

Floor Hockey Rules

1. Floor hockey is played with 3 offensive, 3 defensive, and 1 goalie.
2. The offensive line must cross the half line immediately after they touch the puck and may not return until a goal has been made. The defensive players must stay on their defensive side of the floor.
3. A line violation is not being on your offensive or defensive side of the floor.
4. Floor players must stay out of the goalie area (crease).
5. The goalie is the only player who can use his/her hands in the crease. The goalie can put the puck in play by using the stick or throwing the puck below the waist.
6. The goalie must wear a goalie mask at all times. He/She may use a glove on one hand to catch the puck.
7. Any player may catch the puck in the air and drop it immediately without advancing it to his/her advantage.
8. A high stick is when a player allows his/her to come above the knee when passing or shooting and above the waist while holding or running with the stick.
9. Both hands must be on the stick and carried below the waist.
10. A puck that goes out of bounds is put back in play by the opposing team from the area it went out of bounds.
11. A player may advance the puck with his feet but he cannot kick it directly into the goal.
12. The puck may not be thrown into the net to score.

Penalties

Minor (1 minute)

- High sticking, one hand on the stick, hooking, tripping.
- Roughing, holding, boarding, elbowing, and delay of game.

Major (5 minutes)

- Fighting

Misconduct (10 minutes)

- Use of abusive language to an official

Match (balance of game)

- For deliberate intent to injure an opponent. Length of penalty is determined by severity.

Penalty Shot

- Awarded to a player who is obstructed from behind on a clean breakaway and there is no opponent between him/her and the goal.
- Is awarded to the opposing team of the goalie who throws the puck above his/her waist.

At no time can a team play more than two men below full strength. If a third penalty is called, it is delayed until the first expires. The basic point of the game is putting the puck in the goal. To achieve this, offense must be stressed. For example, when the puck is in the offending zone, the defensemen of the attacking team should come up to the half court line with the intention of keeping the puck in that area. There will be time where the offensive line of the other team will break ahead of the defending line because of the above stated example; this is the risk taken by the defense in order to add offensive pressure.

Individual points of strategy are:

1. Before you hit the puck, have a plan. Either shoot, pass or have a definite target.
2. When ever possible stick handle the puck instead of a lone pass or shot.
3. Short quick passes are more accurate than long ones.
4. Force the opposition to make the initial move and then react with the desired action.
5. Gain control over the puck before passing or shooting.
6. Goalies should clear the puck away from the net, not in front.

