

# Floor Hockey Handout

## Facts

- Tom Harter, director of Civic Recreation in Battle Creek, MI, 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.
- Emphasis is placed on playing the puck/ball, not the opponent.
- Body checking is absolutely forbidden, making it safe and ideal as a coed activity.

## Playing Area

- Any gymnasium that is laid out for basketball can be used.
- The goal box is a line 5 feet from the front of the goal and 4 feet on each side of the goal.

## Floor Hockey Positions

Each team is made up 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.
- Two *defensive players* who may not go past the center line into the offensive area and whose responsibility is to keep the puck/ball out of the defensive end of the court.
- Two *offensive players* who may not go past the center line into the defensive area and who work with the center setting up offensive plays.

## Basic Rules

The Game

- 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

- 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 can not be kicked or thrown into the goal.
- Goals do not score on a foul.

### Goal Keeping

- The goalkeeper must wear a mask.
- It is recommended that the goalkeeper wear a ball glove on his or her catching hand.
- 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.

### Floor Hockey Fouls

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

### Running Fouls

- Defensive players and forwards crossing over the center line.
- Touching the puck with the hand.
- Swinging the stick above the waist.
- Goalie throwing the puck.
- Player other than the 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, or blocking with the body.
- High sticking above the shoulders and slashing with the stick (with or without contact to another player).
- Any action considered dangerous to other players.

### Misconduct Fouls

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