

# FLOOR HOCKEY

## History

The first indoor floor hockey games were introduced and organized in Battle Creek, Michigan in 1962. Tom Harter, who was the director of Civic Recreation at the time, is credited with devising the rules and promoting the sport.

## Nature of the Game

The game is designed for strenuous activity and continuous play. Since the game is actually a combination of ice hockey and basketball, body checking is absolutely forbidden. For this reason, emphasis is placed on playing the puck, not the opponent. To reduce the danger of possible injury due to swinging sticks, instruction in stick handling emphasizes that the stick is carried below the waist at all times.

## Each team consists of six players:

**One center** – the only player allowed to move the full length of the floor. He/she is the leader of the offensive play and needs to be the most adept stick handler on the team.

**Two forwards** – players who work with the center on the offense and are limited in their movement to the offensive side of the floor. Forwards need to develop the skill of anticipating plays and moving into position to receive passes so opponents cannot intercept nor interfere. Speed is important, as well as adept wrist action for quick passes.

**Two defense players** – they are required to stay on the defensive side of the court. Their task is to analyze the pattern of offensive play and anticipate where the puck will be. The priority of the position is to protect the goal and not be lured out of position.

**One goalkeeper** – the goalkeeper's task is to defend the goal while the defensive players and the center play the puck and attempt to move it back into the opponent's defensive zone. He/she must be skilled at using his/her feet, hands, and stick to stop the puck. Quick reactions, good balance, and excellent hand-eye coordination are essential traits of a good goalie.

## Safety

1. Every player must wear non-breakable glasses unless they wear their own glasses.
2. There should not be any intentional physical contact between players.
3. Players may not leave their feet and slide to stop or block the puck.
4. The playing area should be free of obstacles and protruding objects should be padded.
5. All sticks must have a "nob" at the end to prevent it from slipping.
6. Stick blades must always be kept below waist level.
7. No player may use abusive or insulting language.
8. The stick may never be used to intentionally contact another player.

## Equipment

1. Plastic hockey sticks of two different colors
2. A puck made of soft pliable plastic
3. Unbreakable plastic glasses
4. Goalie mask – optional
5. Goalie glove – optional

## Facilities

Any gymnasium that is marked for basketball may be used. The closer the walls to the playing floor, the better the playing area for hockey.

1. The centerline is the mid-court line of a basketball court.
2. The center circle is the face off area to start the game and the spot to put the puck back in play after a goal.
3. The goal box (crease) is a restraining line seven feet from the baseline of the basketball court and runs the width of the free throw lane.
4. The penalty shot line is the 3 point arc of the basketball floor.
5. There are no out-of-bounds.

## Game Rules

1. A game consists of two periods. The length is determined by the amount of time in the class period.
2. At the beginning of the game, play is started with a face-off at the center circle.
3. When starting the second half, the puck is given to the team with the lowest score. In case of a tie, there is a face-off.
4. After a goal is scored, the puck is put back in play from the center circle by the team scored upon.
5. If, while the puck is in play, it goes behind an obstacle or otherwise becomes unplayable, the official will decide which team will gain possession.
6. The clock starts with the whistle and runs continuously. It is stopped only to replace equipment.
7. Goal Keeper Restrictions
  - a. The goalkeepers may use their hands or stick to clear the puck from the goal.
  - b. The goalkeeper may not hold the puck for more than three seconds.
  - c. When clearing the puck by hand, the goalkeeper must throw the puck parallel to his goal line, not toward the other end of the playing floor.
  - d. The goalkeeper may not be pulled from the goal box.
8. A team must declare at the beginning of the game what position each player is assuming.
9. Change in position can take place only when the puck is dead.
10. Forward and defense players must keep at least one foot on their respective side of the centerline.
11. Offensive players may not enter the opponent's goal box (crease). This includes the stick.
12. Players, other than the goalkeeper, may not use their hands to propel the puck.
13. Players may not intentionally leave their feet and slide to block the puck.

## Scoring

1. The puck must touch the goal line.
2. Under no circumstances can a goal be scored if there are offensive players in the goal box.
3. The puck can deflect off a player or equipment and still score a goal since the impetus is from the stick.
4. The puck cannot be kicked or thrown into the goal.
5. One point is scored on a goal.

