**FLOOR HOCKEY**

The first indoor hockey games were introduced in 1962 in Battle Creek, Michigan. It has grown

in popularity because of its non-stop action and simple organization.

**Basic Rules**

* After a score and at the beginning of a game, play begins with a face off (3-tap & go) .
* Each team has 6 players (goalkeeper, defensemen, forwards)
* Cannot intentionally use feet or hands to control, block, or manipulate the puck
* Flicking or lifting the puck is illegal. Make every attempt to keep the puck on the ground.
* A goal cannot be scored directly from out of bounds. It must be passed in play to a teammate before scored
* A goal cannot be scored off of the faceoff

**Scoring**

The netted area where the puck (rubber disk/ball) must score is called a goal. A goal is worth 1 point. Any puck that completely breaks the plane on the front pole frames on the goal counts as a goal. A puck that goes into the goal then bounces out still counts as a goal. A puck deliberately kicked or hit by hand into the goal does not count. The goalie is the last line of defense.

**Stick Safety Rules**

1. Must have 2 hands on the stick at all times

2. Keep hands 12” apart

3. Keep the stick blade on the ground when moving and it is legal to use both sides of the blade.

4. The blade should never be above the waist before or after a shot

5. All players must wear safety goggles

**Fouls/Penalties**

1. Players are not allowed to flick the puck (1 minute in penalty box)

2. High sticking – when the stick is above the waist while shooting (2 minutes in penalty box)

3. Intentionally using feet or hands to manipulate the puck (1 minute in penalty box)

4. Roughing penalties- slashing, hooking, tripping, or blocking (2 minutes in penalty box)

**Terms**

1. **Face Off**- to start game and after a score

2. **Assist-** after a goal the last player to handle the puck that makes the pass that sets up the goal

3. **Hat trick-** when one player scores three or more goals

4. **Slapshot**- bringing the stick back then quickly forward, hitting the floor and the puck at the same time

5. **Slashing** - act of swinging one’s stick at another player