

# **FLOOR HOCKEY**

## **Study Guide**

**How to Play:** Floor hockey is a game usually played indoors on a basketball court. The game consists of two teams. Each team is allowed to have 6 players on the court at one time. Positions for each team include one goalie, one center, two forwards, and two defensemen.

The game is started by a face-off between each team's center. During the face-off each team must align on their half of the court. Following the face-off each team's forwards must cross the center line to play their position. Defensemen stay to play their position while centers are free to run the entire court.

The object of the game is to move the puck into your opponent's goal. A legal goal by the offense can come from any player so long as it is outside the goal crease and is struck by a stick. Kicking or throwing the puck or striking the puck while in the goal crease are not allowed. An attempt on goal that includes a high stick penalty by the person striking the puck will disallow a scored goal.

Following a goal each team will reset to their half and the centers will prepare for a face-off to re-start play. Teams are allowed to sub freely – called line changes. Line changes should be done when the puck is on the opposite side of the court to allow for a smooth transition. Playing time should be fair and equal among all players on each team.

Sticks are to be used to play the puck only. Using the stick to trip, slash or check an opponent will result in a penalty. While swinging the stick the backswing and follow-through may go no higher than waist level. Breaking this rule is considered a high stick penalty. Penalties vary according to severity. All penalties result in the offending player being removed from the game for a short period of time. Any player being removed must report to the penalty box. While a player is in the penalty box, no player may assume that position until the penalty is over.

**Terms:**

Face Off – used to start a game and to re-start play after a goal

Crease – area in front of the goal where only the goalie may play the puck

Goalie – position in front of the goal

Defenseman – defensive player

Forward – offensive player

Center – player that can go anywhere on the court, playing offense and defense

Line Change – substitution of players during a game

Power Play – advantage by one team over the other because the other team has a player in the penalty box

High Stick – swinging the stick higher than waist level

Stick Check – striking an opposing player with the shaft of the stick above the waist

Tripping – using the stick to trip an opposing player

Slashing – swinging the stick blade at an opponent's legs

Body Check – using your body to move an opponent away from the puck

Penalty Box – area where a player will report upon committing a penalty.

