

Floor Hockey

Playing Area

Any area that is set up for basketball, or any smooth surface of comparable size can be used. The centerline is the mid-court line of a basketball floor. The center circle is the mid-court jump circle. Play always starts in this circle and resumes from this point after goals, roughing fouls, or misconduct fouls. The goal should not exceed 60" in width and 54" in height. The net frames should be placed directly against the wall at each end of the court. The goal box is a restraining line 5 feet from the front of the goal and 4 feet from each side of the goal.

Teams

Each team consists of **six** players.

1 - Goalkeeper.

1 - Center otherwise called rover. The center is the only player allowed to move full court.

2 - Defense men who cannot go past the centerline into the offensive area, and whose responsibility is to keep the puck out of their defensive half of the floor.

2 - Forwards who work with the center on offensive play, and cannot go past the centerline into their defensive area.

The Game

The game consists of three periods of eight minutes each, with a five minute rest in between each period. Goals are to be changed after each period. A coin will be flipped to determine which team possession of the puck to start the game. Whichever team is behind at the beginning of the 2nd and 3rd periods will start with the puck. In case of a tie a coin flip will determine possession. Play cannot start until the whistle is blown. Players may not play the puck back into their goalies crease; loss of possession play resumes at the center circle. The center with at least one foot in the center circle begins play by passing out of the center circle. There is no scoring from the center circle unless another player on the court first touches the puck. All other players must be outside the 10-foot restraining circle. Free substitution is allowed, the substitute should use the stick that is already being used by the player they are replacing. Change of positions can only take place while the clock is stopped.

Scoring

A goal is scored anytime the puck touches or crosses the goal line. Goals do not count if offensive players are in the goalies crease. If the puck is deliberately kicked with a foot or batted with a hand into the goal, the goal does not count.

Goal Keeping

The goalkeeper may use either hands or stick to defend their goal. The goalie may not clear the puck across the centerline. The goalie has 3 seconds to clear the puck after he gains possession of the puck in the crease. Shots on the goal that go out of play are shall be returned to the goalie to be put back into play unless the puck is deflected out by the goalie.

Fouls

Roughing fouls include: Slashing is when an opponent is hit with a stick and the player slashing has no chance of hitting the puck. Other fouls include; high sticking, contact with the goalie in the crease, pushing, blocking with the body, tripping or hooking with the stick.

Misconduct fouls include: Hitting the puck during a substitution, delay of game by placing a foot on the puck, deliberately leaving feet (sliding) to block the puck, playing the puck while on the ground, guards and forwards over the center line, no offensive or defensive players may enter the goalie box, playing the puck back to the goalie crease, delay of game, hitting the puck with the hand to a member of the same team, deliberately hitting grabbing a stick out of an opponent's hands.

Floor Hockey Terms

Blocking - A foul for blocking an opponent with the body.

Centerline – Line across the center of the court, dividing line in which defensemen and forwards cannot cross.

Center circle – Circle where the puck is put into play at the beginning of a period, after a goal, or after a foul.

Defensemen – A backcourt player that works with the goalie to prevent the opponents from scoring points.

Dribble – Alternate taps with both side of the stick blade to move the puck down the floor.

Forward – Offensive player that works with the center to attempt to score points.

Goal line – If the puck crosses the line in front of the goal the shooting team receives a point.

Goalie – Player that defends the teams' goal.

High Sticking – A foul for raising the hockey stick blade above the players' waist.

Pass – A sudden flicking motion with the wrist to move the puck with speed and accuracy to a teammate.

Puck – A flat disc made of plastic that is dribbled, passed and shot during the game.

Rebounds – a shot taken while the goalie is off balance from blocking a previous shot attempt.

Shot – A sudden flicking motion with the wrist to move the puck with speed and accuracy into the goal.

Slashing – Hitting an opponent when you have no chance of hitting the puck. (Attempting to play through an opponent.)

Stick – A wooden dowel with a flat plastic blade on the end used to move the puck up and down the floor.

Tripping – Using the stick or part of the body to knock an opponent down.