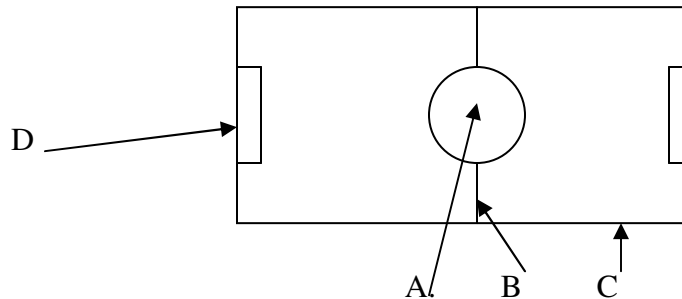


Floor Hockey

Diagram:

- A. Center Circle
- B. Center Line
- C. Sidelines
- D. Goal
- E. Goal Line
- F.



Vocabulary:

Blue Crease - area in front of the goal where only the goalie is allowed

Center - position in the middle of the court; player is allowed to play both offense and defense.

Center circle - area in the middle of the court where the face off begins the game

Center line - line in the middle of the court that divides the court in half

Defense/Guard - player who plays in front of the goalie and helps prevent the opponents from scoring

Foul - infringement of the rules

Goal - area where the offense aims the puck in order to score

Goalie - player who's goal is to prevent the puck from crossing the line.

Face-off - where the puck is dropped between two opposing players

Forward - player's position who's responsibility is to score a goal

Misconduct - infringement of the rules

Penalty - consequence of a foul or misconduct

Penalty box - area where the player sits out a penalty

Puck - round object used in the game

Rover - another name for the center

Rules:

1. Team consists of six players
 - Goalie: use hands, feet and/or stick to stop the puck
 - Center: only player allowed to play full court (rover)
 - Defensive Players (2): cannot go past the center line and responsible for keeping the puck away from their goal.
 - Forwards (2): cannot go past the center line and are responsible for working with the center to score goals.
2. Game begins with a face-off in the center circle either by the referee, or by contacting sticks three times in a row before moving for the puck/ball.
3. Substitutions can only occur when the puck is dead or the clock is stopped.
4. A goal is scored any time the puck/ball touches or crosses the goal line on the floor or in the air.
5. If the goalie has moved the net from the goal line, a goal will count if

- the puck/ball goes into the net.
6. Once the goalie has possession of the puck, it must be played within three seconds or they will lose the puck/ball to the opponent.
 7. Fouls: contact with other players
 - hitting an opponent with their stick
 - any contact with the goalie within the blue crease
 - pushing, blocking, tripping, or hooking another player with their stick
 8. Misconduct: contact with feet, stick, or violations with the stick
 - holding the puck/ball with the foot, stick or hand
 - playing the puck while lying on the ground
 - players other than the goalie, using their hands to move the puck
 - hooking, grabbing, or kicking the stick out of a player's hands
 - swinging the stick above the waist (high sticking or sticks)
 9. Penalties:
 - Sit out of the game for two minutes; team plays short handed
 - If a goal is scored during the penalty time out, the player/players may return to the floor (provided the foul is not the fifth, then a sub is sent in to play)
 - When a goalie commits a foul/misconduct, the goalie may stay in the game, but the team must send another player out.
 - Any player with five fouls/misconducts will be out for the rest of the game.

Floor Hockey Practice Test

True/False:

1. The forwards are the only players who can score a goal.
2. A team consists of 8 players.
3. If a foul is charged to a goalie, that team must play short handed.
4. It is a foul to play the puck/ball while lying on the ground.
5. The goalie may hold on to the puck/ball as long as they like.
6. Any player with five or more fouls may not return to the game.
7. The game begins with a face-off in the center circle.
8. A goal is scored any time the puck/ball touches or crosses the goal line on the floor or in the air.
9. Substitutions are allowed at any time during the game.
10. The center forward is also referred to as the "rover".

1. F 2. F 3. T 4. T 5. F 6. T 7. T 8. T 9. F 10. T