

BREWSTER REC FLOOR HOCKEY RULES



1. **Unsportsmanlike Behavior** – Being disrespectful to others.
2. **High Sticking** – No blade above the waist.
3. **Playing after whistle** – Stop play when whistle is blown.
4. **Dangerous Play** - Creating a potentially harmful situation.
5. **Interference** - Preventing your opponent from playing the puck.
6. **Stick foul** – Using your stick to hurt an opponent.
7. **Checking** - Using your body to hit an opponent.
8. **Delay of Game** - In any way stopping the progress of the game.
9. **Roughing** - Pushing and shoving.
10. **Illegal shot** – No slap shots are allowed.
11. **No hands** – Only the goalie may grab the puck.
12. **Switch positions** – Rotate forwards/defense regularly.