

FLOOR HOCKEY RULES

SAFETY RULES

- Do NOT bend the blades.
- Blade must stay below the waist.
- Puck must remain on the floor.
- No contact
- No slap shots.

HISTORY

Floor hockey was developed as a modification of ice hockey. The first indoor hockey game was introduced to school children by an organized recreation program in Battle Creek, Michigan. Tom Harter, Director of Civic Recreation of Battle Creek, instigated the development of floor hockey in 1962 by developing simple rules of the game and instruction of athletic directors, physical education teachers, and coaches on the game.

The game began to spread rapidly and is now played across the United States. Floor hockey became so popular because it can be played in a gym and the equipment is simple, durable, and inexpensive. It offers fun for any age, gender, or ability.

THE GAME

A. Each team consists of 6 players:

- (1) **Goalkeeper:** stops the puck with hands, feet, or stick.
- (1) **Center:** The ONLY player allowed to move the entire court and leads offensive plays and begins the game with the face-off. Usually the center's stick is striped with black tape.
- (2) **Defensive players:** Cannot go past the centerline into the offensive area. Their responsibility is to keep the puck out of the defensive half of the floor.
- (3) **Forwards:** works with the center on offensive plays and cannot go past the centerline into their defensive area.

B. A game consists of three periods.

SCORING

1. A goal is scored anytime the puck touches or crosses the goal line or is above the goal line.
2. Under no circumstances will a goal be counted on a foul, or with offensive players in the crease (goal box).
3. The goal counts when the puck is deflected off a player or equipment into the goal. A puck deliberately kicked or hit by a hand into the goal will not count.
4. The goal will not count when the puck hits off the front frame or goal and ricochets out.
5. In cases where the goalie had kicked the net or the net is not sitting squarely on the goal line, the goal will count if the puck goes into the net, regardless of the position of the net.

GOALKEEPING

1. The goalkeeper may use hands, feet or stick to clear the puck away from the goal.
2. At no time is the goalie exempt from penalties of roughing, slashing, high sticking, or leaving his feet when he goes outside the goal box to play the puck.
3. The goalie has only 3 seconds to play the puck from the crease, once he has full and controlled possession. The penalty is a loss of possession and play resumes at center circle.

FOULS AND PENALTIES

1. *Roughing fouls* (1 minute loss of player and loss of possession or ejection from the game):
 - a. slashing
 - b. contact with an opposing player with the stick above the shoulder
 - c. contact with the body
 - d. pushing
 - e. blocking with the body
 - f. tripping or hooking with the stick

2. *Misconduct fouls* (loss of possession or 1 minute loss of player and loss of possession)
 - a. holding the puck
 - b. laying on the puck
 - c. placing the foot on the puck (delay of game)
 - d. deliberately leaving feet to block the puck
 - e. guards and/or forwards over the center line
 - f. catching or closing the hand on the puck by a player other than the goalie
 - g. hooking, grabbing, or kicking the stick out of an opponent's hand
 - h. swinging the stick above the shoulders during play

TERMINOLOGY

Stick handling: hand position on the hockey stick: non-dominant hand on top of stick as if shaking a hand, dominant hand 10"-12" below. Both thumbs pointing down.

Dribbling: Characterized by short, quick, controlled taps. The puck should be about 18"-24" in front using the alternate side of stick. The stick is low and ready to receive.

Face off: occurs when an official drops the puck between the sticks of 2 opponents who try to hit it to one of their teammates or in direction of the goal.

Offside: a player on offense crosses the center line before the puck crosses the line, or an offensive player returns to the defensive side after the face off, or a defensive player crosses to the offensive side after the face off.

High stick: allowing the stick to go over one's shoulder on the downswing, backswing, or the follow through.

Power play: results when a player or players are penalized and a team has to play with one or more people short.

Mercury rule: any team ahead by more than 8 goals after the end of the second period is declared the winner and the game is ended.