

FLOOR HOCKEY RULES

Game Plan: The object of the game is to hit the puck into the opponent's goal.

Time frame: A game consists of three 8-minute periods, with 5-minute break between each period.

Winner: At the end of the game, the team with the most points wins.

Team members: A typical team has 6-7 players:

- * 1 goalie
- * 1-2 center
- * 2 forwards
- * 2 guards

(One) GOALIE: Protector of the goal. The goalie can use their hands, feet, or stick to stop shots coming into the goal area. If a goalie catches a puck, they must throw it to the side of the goal box, NOT forward or toward the opponent's goal.

(One or Two) CENTER(S): A player who may travel the entire court playing offense and defense.

(Two) GUARDS: A defensive player who tries to keep the puck out of their defensive area. These players can not go across the center line or the middle line of their areas.

(Two) FORWARDS: An offensive player who works with their center in scoring goals. They may not cross the center line or the middle line in their areas.

Face-off: In a face-off, two opposing centers face each other, holding their sticks on the floor. As the puck is dropped between them, they try to gain control of the puck by passing it to an offensive player on their team. A face-off at the middle of the centerline begins the game; and after each goal is scored. A face-off is also referred to as a "bully"

The game: Hockey is a continuous game in which the offense and defense players battle for control of the puck, trying to advance it to the opponent's goal to score.

BASIC RULES:

* Stick must be used to move the puck (no kicking or throwing)

*When a puck goes out of bounds, the last team that contacted it loses possession.

*All players may stop the puck with their hands but may not hold, pass, or throw it.

*Players must keep their sticks BELOW the waist.

*Players must avoid all body contact with opponents.

*Each goal is scored as one point.

FOULS and PENALTIES

Results in face-off or “Bully

1. Guards or forwards go out of their area
2. “High sticking” player raises the stick above the waist at any time.
3. Goalie throws the puck in a forward direction
4. Tripping and hooking- using stick to hold back opponent.
5. Elbowing
6. Interference and charging
7. Cross-checking (use stick to push opponent)

8. Slashing- intentional or unintentional hitting with a stick
