

FLOOR HOCKEY 7TH GRADE STUDY GUIDE

HISTORY:

- Floor hockey developed from a modification of modern day hockey.
- The first indoor hockey game was introduced in 1962 in Battle Creek, Michigan by school children under an organized recreation program.
- The game spread rapidly and is now played across the United States. Floor hockey became so popular because it can be played in any gym and the equipment is simple, durable and inexpensive. It offers fun for any age, gender or ability.

SAFETY RULES:

1. Do NOT bend the hockey stick blades.
2. Blade is always below waist height.
3. Pucks remain on the floor.
4. No contact except for shoulder to shoulder. No pushing with arms.
5. No slap shots.

THE GAME:

1. The game consists of three periods of 8 minutes each, with a five minute rest between periods. Goals are to be changed after each period.
2. The team consists of 6 players:
 - a) **Goalkeeper:** Stops the puck with hands, feet, stick, or glove. Can only hold the puck for 3 seconds.
 - b) **Center:** The ONLY player allowed to move throughout the court. Leads offensive play. Usually the center's stick is striped with black tape.
 - c) **Defensive players:** Cannot go past centerline into offensive area. Their responsibility is to keep the puck out of their defensive half of the floor.
 - d) **Forwards:** Work with the center on offensive play and cannot go past centerline into their defensive area.
3. A face off begins the game and after every goal.
4. Play cannot start until whistle is blown.

5. When game is played in gyms where puck can go out of play in or under bleachers etc., officials will carry extra pucks and will drop one into play area so that play is continuous.
6. There are no time outs.
7. Change of goalie can only take place when play is stopped.
8. When any player accumulates 5 fouls for roughing and/or misconduct, he/she is out for the duration of the game. (We will play 3 fouls in class)
9. Change of position between guards and forwards can only be made when the puck is dead or the clock is stopped.

SCORING:

1. A goal is scored any time the puck touches or crosses the goal line or is above the goal line.
2. The goal counts when a puck is deflected off a player or equipment into the goal. But, a puck that is deliberately kicked or hit by a hand into the goal does not count.
3. A goal will not count when the puck hits off front frame or goal and ricochets out.
4. In cases where the goalie had kicked the net or his net is not sitting squarely on goal line, the goal will count if puck goes into the net, regardless of position of the net.

TERMINOLOGY:

- Stick handling: position: non-dominant hand on top of stick as if shaking a hand, dominant hand 10-12 in below. Thumbs pointing down.
- Dribbling: characterized by short, quick, controlled taps. 18-24 inches in front using the alternate side of stick. The stick is low and ready to receive.
- Face off: occurs when an official drops the puck between the sticks of 2 opponents who try to hit it to one of their teammates or in the direction of the goal.
- High stick: allowing the stick to go over one's shoulder on the downswing, backswing or the follow through.
- Power play: results when a player or players are penalized and a team has to play one or two people short.