

Floor Hockey

OLV Middle School Phys. Ed.

Object of the game:

The object of Floor Hockey is to hit the puck into the opponent's goal.

Each player tries to move the puck toward their goal. Play should be continuous and, the players will be moving constantly.

A typical team consists of **6 players**: one **goalie**, one **center**- which is allowed to move full court, two **forwards** - offensive players who cannot go past the centerline and the two **guards**- defensive players who cannot go past the centerline.

Rules:

- The game begins with a face off at the centerline and a face off begins play after a goal is scored. Face off: player need to tap the floor, then the opponent's stick 3 times each.
- When the puck goes out of bounds, the last team that contacted it loses possession.
- To bring the puck into play on the sideline, the puck is passed to a player. It cannot be shot on goal, the puck must touch a player before shooting a goal.
- Players may stop the puck with feet but cannot kick to advance it or into the goal to score.
- Keeping the stick below the waist and avoiding contact with opponents.
- The goalie is permitted to catch or throw the puck to the side but not toward the other end of the playing area.

Penalties:

Penalties in floor hockey are result in removing the offending player for the game for 2 minutes. If offending player continues and/or unsafe play they will receive a zero their daily grade and be removed from the game.

Examples of Penalties

Cross Checking and Slashing

High Sticking

Tripping and Hooking