**Floor Hockey Study Guide**

**Equipment**

1. Floor Hockey Stick
2. Plastic Puck
3. Two Goalies Nets

**Floor Hockey The Game**

1. A team consist of one Goalie, two Defensive Players and three Forwards. One of the forwards is the Center Forward. No more than six players per team may be on the floor at any time.
2. A Face – Off at the center between the two Center Forwards is used to start the game and restart the game after a goal has been scored.
3. A game consist of three twenty minute periods.
4. The Goalie, may stop the shots with their hands, feet or stick and must release the puck to either corner within 3 seconds. You may not shoot or throw the puck toward the opposition’s goal.
5. Defensive players cannot go forward of the center line. The Center Forward, is allowed go back and forward over the center line, but the other two Forwards, must stay in the opponent’s half of the court.
6. Raising the puck higher then knee level results in a penalty shot on goal. A penalty shot may be shot from anywhere outside the Goalie’s Crease; the puck is dead after the shot. Play continues with a center face – off.
7. If the puck goes out of bounds, gets trapped against the wall or other equipment or a foul occurs a Face – Off occurs at the nearest X.
8. After a goal, a Face – Off occurs at the midline/center line.
9. The following minor fouls result in a Face – Off at the nearest X and two minute penalty box for the player committing the foul:
10. Touching the puck with the hands
11. the Goalie playing the puck forward
12. a player other than the Goalie in the Goalie’s Crease
13. the Defensive players or Forwards moving across the center line.
14. stepping on, holding or lying on the puck.
15. The following flagrant fouls result in a Face – Off at the nearest X, a five minute penalty box for the player committing the foul on a first offense and expelled from the game for second offense.
16. A goal is worth one point.

**Terms/Vocabulary**

**Backhand Pass -** Passing puck by moving stick across the body with palm of bottom hand going in the backward direction (pull with bottom hand).

**Backhand Shot** - Shot made with the stick from the left side by a right-handed player or from the right side by a left-handed player.

**Clearing the Puck -** When an athlete gets the puck out of his or her own defensive zone.

**Face-off -** The method of starting play; the dropping of the puck by the official between the sticks of two opposing players standing one stick length apart; used to begin each period or to resume play when it has stopped for other reasons.

**Forehand Pass -** Passing puck by moving stick across the body with palm of bottom hand going in forward direction (pushing with bottom hand).

**Forehand Shot -** Shot made with the stick from the right side of a right-handed player or from the left side of a left-handed player.

**Foul -** Infraction that causes a stoppage of play without causing a penalty.

**Goal/Net -** The informal term used to refer to the area made up of the goalposts and the net guarded by the goalie and into which a puck must enter to score a point.

**Goal Crease -** Area for the goalie that is defined by a line on the court (goalies must remain inside this area and all other players outside of this area).