

Floor Hockey Study Guide

History

Floor Hockey originally evolved as an adaptation of ice hockey for play on the streets. Street Hockey was a modified game that was played on the pavement. The first indoor hockey game was introduced under an organized recreation program in Battle Creek, Michigan, in 1962. Tom Harter, Director of Civic Recreation of that city instigated that program and it spread rapidly throughout the year. Now indoor hockey is known and played coast to coast in the USA; across Canada and in many foreign countries.

Equipment

Sticks will be supplied for all games. One puck will be available for each game. Goalies will have goalie sticks, goggles, and a glove if available.

Playing Area

The playing area is the size of a basketball court. The center line is at mid-court and the face off is in the center circle. The goal shall not exceed 60" in width and 54" in height. The goal box should be 5 feet from the front of the goal and 4 feet from each side of the goal.

The Team

Each team consists of six (6) players

Goalie (1)

- Prevents other team from scoring
- May use both hands or both feet to stop the puck
- Has 5 seconds to release the puck
- The goalie may throw the puck to the side on the ground (not in the air)
- Goalie loses all privileges outside the goal box
- No one else is allowed in the goal box

Center (1)

- The centers from both teams face off to begin the game and after each goal
- The center is allowed to play on both sides of the center line

Forwards or Wings (2)

- Works with the Center to score a goal
- May not cross the center line

Defensemen (2)

- Stops the attacking team from scoring
- May not cross the center line

The Game

- Each game will be approximately 8 minutes
- Play is continuous and will only stop on the whistle
- The object is to use your teammates and pass the puck forward to score a goal

- Changing positions can only be done when the puck is dead
- NO players are allowed in the goal box at any time other than the goalie
- Players may catch the puck in the air but must set it at their feet to continue play

Scoring

- Each goal is worth 1 point
- A goal is scored if the puck touches or crosses over the goal line
- The puck must be hit in with a stick; it cannot be kicked in for a goal
- The goal counts if the puck is deflected off a player, another players stick, or the wall

Penalties

Interference	making contact or interfering with another player that does not have possession of the puck
Charging	checking a player by running into him/her
High-Sticking	any stick above the waist, follow through counts as high sticking
Slashing	swinging a stick at an opponent
Elbowing	Using the elbow to get away from another player
Tripping	using the stick or body part to make a player fall
Hooking	Using the stick to hold or delay another player
Off-sides	Crossing over the center line when you are not permitted
Unsportsmanlike Conduct	Not obeying the rules

When a penalty is called on a player, they must leave the game for two minutes. The team that the penalty was called on will have to play shorthanded for that time until the other team scores a goal.

Skills

Stick Handling	Two hands on the stick approximately 8 to 12 inches apart
Shooting	Attempting to score a goal
Passing	Attempt to pass the puck to another player on your team
Face-off	The two centers begin the game and after a goal at the center line
Blocking	Attempting to block the puck from entering the goal

Control and direction of the puck is more important than speed and distance

Safety (the most important rule)

- No sticks above the waist
- No slap shots
- Goalies should wear protective goggles
- Broken sticks should be removed from the game
- No body contact with another player

These infractions can result in serious injury