

# ***FLOOR HOCKEY STUDY GUIDE***



## **HISTORY**

Floor Hockey originally evolved as an adaptation of ice hockey for play on the streets. Street hockey, which was played on the pavements, used, modified ice hockey equipment, but this equipment did not hold up. In 1963, a few sport companies began developing plastic sticks and pucks that could be utilized both indoors and outdoors on smooth surfaces.

## **EQUIPMENT**

Floor Hockey can be played on any area designed for basketball with a centerline for starting the game. Equipment used in floor hockey is plastic hockey sticks and plastic pucks and balls. Goalie sticks are wider and squarer at the end than other player sticks. The goal is an area 2 feet by 6 feet centered at the end of the playing area. The goal box is 4 feet by 8 feet around the goal. The goalie can wear gloves for protection when stopping the puck with the hands.

## **OBJECT OF THE GAME**

The object of Floor Hockey is to hit the puck into the opponent's goal. A typical team consists of **six players**: *one goalie, one center* - which is allowed to move full court, *two forwards* - offensive players who cannot go past the centerline, and the *two guards* - defensive players who cannot go past the centerline.

## **RULES**

The game begins with a face-off at the centerline, and a face-off begins play after a goal is scored.

\* A **face - off** is two opposing players face each other with their sticks on the floor. The puck can be dropped between them or they need to tap the floor, then the opponents stick three times each.

Each player tries to move the puck toward the opponent's goal. Play should be continuous, and the players will be moving almost constantly. Players will be more successful if they watch the puck or ball rather than their opponents. Keeping the stick below the waist and avoiding body contact with opponents are also essential factors in good play.

The basic guidelines for floor hockey include the following:

- When the puck goes out of bounds, the last team that contacted it loses possession.
- Players can advance the puck with the feet but cannot kick it into the goal with the feet to score. If a team kicks the puck into the goal, they lose possession of it.
- Any player can stop the puck with the hand but cannot hold, pass, or throw the puck. The goalie is permitted to catch or throw the puck to the side but not toward the other end of the playing area.
- The puck must precede offensive players across the centerline.

Penalties in floor hockey are the result in removing the offending player from the game for 2 minutes (for an unintentional violation) or 4 minutes (for an intentional violation):

**Examples of penalties**

Interference and Charging

Elbowing

Crosschecking and Slashing

Butt ending

High Sticking

Tripping and Hooking

Guards or Forwards playing over the centerline



A regulation hockey game has **three periods**, each **lasting 8 minutes**, with **5 minute** rests between each period.

