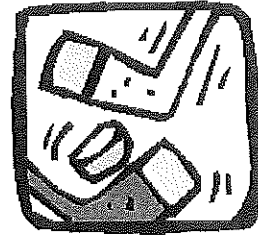


103. FLOOR HOCKEY FACTS

- ⇒ Tom Harter, director of Civic Recreation in Battle Creek, Michigan, developed floor hockey in 1962.
- ⇒ There are only four general playing rules, so the game can be learned quickly.
- ⇒ The game is designed for strenuous activity and continuous play.
- ⇒ The game combines the rules of ice hockey and basketball.
- ⇒ Emphasis is placed on playing the puck, not the opponent.
- ⇒ Body checking is absolutely forbidden, making it safe and ideal as a coed activity.



104. FLOOR HOCKEY PLAYING AREA

- ⇒ Any gymnasium that is laid out for basketball can be used.
- ⇒ The *center line* is the mid-court line of a basketball court.
- ⇒ The *center circle* is the basketball mid-court jump circle. Play always begins in this circle to start the game, after a goal, or after a penalty.
- ⇒ *Goals* are any marked area not to exceed 58 by 46 inches. Hockey nets are recommended, although cones are commonly used.
- ⇒ The *goal box* is a line 5 feet from the front of the goal and 4 feet on each side of the goal.

105. FLOOR HOCKEY POSITIONS

Each team consists of 6 player positions:

- ⇒ A *goalkeeper* who may stop shots with hands, feet, or stick.
- ⇒ A *center*, who is the only player allowed to move full court and who leads offensive play. The center usually has his or her stick striped with black tape.
- ⇒ Two *defensive players* who may not go past the center line into the offensive area and whose responsibility is to keep the puck out of the defensive end of the court.
- ⇒ Two *forwards* who may not go past the center line into the defensive area and who work with the center setting up offensive plays.

106. BASIC RULES OF FLOOR HOCKEY

The Game

- ⇒ The game consists of three periods of 8 minutes each with 5 minutes between periods.
- ⇒ The first period starts with a flip for possession.
- ⇒ The team that is behind in the scoring after the first and second periods is given possession of the puck to start play in the second and third periods.
- ⇒ Play starts on the whistle.
- ⇒ Penalty for starting before the whistle is loss of possession.
- ⇒ The center must have one foot inside of the circle and start play with a pass from the circle.
- ⇒ All other players must be outside of the 10-foot restraining circle.
- ⇒ Goals may not be scored directly off the pass from the center circle on the start of play.

The Play

- ⇒ Time starts when the ball is put into play by the center and is touched by a member of either team.
- ⇒ The clock will stop when a goal is scored or a roughing foul or misconduct is called. Play is not stopped for running fouls.
- ⇒ Free substitution is permitted at any time.
- ⇒ Change of positions between guards and forwards may be made only when the puck is dead, a goal is scored, or a roughing or misconduct foul is called.
- ⇒ There is no out-of-bounds.
- ⇒ There are no team timeouts.
- ⇒ Overtime games are "sudden death" (first goal scored) with each period being 5 minutes with a 2-minute rest period between periods.

Scoring

- ⇒ One point is scored each time the puck passes across the goal line.
- ⇒ If the puck crosses the goal line while in the air, it must hit the back wall of the goal to count for a score.
- ⇒ Pucks can deflect off of a player or equipment.
- ⇒ Pucks cannot be kicked into the goal.
- ⇒ Goals do not score on a foul.

Goalkeeping

- ➔ The goalkeeper must wear a mask.
- ➔ It is recommended that the goalkeeper wear hockey shin pads and stomach protector.
- ➔ It is recommended that the goalkeeper wear a ball glove on his or her catching hand.
- ➔ The goalkeeper must use his or her hands to clear the puck away from the goal.
- ➔ The goalkeeper may not hold or throw the puck towards the other end of the playing area.
- ➔ The penalty for throwing the puck is loss of possession and a misconduct foul.
- ➔ No other player may enter the goal box without being charged with misconduct.
- ➔ The goalkeeper will be charged with misconduct if he or she holds the puck for more than three seconds.
- ➔ The goalkeeper may be pulled from the goal box, but is restricted to the center line.



107. FLOOR HOCKEY FOULS

Players charged with a running foul, roughing foul, or misconduct must sit out two minutes. His or her team must play shorthanded for this period. If the opposition during the penalty scores a goal, the player may return to the floor.

Running Fouls

- ⇒ Defense players and forwards crossing over center line.
- ⇒ Touching the puck with the hand.
- ⇒ Swinging the stick above waist height.
- ⇒ Goalie throwing the puck.
- ⇒ Player other than goalie entering the goal box.
- ⇒ Chopping at the puck to raise it in the air (with the exception of a shot on goal).

Roughing Fouls

- ⇒ Hacking or striking with the stick.
- ⇒ Pushing.
- ⇒ Tripping.
- ⇒ Blocking with the body.
- ⇒ Any action considered dangerous to other players.
 - ⇒ High sticking above the shoulders.
 - ⇒ Slashing with the stick (with or without contact to another player).

Misconduct Fouls

- ⇒ Any time play is deliberately stopped by lying on, stepping on, or holding puck.
- ⇒ Too many players on the floor.
- ⇒ Offensive or defensive players (other than goalie) in goal box area with their stick.

