## Floor Hockey Facts

> Tom Harter, director of Civic Recreation in Battle Creek, Michigan, developed floor hockey in 1962.
> There are only four general playing rules, so the game can be learned quickly.
> The game is designed for strenuous activity and continuous play.
> The game combines the rules of ice hockey and basketball.
> Emphasis is placed on playing the puck, not the opponent.
> Body checking is absolutely forbidden, making it safe and ideal as a coed activity.

## Positions

* Each team consists of the following 6 player positions:
* A goalkeeper who may stop shots with hands, feet, or stick
* A center, who is the only player allowed to move full court and who leads offensive play. The center usually has his or her stick striped with black tape.
* Two guards who may not go past the center line into the offensive area and whose responsibility is to keep the puck out of the defensive end of the court.
* Two forwards who may not go past the center line into the defensive area and who work with the center setting up offensive plays.


## Basic Rules of Floor Hockey

## The Game

- Play starts on the whistle.
- Penalty for starting before the whistle is loss of possession.
- The center must have one foot inside of the circle and start play with a pass from the circle.
- All other players must be outside of the 10 -foot restraining circle.
- Goals may not be scored directly off the pass from the center circle on the start of play.


## The Play

- Time starts when the ball is put into play by the center and is touched by a member of either team.
- Change of positions between guards and forwards may occur only when the puck is dead, a goal is scored or a roughing or misconduct foul is called.
- There is no out-of-bounds.


## Scoring

- One point is scored each time the puck passes across the goal line.
- If the puck crosses the goal line while in the air, it must hit the back wall of the goal to count for a score.
- Pucks can deflect off of a player or equipment.
- Pucks cannot be kicked into the goal.
- Goals do not score on a foul.


## Goalkeeping

- The goalkeeper must use his or her hands to clear the puck away from the goal.
- The goalkeeper may not hold or throw the puck towards the other end of the playing area.
- The penalty for throwing the puck is loss of possession and a misconduct foul.
- No other player may enter the goal box without being charged with misconduct.
- The goalkeeper will be charged with misconduct if he or she holds the puck for more than three seconds.


## Floor Hockey Fouls

## Roughing Fouls

- Hacking or striking with the stick
- Pushing
- Tripping
- Blocking with the body
- Any action considered dangerous to other players
- High sticking above the knees
- Slashing with the stick (with or without contact to other players)


## Misconduct Fouls

- Any time play is deliberately stopped by lying on, stepping on, or holding puck
- Too many players on the floor
- Offensive or defensive players (other than goalie) in goal box area with their stick

