

Floor Hockey

Basic Rules

Generally, physical education hockey follows the rules of the National Hockey League.

- a. play the puck or ball – not the opponent
- b. sticks must be carried and used below the waist, never raised above
- c. checking is forbidden
- d. players should anticipate the movement of the puck or ball
- e. play is continuous. Players should be constantly moving.

Playing Area

The playing area should be twice as long as it is wide and the boundary lines should be clearly marked. A line or markers should be used to indicate the center line. The goal area should be no more than five feet wide.

Teams

The standard game is played by two teams, each with six players. A center, two forwards, two defensemen and one goalie.

Play

One team begins the game at the center line. After a goal has been scored, play continues at the goal line by the team scored upon. The ball or puck may not be caught or held in the hand, except by the goalie. It may be stopped, but cannot be held, passed, or advanced with the hand.

Periods

A regulation game consists of three, ten minute periods.

Goals

A goal is scored when a player hits, sweeps or pushes the puck or ball into the net with his stick directly, or deflects it off one of his teammates or a defensive player into the goal. A player may advance the puck or ball with his feet but he cannot kick it directly into the net to score. If a player kicks the puck or ball and it deflects off a defenseman into the goal, the goal is allowed. If a defenseman shoots or kicks the puck or ball into his own net, the opposing team shall be awarded a goal. The puck or ball may not be thrown into the net to score.

Goalie

The goaltender is the sole player permitted to catch the puck or ball and can do so only when he is in the crease. When he catches or stops the puck or ball, he must be given room to either throw or pass it to one of his teammates.

Out of Bounds

If the ball or puck crosses the boundary lines of the playing surface, the last team having contact with it loses possession. This applies to side and goal lines. Play resumes where the ball or puck went out of bounds.

Puck or Ball Behind Net

If the ball or puck becomes stuck in the netting of the goal, or travels more than ten feet behind the goal, the defending team begins play at their goal line.

Infractions or Penalties

- a. *Loss of possession is assessed for:*
 - catching or carrying the ball or puck in the hand, except by the goalie
 - throwing the ball or puck, except by the goalie
 - offsides – the ball or puck must precede all forwards playing across their side of the center line. This prevents “goal hanging”
 - out of bounds – the last team to touch the ball or puck before it leaves the playing area loses possession.
- b. *Penalties*
 - when a penalty is called, the offending player must leave the game for two minutes, or until the other team scores.

The instructor may award a penalty shot instead of removing a player for two minutes. Play is stopped and one player is chosen to take a single shot. An intentional infraction of the rules is a major penalty. Either the offending player leaves the game for four minutes, or two penalty shots to make one goal are awarded.