

FLOOR HOCKEY

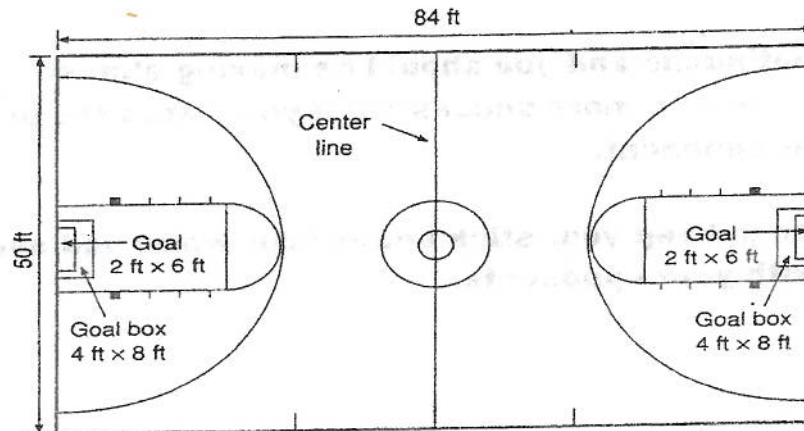
HISTORY:

Floor hockey originally evolved as an adaptation of ice hockey for play on streets. Street hockey, which was played on pavement, used modified ice hockey equipment. But this equipment did not hold up to street use. In 1963 a few sport equipment companies began developing plastic sticks and pucks that could be utilized both indoors and outdoors on smooth surfaces. The original floor hockey rules were adapted from National Hockey League rules. Floor hockey is easy to learn because the skills are not very specialized and the rules are simple.

EQUIPMENT:

Floor hockey can be played on any area designed for basketball with a centerline (such as the basketball midcourt line) for starting the game. Game equipment consists of a goal, plastic hockey sticks, and plastic pucks or balls. The end of the goalie stick is wider and more square than on the other player sticks. The goal is an area 2 feet by 6 feet centered at the end of the playing area, and the goal box encompasses 4 feet by 6 feet around the goal. The goalie should wear gloves for protection when stopping the puck with the hands.

COURT DIMENSIONS:



Floor hockey court dimensions

SAFETY:

- 1 - Do not raise your stick above your waist (high sticking). A high stick violation will result in 5 minutes in the penalty box.**
- 2 - Penalties will also be given for body contact such as elbowing, interference, charging, tripping, hooking, slashing, and checking. Violations in any of these areas will also result in 5 minutes in the penalty box.**

RULES:

The object of the game is to hit the puck into the opponent's goal. The goal area should be 2 feet by 6 feet and the goal box around the goal should be 4 feet by 8 feet.

A typical team has six players: one goalie, one center, two forwards, and two guards.

The game begins with a face-off at the centerline, and a face-off begins play after a goal is scored. In a face-off, two opposing players face each other with their sticks on the floor and as the puck is dropped between them, each player tries to move the puck toward the opponent's goal.

Play is continuous and you should be moving almost constantly. You will be more successful if you watch the puck rather than your opponent.

Remember to keep your stick below your waist and avoid body contact with your opponents.

A regulation hockey game has three periods, each lasting 8 minutes, with 5-minute rests between each period. The basic guidelines for floor hockey include the following:

- * When a puck goes out of bounds, the last team that contacted it loses possession.**
- * Players can advance the puck with the feet but cannot kick it into the goal with the feet to score. If a team kicks the puck into the goal, they lose possession of it.**
- * Any player can stop the puck with the hand but cannot hold, pass, or throw the puck. The goalie is permitted to catch or throw the puck to the side but not toward the other end of the playing area.**
- * The puck must precede offensive players across the center line.**
- * The following are penalties in floor hockey resulting in removal from the game:**
 - * Interference and charging**
 - * Elbowing**
 - * Cross-checking and slashing**
 - * High sticking**
 - * Tripping and hooking**
 - * Guards or forwards playing over the center line**