

Physical Education Floor Hockey

Time: Physical Education games have a time limit depending on the number of teams you have in class. Professional games are divided into three 20 minute periods.

Equipment: Players

- Each player may only use the floor hockey sticks provided by the school.
- Players may not use or wear any hockey equipment besides the given sticks (This means no padded hockey pants, gloves, helmets, etc.)
- There are sticks with blue or red blades (see below).
- The shafts of the sticks we use in class are 36" – 46" in length.
- Professional Ice hockey sticks are approximately 150-200 cm long, composed of a long, slender shaft and a flat extension at one end called the blade.



Goalies

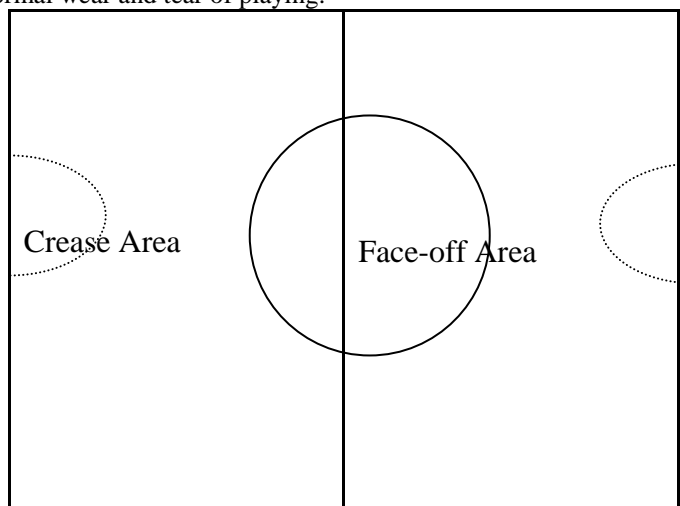
- Goalies are required to use the goalie sticks designated for class.
- Goalies may (not required) wear knee pads.
- Goalies may (not required) wear a baseball glove on their non-stick hand



- Games will be played with a soft hockey ball or puck provided by school.
- Ice hockey is played with a 1" thick puck that is 3" in diameter.
- **IMPORTANT** - Players **will** be held responsible to pay for damages to equipment not associated with the normal wear and tear of playing.

Game play: Boundaries

- The entire gymnasium is used to play.
- All walls and doors are considered in-bounds.
- A regulation playing area is divided into 6 areas, 3 on each half of the ice.
- Class ability may require modifications to player alignment.



Goalie Rules

- Goalies should stay near the designated crease area.
- Goalies may not dive outside of the crease area to cover up the ball.
- Goalies are allowed to catch, grab, and hold the ball.
- Goalies must play the ball within five seconds of gaining possession.
- When playing the ball, goalies may throw the ball...
 - The ball must not be thrown above waist-height.
 - The ball must touch a player, a player's stick, or the wall before it crosses the half-court line.
 - Goalies may not score with thrown balls.
- When playing the ball, goalies may kick the ball from the ground. The ball may not be drop-kicked or punted.
- When playing the ball, goalies may also use their stick to hit it. Goalies may not drop the ball and hit it with their stick while it is in the air.
- Goalies are allowed to dive on the ball (using an part of their body) inside of the crease. If a goalie does fall on the ball, a face-off will be used in the goalie's defensive half.

Other Positions

There are three offensive players (Left Wing, Center and Right Wing)

There are two defensive players other than the goalie (Left Defenseman, Right Defenseman)

Scoring

- A goal is awarded when the ball **completely** crosses the plane of the goal-line
- Goals may be scored from anywhere on the floor
- Goals **will not count** if a stick blade is above the waist level, the ball is kicked in or if batted by the hand, or an offensive player has a foot inside the crease
- Shots that bounce off of a player's body and into the net will be counted, as long the player did not deliberately attempt to redirect the ball with their hands, arms, legs, or feet. This is up to the referee's discretion

Face-offs

- Face-offs are used: at the beginning of play, after each goal, when one or both teams commit a penalty or violation, or when the ball is tied up in an unplayable area
- Players taking the face-off must have both their sticks on the ground when the referee drops the ball.
- All other players must be one stick length away from the players facing off.

Other game play rules

- Players **MUST** keep their sticks below waist-level.
- Absolutely **no** body-checking, slashing, hooking, pushing or other rough contact will be tolerated.
- Players must play the ball not an opponent's stick
- A player may use their hand to catch or touch an airborne ball. The ball must be dropped immediately within the radius of the catching player's stick.
- Players **may** use their feet to maneuver but not pass the ball. A player **may not** use his/her feet to score. ---- Only **accidental** deflections off of players' feet are allowed to count as goals.
- No player can step on the ball to prevent an opponent from possession.
- Players **may not** lay their sticks down horizontally on the floor.
- Players **may not** lie down on the floor in order to block shots.
- No offensive player may be in the goalie's crease.

Penalties

-All penalties will result in the player serving a **one-minute** penalty time. Play will start with face off in the penalized team's defensive end.

-Penalty fouls include:

- >Any play with the stick above the waist is High Sticking
- >Deliberate pushing, checking, tripping, roughing, etc.
- >Deliberate abusing the equipment.
- >Deliberately throwing of the stick.

The Physics of Hockey

A hockey stick is an excellent example of science found in human movement since it is a lever used as a piece of equipment. There are three types of levers

First Class Levers have the fulcrum placed in the middle of the lever arm; a see-saw is an excellent example of a first class lever. When a see-saw is used the **load** and the **effort** alternate between the children using the see-saw.

Second Class Levers have the fulcrum on one end, the load through the middle and the effort on the other end. The most common example of a second class lever is a wheelbarrow.

The hockey stick is an example of a Third Class Lever where once again the fulcrum is at one end (when using the stick this would be your top hand, usually your non-dominant hand) the effort is through the middle (this would be where you place your dominant hand, near the middle of the stick) and the load is the puck or ball (being pushed and released off the blade of the stick.)

Forms of Hockey

Field hockey, Ice hockey, Road hockey, Roller hockey (inline), Roller hockey (Quad), Unicycle hockey, Street hockey and Floor hockey

Brief History

The ancient Egyptians, Greeks, Persians, Romans, and Arabs played forms of the sport. British soldiers stationed in Canada devised modern ice hockey in the mid-1850s. In 1879 rules were set by students at [McGill University](#) in Montréal, Québec, Canada, and several amateur clubs and leagues were established in Canada by the late 1880s. Ice hockey became extremely popular at northern U.S. colleges in the late 1800s, and by the beginning of the 20th century the sport had spread to Britain and other parts of Europe. The first professional league was established in 1904 in northern Michigan.

Safety

Caution should be used around immovable objects and others waiting to play.

Every player must wear the provided safety goggles

Waiting teams should never have their back to an ongoing play.

Vocabulary

Goal Line – The line which runs from one side of the net to the other.

Hat Trick - The scoring of three or more goals by a player in one game.

Power Play - A power play occurs when a team has a one-man or two-man advantage because of an opponent's penalties.

Save - A shot blocked by the goaltender, which would have been a goal if not stopped.

Wrist Shot – Only using the wrists to shoot the puck or ball with the blade of your stick
Stick Handling - To control the puck along the playing area.