:

- Each team must have a goalie.
- Goalies must remain in the crease area and may use hands/feet to block shots.
- No goalie equipment beyond stick, gloves, and basic protection will be provided.

Scoring:

- Each goal = 1 point.
- Shots must cross the goal line completely to count.
- Deflections off walls are live.

Ending the Game:

- At the end of the second half, whichever team is ahead wins.
- If tied, the game ends in a shootout. First team to score three goals wins.

**Sneakers are mandatory to help prevent injury. The adult multisport series is self-refed.
Sportsmanship first, let's keep this program fun and friendly!**