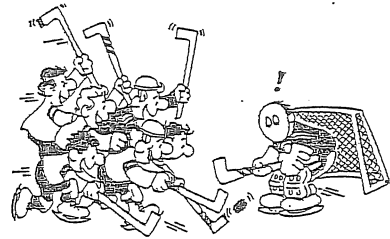


# FLOOR HOCKEY



## HISTORY

Floor hockey originally evolved as an adaptation of ice hockey for play on the streets. In 1963 a few sport equipment companies began developing plastic sticks and pucks that could be utilized both indoors and out on smooth surfaces. The original floor hockey rules were adapted from National Hockey League rules. Floor hockey combines ice hockey and basketball rules and can be enjoyed by both boys and girls.

## SAFETY

Several safety factors should always be observed during class. Always keep the stick below waist level at all times. Always wear your goggles while playing! **NO CHECKING** of any kind! Elbowing, tripping, charging, high sticking, and hooking are penalties and can be dangerous. **STAY AWAY FROM THE WALL!**

## TERMS

**Playing Area-** Any gym that is laid out for basketball can be used. The game can be played with a floor hockey ball or a puck.

**Center line-** the mid line of the basketball court

**Center circle-** the mid-court jump circle for basketball. Play starts here to start a game and after each goal, it also starts each new period of play.

**Goal-** the area the ball must go into for scoring a goal. The ball must just pass over the line to score a goal.

**Crease-** the area where only the goal keeper is allowed.

**Sudden death-** an overtime due to a tied game in which the first goal scored wins!

Face off- the dropping of the puck between two players to begin or resume play.

Shoot-out- a stated number of players for each team take turns shooting one-on-one with their opposing goal keeper to determine a winner.

## RULES

TEAM- Each team consists of 6 players.

1 goalkeeper who defends the goal. 1 center who can travel the whole court and plays on defense and on offense. 2 defense men (players) who must stay in their teams defensive half of the floor while protecting their goal and sending the ball to the offensive half of the floor. 2 forwards who cannot go past the center line and assist the center in attempting to score.

THE GAME- A game consists of 3 periods of 8 min. each with a 5 min. rest in between periods. (for p.e. class we will play 2 halves) A drop of the ball (face-off) or a bully can start or resume play as only the center can be in the circle. A goal cannot be scored directly from the starting of play. Any player that accumulates 5 fouls or 1 flagrant foul is ejected from the game. Changing of positions can occur only after a goal or end of a playing period. Play is continuous with no out-of-bounds. There are no team time-outs, only official time-outs. Scoring occurs whenever the ball crosses over the goal line. Goals can be scored off of deflections but the ball cannot be kicked to score. Players are allowed to use both sides of the stick. The goal keeper may be pulled from the goal area but is restricted to the center line. No one can take the crease area for the keeper who has left it. The skills of passing, dribbling, and shooting make this an easy game to learn and enjoy. The team scoring the most points wins the contest.

## FOULS

Running fouls:

-Crossing over the center line by defense men and forwards

-high sticks, chopping, at puck in air

-touching puck with hand

-thrown puck by goal keeper

-illegal entry into the crease

Roughing fouls:

-pushing, hacking, checking, blocking, tripping, slashing (PLAYERS ARE TO PLAY THE BALL, NOT THE OPPONENT)

-high sticking above the shoulders

Misconduct fouls:

-too many players on the field

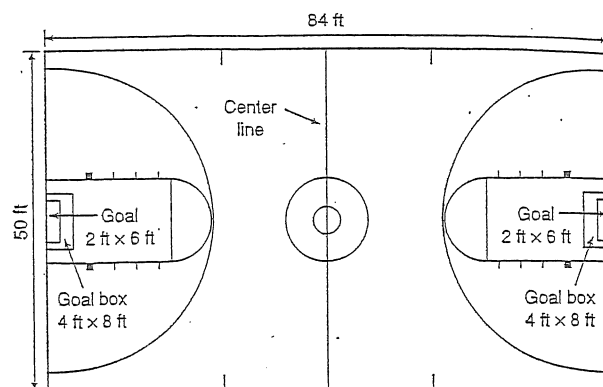
-deliberate stoppage of play

-foot on ball or puck

Player being charged with a foul must go to the penalty box and sit out two minutes. If a goal is scored before the penalty time has elapsed the box is emptied as the players may return to play.

\*\*A player may catch or flat hand stop the ball if it is in the air but it must be dropped directly down without a given direction.

ENJOY THE GAME!



Floor hockey court dimensions