## Administration of Penalties for Rule Infractions

There are two different penalties assessed for rule infractions based on the severity of the violation. If the violation is severe and endangers the safety of another player, a “foul” is called and a penalty free shot is awarded. **Fouls are called for the following:**

1. slashing, whether contact is made or not
2. high sticking
3. pushing
4. blocking or checking with the body
5. tripping or any other action dangerous to other players
6. a flat or horizontal swing of the stick

If the violation does not endanger another player, “misconduct” is called and the possession of the puck is given to the offensive team. **Misconducts are called for the following:**

1. off-sides
2. illegal use of the hands
3. illegal substitutions
4. goalkeeper holding the puck longer than 3 seconds
5. goalkeeper throwing the puck toward the opponent’s end of the floor
6. offensive player in the crease
7. player sliding to block the puck

## Administration of a Penalty Free Shot

When a foul occurs, the offended team selects one player to take one free shot. The puck is placed anywhere on the three point arc. All other player except the goalkeeper must be outside the arc or behind the baseline (goal line). If the shot is missed or stopped by the goalkeeper, it is “live” and play resumes.

## Basic Skills

1. Keep the hands separated 10 to 12 inches on the stick. Right-handed players keep the right hand in the lower position. Left-handed players are just the opposite.
2. Shots can be made with the forehand or backhand. The hockey stick is made so that shots can be played off either face of the blade.
3. Emphasize control and direction of the puck. The stick must not be swung above the waist for accuracy purposes and also for safety.
4. Carry the stick low at all times in readiness to intercept passes or shots, to pass to teammates or to receive passes from teammates.
5. Do not make wide swings at the puck. Get in close and control the puck with the stick blade. Strive for speed, control and accuracy.

6. Wrist action is very important. A “flicking” motion is best for speed and accuracy. Hand, wrist, and forearm action control the stick most effectively.

## Game Strategy

1. Floor hockey is a team game. Whether on offense or defense, stay alert to pass to a teammate in better position to move or shoot the puck.
2. Follow all shots, your own and others. Rebounds are as important in floor hockey as in basketball. Goals are best shot when the goalkeeper is off balance or out of position after blocking a puck.
3. Keep your eyes on the puck. Follow it and stay as close as possible.
4. When passing the puck to a teammate, be sure to lead him/her, so he/she can take it on the run and catch opponents unprepared for a pass or shot. Short rapid passes from one player to another are the most effective means of moving the puck down the floor.

## Terminology

**Center Circle** – the circle at the very center of the court where the opening face-off takes place and where the puck is put back in play after a goal is scored.

**Center Line** – The line that runs horizontally through the middle of the playing area. It divides the court into offensive and defensive sides. Defensive players and forwards may not cross it.

**Checking** – An illegal tactic in floor hockey where a player intentionally makes body contact with an opponent.

**Crease** – The area in front of the goal where only the goalkeeper may play. It is outlined by the baseline and free throw lane of the basketball court and a line seven (7) feet from the baseline running through the lane.

**Defensive Players** – Players charged with defending their goal and limited to playing on their end of the playing area.

**Face Off** – When an official drops the puck between the two opposing centers, who then attempt to gain control of the puck. This maneuver initiates play at the beginning of the game.

**Forwards** – The players charged with playing offense. They are required to stay in the opponent’s end of the court.

**Foul** – An infraction of the rules that endangers the safety of another player. A foul results in the assessment of a free penalty shot.

**Goal Line** – The line that runs horizontally across the front of the goal.

**High Sticking** – When a player, who is in possession of the puck or is attempting to gain possession, raises the blade of his/her stick above the level of his/her waist.

**Misconduct** - An infraction of the rules that does not endanger another player, resulting in the offended team being given control of the puck.

**Off-sides** – When a forward or defense player crosses over the center line and touches the puck or otherwise interferes with play.

**Slashing** – An illegal downward chopping action of the stick across an opponent’s stick.

## Grading

See Activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the beginning of the study guide.

## Technique Description/Skill Tests

Specific skills for activity units are taught on a regular basis. In some units, demonstrated knowledge of skills may be obtained through some form of skill testing. This testing is not outcome based.

# HOCKEY RINK DIAGRAM

