

# Floor Hockey

## BACKGROUND:

Floor Hockey comes from Field Hockey and Ice Hockey. Field Hockey is thought to be one of the oldest games played. Figures of hockey sticks appear in ancient Greek art and Egyptian hieroglyphics. Ice Hockey, Canada's national sports, has been traced to games of field hockey that British troops played on frozen lakes and ponds in Ontario and Nova Scotia in the 1860's. The game of floor hockey was taken from both of these two sports.

## BASIC RULES & CONCEPTS

- Floor Hockey is generally played in a gymnasium. There is no out-of-bounds and the puck can be played off the walls.
- There is a net on each side of the playing area, marked with either a line or cones is a crease. No one with the exception of the goalie is allowed inside the creased area.
- Floor Hockey games are played with a varying amount of players, depending on the size of the playing area.
- The game begins with a face-off between two opposing players in the center of the floor.
- Floor Hockey is not played with the same type of protective equipment as field/ice hockey. **EMPHASIS ON SAFE PLAY**, techniques as body checking, high sticking, and lifting the puck off the ground are not allowed. A player may be sent to the "penalty box" for a time period due to dangerous or unsportsmanlike actions.

## Terminology:

**High Sticking**- blade of the stick rides above the knee. Dangerous/Illegal play.

**Hacking**- Hitting an opponents stick with unnecessary force

**Dribbling**- Moving the ball around the court with ones stick (Windshield, Drag, Tap).

**Passing**- Moving the ball to a teammate.

**Crease**- The area surrounding the net that you or your stick may not enter.

**Face-off**- Begins the game, between two opposing players.

**Defense**- When the opposing team has the ball.

**Offense**- When you are the attacking team, have possession of the ball.

**Third Party**- This rule minimizes pile ups and injuries. If there are already two people going for the ball, back away. There is a party, instead move somewhere else on the court where you can be **helpful** IF your teammate does when the ball instead of creating a cluster.