



Dorman Floor Hockey Unit

Study Guide

Background Information

It's pretty tough to find a game that is more fun than floor hockey, in large part because it's a fast-paced, exciting sport that can be played by individuals of all ages and skill sets. Another great thing about floor hockey is that it can be played virtually anywhere.

Floor hockey originally evolved as an adaptation of ice hockey for play on the streets. Street hockey, which was played on pavement, used modified ice hockey equipment. But this equipment did not hold up to street use. In 1963, a few sport equipment companies began developing plastic sticks and pucks that could be utilized both indoors and outdoors on smooth surfaces. The original floor hockey rules were adapted from the National Hockey League (NHL) rules. Today's game of floor hockey is different from ice hockey in many ways, one being the lack of protective equipment.

Brief History

The ancient Egyptians, Greeks, Persians, Romans, and Arabs played forms of the sport. British soldiers stationed in Canada devised modern ice hockey in the mid-1850s. In 1879 rules were set by students at McGill University in Montréal, Québec, Canada, and several amateur clubs and leagues were established in Canada by the late 1880s. Ice hockey became extremely popular at northern U.S. colleges in the late 1800s, and by the beginning of the 20th century the sport had spread to Britain and other parts of Europe. The first professional league was established in 1904 in northern Michigan.

Rules & Regulations of Game Play

Team members: A typical team has **6 players:**

- **(One) GOALIE:** Protector of the goal. The goalie can use their hands, feet, or stick to stop shots coming into the goal area. If a goalie catches a puck, they must throw it to the side of the goal box, NOT forward or toward the opponent's goal.
 - **(One) CENTER:** A player who may travel the entire court playing offense and defense.
 - **(Two) DEFENSEMAN:** A defensive player who tries to keep the puck out of their defensive area. These players usually do not go across the center line or the middle line of their areas.
 - **(Two) FORWARDS:** An offensive player who works with their center in scoring goals. They usually do not cross the center line or the middle line in their areas.
1. Game begins with face off at centerline and (after each goal, when playing with one ball).
 2. One 5-minute running time game will be played with no time outs allowed.
 3. Goal is scored when player hits, sweeps or pushes the ball into the net directly off stick or it is deflected off one of their teammates or defensive player into net. No KICKING or THROWING ball in the net.
 4. A player may advance ball with their feet, but MAY NOT kick it directly into net to score. If a player kicks ball/puck, ball defects off defensive player into net - goal counts.
 5. A ball/puck CANNOT be thrown into the goal to score.
 6. When a goalie catches or stops the ball, they must be given room to release it to one of their players .
 7. A player may use their hand to catch or touch an airborne ball. The ball must be dropped immediately within the radius of the catching player's stick.

2 minute Penalties:

1. **HIGH STICKING:** anytime the stick is raised above the knees.
2. **SLASHING:** intentional or unintentional hitting with stick.
3. **INTERFERENCE AND CHARGING:** anytime opposing player pushes a player out of position.
4. **ELBOWING:** using one's elbow to hit an opponent
5. **CROSS CHECKING:** use of stick to push opponent out of the way
6. **TRIPPING AND HOOKING:** use of stick to trip or hold back an opponent from playing the ball

Removal from Game:

1. *Immediate removal from game and/or game suspensions for player with 2 or more penalties.*
2. *Unnecessary roughness, unwillingness to play within the spirit of the game or deliberate intention to hurt someone.*

Vocabulary Terms:

- **Forehand:** When a player shoots or passes with the bottom hand pushing the stick forward
- **Backhand:** When a player shoots or passes with the bottom hand pulling the stick forward
- **Dribble:** (also known as stick handling or puck handling) Using both sides of the blade to control & move the puck
- **Face-off:** Games begin with a face-off between centers where the puck is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the puck back to your side. We face-off with plays hitting sticks and then the floor three times before playing the ball.
- **Goal:** Each score is worth one point. A goal counts when a puck crosses the goal line. A puck kicked or hit by the hand into the goal is not a score.
- **Goalie crease / Goalie box:** a rectangle area in front of the opening of the goal, it denotes the playing area of the goaltender within which attacking players must not obstruct his movement or vision. Goals can not be scored inside this designated area.
- **High sticking:** Penalty called when a player lifts the blade above the waist, winds up, or follows through when attempting an illegal shot (slap-shot)
- **Hooking:** Illegal use of the hockey stick to "hook" another player (This is a penalty.)
- **Penalty:** Consequence given for roughing, high sticking, hooking, or other misconduct fouls that are illegal (The player charged with the penalty will sit out of the game for a designated period of time - usually two minutes in official hockey. Any player who accumulates five penalties during a game will be disqualified from playing.)
- **Power play:** When the team with all their players (full strength) has an advantage over the team charged with a penalty that now must play with less players (short-handed)
- **Roughing:** Play that endangers resulting in a penalty (Examples of roughing may be slashing, contact with the goalie, pushing, blocking with the body, or tripping.)
- **Slap shot:** An illegal shot in floor hockey (A slap shot involves the swinging of the stick behind, slapping the puck, and the follow through which brings the stick high.)
- **Wrist shot:** When a player uses a flicking motion to move the puck (The stick remains in contact with the floor. There should be no back swing or high follow through. This is the best shot for speed and accuracy in floor hockey.)
- **Hat Trick** – The scoring of three or more goals by a player in one game.

DIAGRAM OF COURT

A=GOALIE

B=DEFENSEMAN

C=FORWARDS

D=CENTER

