

FLOOR HOCKEY REVIEW SHEET

Floor Hockey originated as modified ice hockey which could be played on streets. As floor hockey developed, rules were kept simple to encourage maximum activity, continuous play, and safety. The game can be played outdoors on short-cut grass. **The object of the game** is for the team in possession of the puck/ball (**offense**) to advance it forward, maneuver it through the defense of the opposing team, and shoot it past the goalkeeper into the goal. Each goal is worth **one point**. The defensive players try to position themselves between the puck and the goal, block shots, and steal the puck. The **defense** tries to break up the offensive attack, capture control of the puck, and move it back up the floor in an assault on the other team's goal.

Playing area- The game starts in the center circle with a **face-off**. A goal box or crease extends in front and to each side of the goal and serves as a restraining line for all players except the goalkeeper. In regulation play this is called the Striking Circle. For school play, the goal box is modified for the floor lines available.

Timing- A regulation hockey game consists of **three 8-minute periods** with 5 minute rest periods between. Action continues non-stop until halted by a penalty call, a forced face-off, or a goal is scored.

Teams- A regulation team consists of 7 floor players, plus a goalie.

Center- The only player who is allowed to move anywhere on the court, playing both offense and defense. Each team has 1 center.

Forwards- 3 forwards work with the center to set up the offensive attack and score goals. Forwards are not allowed to step past the centerline to help their defense.

Defenders- 3 defenders are stationed and spread out between their goal and the centerline. Defensive players are not allowed to step past the centerline.

Goalkeeper (Goalie)- Prevents the other team from scoring. The goalkeeper can use hands, feet, body or stick to stop the puck from going in the goal net. May play the puck with the stick, or pick it up in the goal box and slide or roll it to a defender or center on their side of the centerline.

Roughing fouls- violations of **safety precautions**:

- * High sticking
- * Tripping
- * Hooking
- * Cross checking
- * Elbowing
- * Butt-ending
- * Slashing
- * Body checking
- * Contacting the goalie
- * Any play for which is ruled that the player is "playing the player" and not the puck.
- * Any unnecessary roughness can be considered roughing.

Penalty: Depending on the severity of the act, player receives a **timeout in the penalty box** of 1, 2 or 3 minutes, the duration of the game or class period, or the rest of the unit.

Misconduct fouls- violations of **rules and game etiquette**:

- * Catching, holding or carrying the puck.
- * Goalie handling puck outside of goal box
- * Delay of game
- * Goalie putting puck into play improperly
- * Fighting
- * Offside (being out of offensive or defensive area)
- * Arguing

Penalty: Awarding of puck to opposing team, or a timeout in the penalty box.