

Floor Hockey Study Guide

HISTORY:

Floor hockey originally started as modified ice hockey, which could be played in gyms or on the street. As it developed rules were kept simple to encourage maximum activity, continuous play, and safety.

The object of the game is to outscore your opponent. The team in possession of the puck tries maneuver it through the defense of the opposing team, shoot it past the goalkeeper into the goal. A goal is worth one point. The defensive team tries to break up the attack and capture possession of the puck.

TEAMS:

1. Teams consist of five (6) players on the floor at one time.
2. Center - In a regulation game, this player is the only player who is allowed to move full court, serving both the attack and defense.
3. Forwards – 2 forwards or wings work with the center to set up offensive plays and score goals. Forwards are not allowed to step past the centerline to help their defense.
4. Guards – 2 defensive players, or guards, are stationed midway between their goal and the centerline, one on each side of the court. Defenders may not step past the centerline into their offensive half.
5. Goalkeeper – job is to prevent their opponents from scoring. The goalkeeper may use his/ her hands, feet, body, or stick to stop the puck. He may keep possession of the puck, while stationary, for up to 3 seconds. If the goalkeeper keeps possession longer than allowed, a face-off will be called. The goalkeeper may throw or roll the puck past the centerline. The goalkeeper is the only player allowed in the crease.

Regulation Game Time:

1. Each game will consist of 3 periods of 8 minutes.
2. A two-minute interval will separate each period.
3. Each team will be allowed one (1) time-out per game, one (1) minute in duration. No time-outs in the last four (4) minutes of the game or in overtime. A team may call a time-out while in possession of the puck, or at a stoppage of play (other than an indirect free hit).

Playing the game:

1. A face-off is used: to begin each period, after each goal, an inadvertent whistle, an official cannot determine which team caused the puck to go out of play, when both teams commit a penalty/violation, or if the puck is tied up in the corner or along the walls. Sticks must be on the floor for a face-off.
2. Play is started with an indirect free hit: after a team time-out; when a player is making no attempt to advance the puck or *stalling*; or after a penalty/violation.
3. Offside will only apply to face-offs. All players must be on their defensive side during the face-off.
4. Absolutely no unnecessary body checking or contact will be tolerated.
5. A hand may be used to catch or touch an airborne puck. The puck must be dropped immediately within the radius of the catching player's stick.

7. It is illegal to hold the stick horizontal to the floor at any time or raise the stick above the waist.
8. A goalie may keep possession of the puck, but must put it in play within three (3) seconds.
9. Goalies when clearing the puck may not throw it above waist height, or throw it past the centerline. However, goalies may pass it with their stick.

SCORING:

1. A goal is scored when the puck passes completely across the plane of the goalline.
2. Goals may be scored from anywhere.
3. Goals will not count if a stick blade is above the waist level, kicked in, the puck is batted by the hand, or an offensive player is in the crease.
4. An automatic goal will be awarded if a defensive player throws a stick and/or enters the crease to prevent the puck from entering the net.
5. Shots which bounce off a player's body and into the net will be counted, if the contact with the person is accidental (official's judgment).
6. No goal can be scored while an offensive player's feet are in the crease.

PENALTIES:

PLAYER MISCONDUCT:

- Catching, holding, or carrying the puck.
- Sliding to block a shot.
- Offsides
- Foot violations – using your feet to stop or control the puck

MAJOR PENALTY:

1. All major penalties will result in the player serving a TWO minute timeout in the penalty box. Play will start with an indirect free hit awarded to the offended team.
2. Major penalty fouls include:
 - Tripping - intentional tripping with the stick or any body part.
 - Elbowing - use of the elbow to impede an opponent.
 - Throwing the stick - intentional throwing of the stick to gain an advantage.
 - Hooking - wrapping the stick around a player.
 - Checking/Roughness - any unnecessary body contact.
 - Contacting the goalkeeper in the crease.

