

FLOOR HOCKEY REVIEW

Background information and rules:

- Floor hockey is a game derived from ice hockey, which was founded in Canada.
- A face off begins the game which is done in the center circle.
- Offensive players are called forwards and there are 3 of them. Their object is to score goals.
- There are 2 defensemen that protect their goal and aid the forwards by clearing the puck from their goal area. They may also score goals if necessary but are the last line of defense before the goalie.
- The goalie guards the goal and may use any part of his/her body to stop the puck from going in.
- There are a total of 22 players per team, however, only 6 play at one time for each team.
- The only time there are less than 6 people on a team is during a power play, which occurs when a player commits a penalty. That player must sit in the penalty box and cannot be replaced until the time is up (usually 2 minutes).
- More severe penalties result in 5 minutes in the penalty box and include: slashing, hooking, crosschecking, fighting and tripping.
- Each game has 3 periods which are 20 minutes each. Over time will be played if the game is tied after regulation time.
- A goal is scored when the puck crosses the goal line and goes into the net.
- A goal will not be counted for pucks that are kicked in, thrown or pushed in with the hand or if an offensive player is inside the crease while the shot is being made.
- A hand pass can only be completed in the defensive zone by defensemen.
- Offsides is called when an offensive player crosses the centerline before the puck does.
- Ice hockey is an Olympic sport, but floor hockey is not.
- The championships for hockey is called the "Stanley Cup."

Shots on Goal:

- **Wrist shot** – a shot that is quick and accurate. It is mastered by flicking the stick with the wrist.
- **Slap shot** – a shot that is hard but not as accurate. It is done by bringing the stick high in the air and slapping the puck as hard as possible with a strong follow through.

Equipment:

- The stick:
 - **Butt** – small end of the stick where your non-dominate hand is placed.
 - **Shaft** – the middle of the stick.
 - **Blade** – the part of the stick used to play the puck.
 - **Puck** – flat, round object used in the game of hockey.
 - **Protective equipment** – includes gloves, elbow/shoulder/knee pads and a helmet.

Floor Hockey Skills:

- Stick handling – holding the stick properly (2 hands).
- Stick dribbling – controlling the puck with both sides of the blade.
- Forehand pass or shot – a shot taken on the stick side of the body.
- Backhand pass or shot - a shot taken on the opposite side of the stick side with the back of the blade.
- Defensive position – bend at the waist ready to react.

Modified Floor Hockey PE Rules:

- Two hands must be on the stick at all times.
- Never reach with one hand on the stick, it could trip another player.
- A player may not block the puck with the stick by placing it lengthwise on the floor.
- Never bring the face of the stick above the waist at any time.
- Do not bend the face of the blade to curve it, it will break.
- Do not raise the puck while shooting, the puck must remain on the floor.
- No advancing the puck with the feet or hands.
- Dead puck – a puck that lands behind the goal area at the end of the court.
- Offsides – forwards must cross the center line after the face off and remain there until a goal is scored.
- Defenders can never cross the center line at any time during play.
- No slap shots.
- No throwing any equipment before, during or after the game.
- Absolutely no intentional contact – you will be placed in the penalty box and written up.