

## FLOOR HOCKEY

### HISTORY:

The game of ice hockey is approximately 130 years old and many people claim it to be the fastest team game in the world. The name hockey is taken from the French hoquet which is a shepherd's stick.

The exact origin of the game is unknown but it is thought to have originated from the related field hockey game of shinney.

It is known that Mc Gill University in Montreal, Canada, was the place that first developed rules and regulations for the game. Near the end of the 19<sup>th</sup> century, the game was introduced to the United States by Canadian students, C. Shearer, who was studying at John Hopkins University in Baltimore, Maryland.

The first organized hockey league was formed in Kingston, Ontario. The American Amateur Hockey League was formed in 1896. In 1924 hockey was added to the Winter Olympic Games.

### THE GAME:

The game of floor hockey is played between two teams in which the puck is hit with sticks. The object of the game is to hit the puck into the goal that is being defended by opponents.

The game is started by a face-off at the center spot of the court. The puck is dropped by the referee from knee height between the sticks of the two opposing centers. No players are allowed in this circle until after the face-off.

When there has been an infraction of the rules, or stoppage of the game, the opposing team will pass the puck in from out of bounds nearest the point of the infraction. All other players will be at least ten feet from the person passing in the puck. A goal cannot be scored from out of bounds; the puck must be passed to someone before a goal can be made.

### RULES:

1. The floor is divided into two halves. The offensive and defensive teams must each stay on their own half of the floor.
2. A puck hit out of bounds by a team will result in the other team passing it in from the place where it went out.
3. If the puck is trapped by two players, the defensive team will pass the puck in from out of bounds near the trap.
4. Offensive players cannot be in the **crease**. There will be **no contact** of any kind between players
5. There will be **no high sticking**, which is lifting the end of the stick above the waist.
6. It is illegal to advance the puck with the **hands, feet** or any part of the body.

MINOR PENALTIES: Resulting in opposing team passing in the puck from out of bounds near the infraction.

1. Offensive player in crease
2. Illegal advancement of the puck
3. When puck goes out of bounds

**MAJOR PENALTIES:** Two minutes in penalty box or ejected from the game.

1. High sticking
2. Contact with another player
3. Misconduct

**SCORING:**

Each goal scores one point and the team that has the greater numbers of points at the end of the game is the winner. If the game ends in a tie, a sudden-death playoff begins with a center face-off. The game is then decided by the first goal to be scored.

**TERMINOLOGY:**

**ASSIST:** A pass to a teammate which permits him/her to score a goal.

**CLEARING THE PUCK:** An offensive maneuver to move the puck out of the defensive zone.

**CREASE:** An area in front of the goal which an offensive player may not enter.

**DEFENSIVE TEAM:** The team that is being attacked.

**FACE-OFF:** Method of putting the puck in play by having the referee drop the puck between two opposing players.

**GOAL:** The nets at either end of the floor. You score by putting the puck in the goal.

**MINOR PENALTY:** Results in the opposing team passing in the puck from out of bounds.

**MAJOR PENALTY:** Two minutes in the penalty box.

**PENALTY BOX:** The area where violators are sent for a period of time.

**POWER PLAY:** An offensive attack when the other team is short a player due to a penalty.

**SAVE:** To stop the puck from going into the goal.