Floor Hockey Handout

Origins: Playing on a ice or flat surface with a ball has been around for hundreds of years but modern day ice hockey evolved from a game played by British settlers in 19th Canada during the winter months. Floor hockey was invented shortly after ice hockey became popular mainly to allow people to play the sport after the colder season was over.

Format of play: There are several options for playing areas for floor hockey, ranging from Basketball sized courts to an 85 by 200 ft full sized ice hockey rink (though often rollerblades are used when a full rink is sued).

Equipment:

* For league floor hockey games, hockey gloves, helmets or eye protection are mandatory and shin pads are often recomended.
* One rubber or hard plastic ball.
* Goalie equipment, (varies from league to league).
* Player and Goalie sticks
* 2 nets

How to play: Each team consists of 6 players, 5 attackers and 1 goalie per side, usually with 3 forwards and 2 defensemen. At the start of play after every whistle blow and to start each period, there is a faceoff at one of the 9-faceoff circles. The goal of the game is to pass the ball between the players to score a goal on the oppoents net.

Basic Rules:

* No hand passed between players but catching or hitting the ball with ones hand to the opponent or oneself is allowed
* No carrying of the ball
* A goal does not count if the ball is purposely directed towards the net using any body part (deflections are allowed)
* While playing games without proper equipment, the stick may never go above your waist

Penalties: When a player commits an infraction of the rules he/she is sent to the penalty box for 2, 4, 5, 6, or 10 minutes depending on the severity of the penalty and if the penalty is severe enough a player is ejected from the game.

Some common penalties are:

* High-sticking: Hitting an opponent with a stick raised above the waist or shoulder
* Roughing: Pushing and/or shoving after the whistle has been blown or when it takes place away from the play
* Holding: Using the stick to slow an opponent down
* Fighting: Engaging in a physical altercation with an opposing player