

Floor Hockey Study Guide

Starting the Game:

1. Teams will consist officially of 6 players: 1 center, 2 wings/forwards, 2 defensemen and 1 goalie.
2. Each game will start with a face-off at center court. (Each player must have both hands on the stick during the face-off).
3. Face-offs will also take place after each goal is scored.

Penalties in the Game:

1. Sticks must be kept at waist height or lower during the entire game. Any infractions will result in a **High-Sticking** penalty being called and the player will have to sit out of the game for a period of two minutes.
2. **Interfering** with the goalie is not allowed. You are not allowed to make a play on the puck once it is in possession of the goalie. Any infraction will result in an **Interference** penalty being called and the player will have to sit out the game for a period of two minutes.
3. **Checking** (or being intentionally physical) is not allowed in the game of hockey. Any infractions will result in a **Roughing** penalty being called and the player will have to sit out of the game for a period of two minutes or longer depending on the severity of the penalty (Referee's decision).
4. A **penalty shot** will be awarded for any major violation (i.e. tripping, unsportsmanlike conduct, inappropriate language or behavior).

Rules/Regulations of the Game:

1. Players may use hands and feet in the game but may not intentionally throw the puck if they happen to catch in the air. A player who does so must release the puck directly to the ground or swat it out of the air back to the playing area.
2. Goalies may stop the puck with any part of their body. The goalie has **5 seconds** to get rid of the puck and has to roll back into play underhand once it is in their possession.
3. Goals are worth 1 point.

Strategies for the Game of Hockey:

1. "**Centering**" the puck is when you are near the boundary lines and you attempt to pass the puck the middle of the floor where a teammate is awaiting a chance to shoot or pass the puck. This will allow your team the time and space to pick what you would like to do next.
2. A goalie should **NEVER** try to put the puck back into play right into the middle of the court. This is the most dangerous spot on the court because most of the other team will be positioned in this area, and will increase their chances of stealing the puck. A goalie should release the puck back into play on the edges of the court, if possible.
3. Always keep your stick on the floor because you will allow yourself chances to block pucks and passing lanes on defense, while also giving your teammates a target to pass to on offense.
4. Spreading out in the shape of an **Umbrella** on the offensive side of the floor will allow for optimal spacing and various angles to potentially shoot the puck.