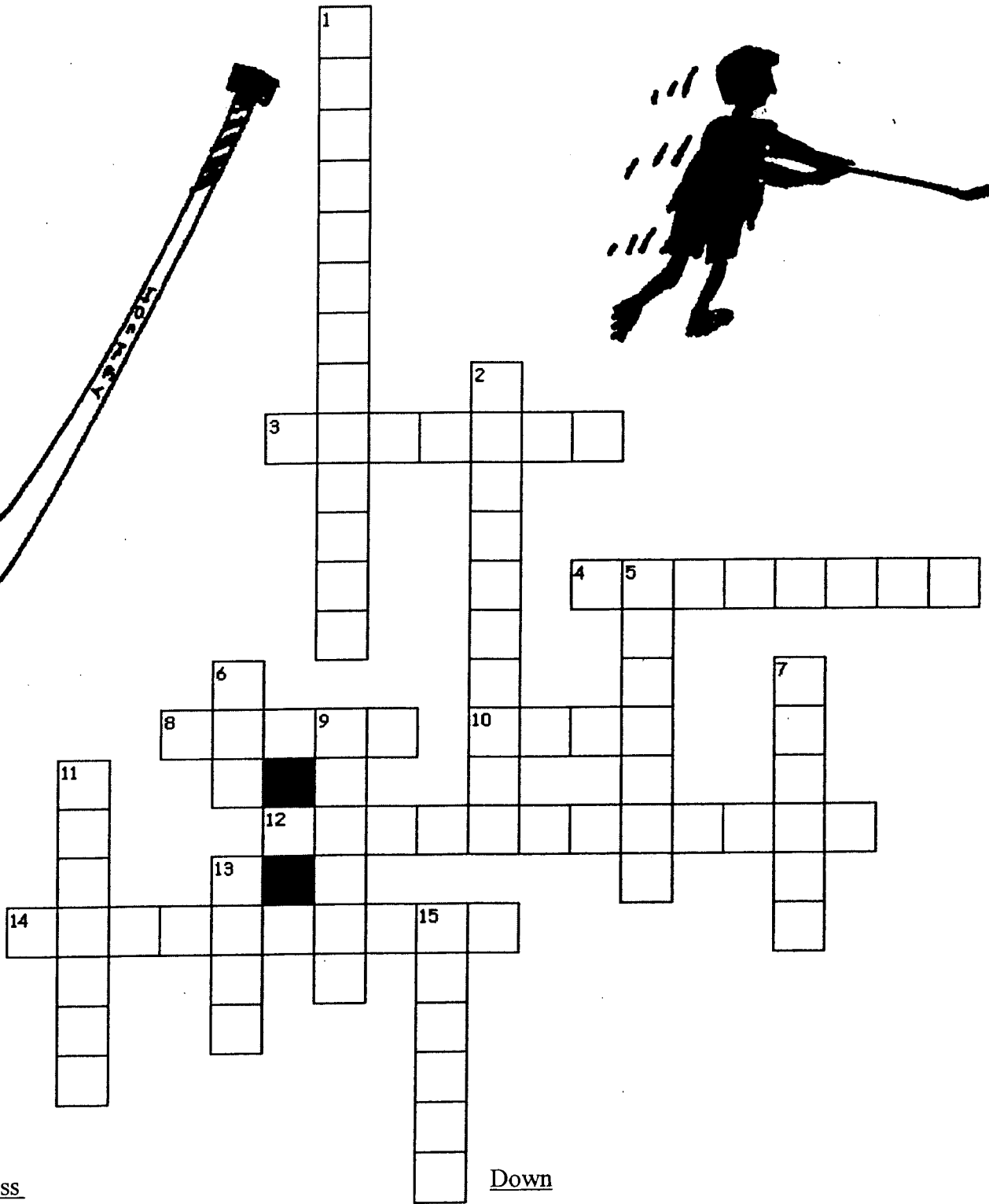
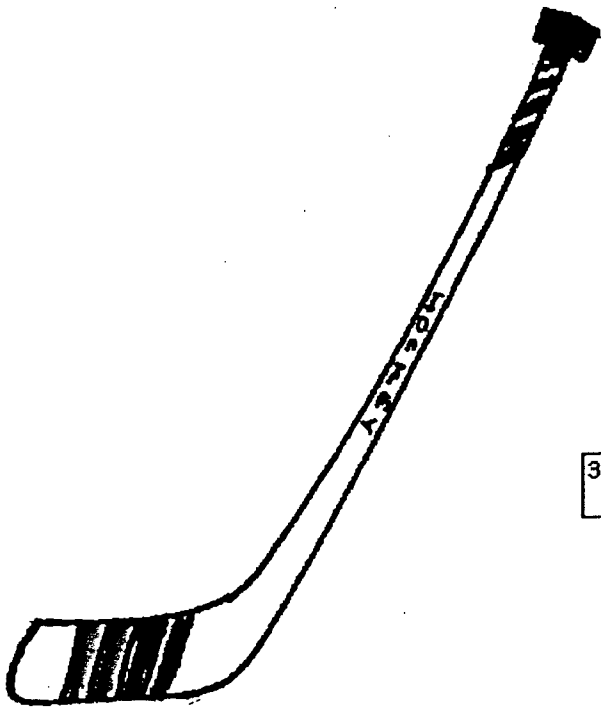
Name: _____
Block: _____
Due: _____

Floor Hockey Questions

Directions: Answer and turn in all floor hockey questions and crossword questions. Keep study guide information for the Final Exam.

1. How many players make up a team.
2. Name and explain the four positions.
3. What is the object of floor hockey?
4. Explain when a face-off is used.
5. Describe when a goal is scored.
6. What are six major penalties?
7. What is the result of a major penalty?
8. What are four player misconduct penalties?
9. What special privileges do a goalkeeper have compared to all other players?
10. Why is it illegal to raise your stick above the waist or carry it horizontally to the ground?

Floor Hockey



Across

- 3. used to begin each period
- 4. roughness- unnecessary body contact
- 8. also called forwards
- 10. game is played with this or a ball
- 12. results in a two minute penalty – timeout in the penalty box
- 14. catching the puck or a foot violation

Down

- 1. using your foot to stop the puck
- 2. has special privileges; job is to not allow goal
- 5. wrapping the stick around a player
- 6. number of players on a team
- 7. position that plays both offense and defense
- 9. the 2 defensive players
- 11. In a regulation game there are 3 of these
- 13. may be scored from anywhere
- 15. no players other than the goalkeeper may be in this area