

# Floor Hockey



**Benefits** – A fun, recreational team activity using similar skills as ice hockey. It is a fast paced cardiovascular non-contact activity emphasizing stick handling, passing, and shooting the puck/ball at a goal in an effort to outscore the opposing team.

**All hockey players should wear eye protection.** (provided by the school)

## **Terminology**

**Crease** – is the rectangular area and no man's land around the goalie area.

**Face-off** – This initiates play at the beginning of the game and after each score. The puck is placed at midcourt on the floor and both centers place their sticks within 6 inches of the puck, tap 3 times and hit the puck.

**High Sticking** – Occurs when a player raises his/her stick blade above the waist at any time. It is a penalty and the player is warned and sits out of play for a designated time period.

**Penalty** – A penalty occurs when the referee has determined an infraction of the rules has taken place. The player charged is removed from play for a designated time period and his/her team plays a person short.

**Stick Handling** – Controlling the puck with the hockey stick so that the defense cannot take it away.

**Wrist Shot** – A shot or effort to score a goal by the offensive player where he/she uses the wrists to flick the puck toward the goal.

## **Safety Precautions**

1. Never allow the stick to be raised above the player's waist.
2. No checking of an opponent is allowed at any time.
3. Have the goalie wear a protective face mask, leg guards, and chest protector.
4. Designate and enforce a crease area in front of the goal.

## **Rules**

1. Play the puck - Not the Man  
Penalty for – charging, pushing, hiping, tripping(w/foot or stick)  
Penalty – 1)Warning – 2)30 seconds out of game – 3)One minute out of game. Any further penalties play could be suspended – teacher's discretion.
2. Play can be on either side of court by position.

3. Directing a puck that is off the ground –
  - 1) Don't swing at the puck if the puck rises above the waist line. The stick blade must always stay below the waist. This includes stopping the puck, directing the puck, and shooting the puck. The follow through counts as blade above the waist.
  - 2) If you block or catch the puck with your free hand you must put the puck down directly in front or beside you. You can not throw the puck up the floor.
  - 3) Goalie must after catching the puck, release it as soon as possible. The goalie cannot score by throwing the puck up the floor. However the goalie can direct the puck up the floor with his/her stick.
4. Use of feet toward the puck. No player may kick the puck up the floor or sideways. They may stop the puck with either foot but they must direct the puck with their stick.
5. Player's must play the puck, not the person.
6. No checking.

