

Conrady Junior High

Physical Education

Floor Hockey Unit

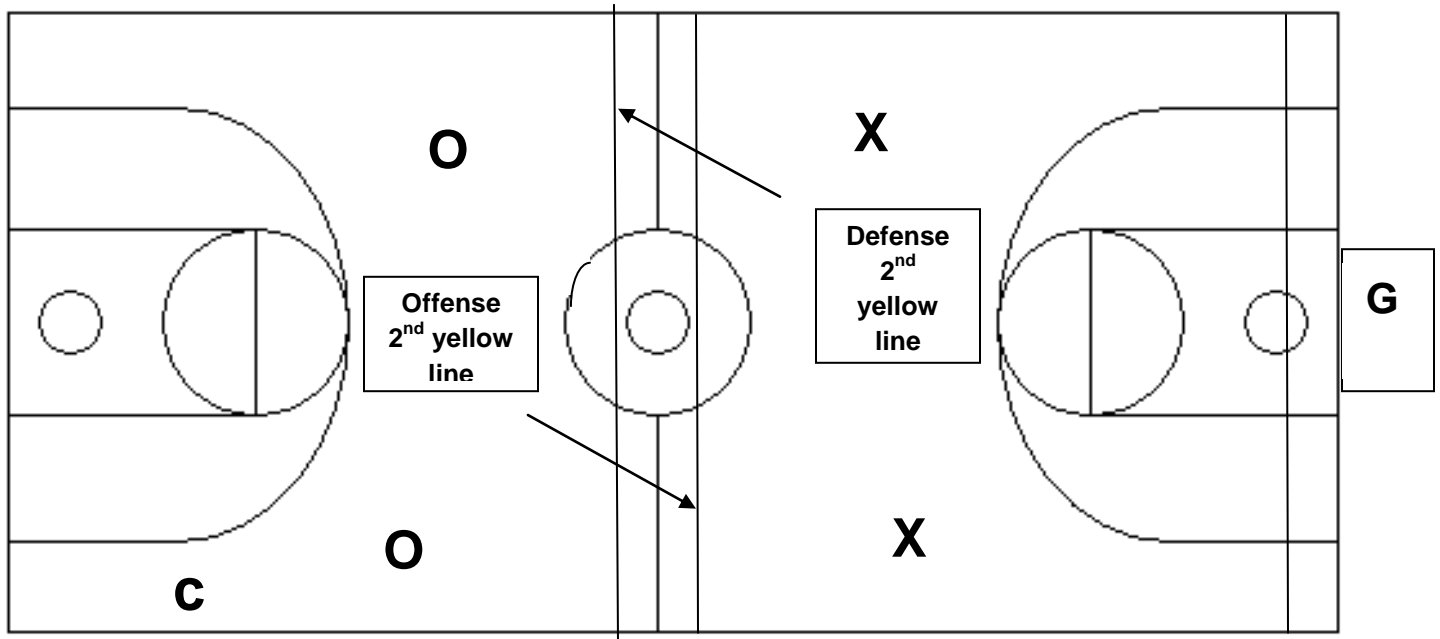


Floor Hockey

Rules & Regulations

- Each team will have 6 players on the floor; players include 1 goalie, 2 defenseman (left & right), 2 wings (left & right), and 1 center (rover)
- The center is the only position that may move anywhere on the court. All other positions are restricted to the second yellow offsidess line

Example of Offsides Rule

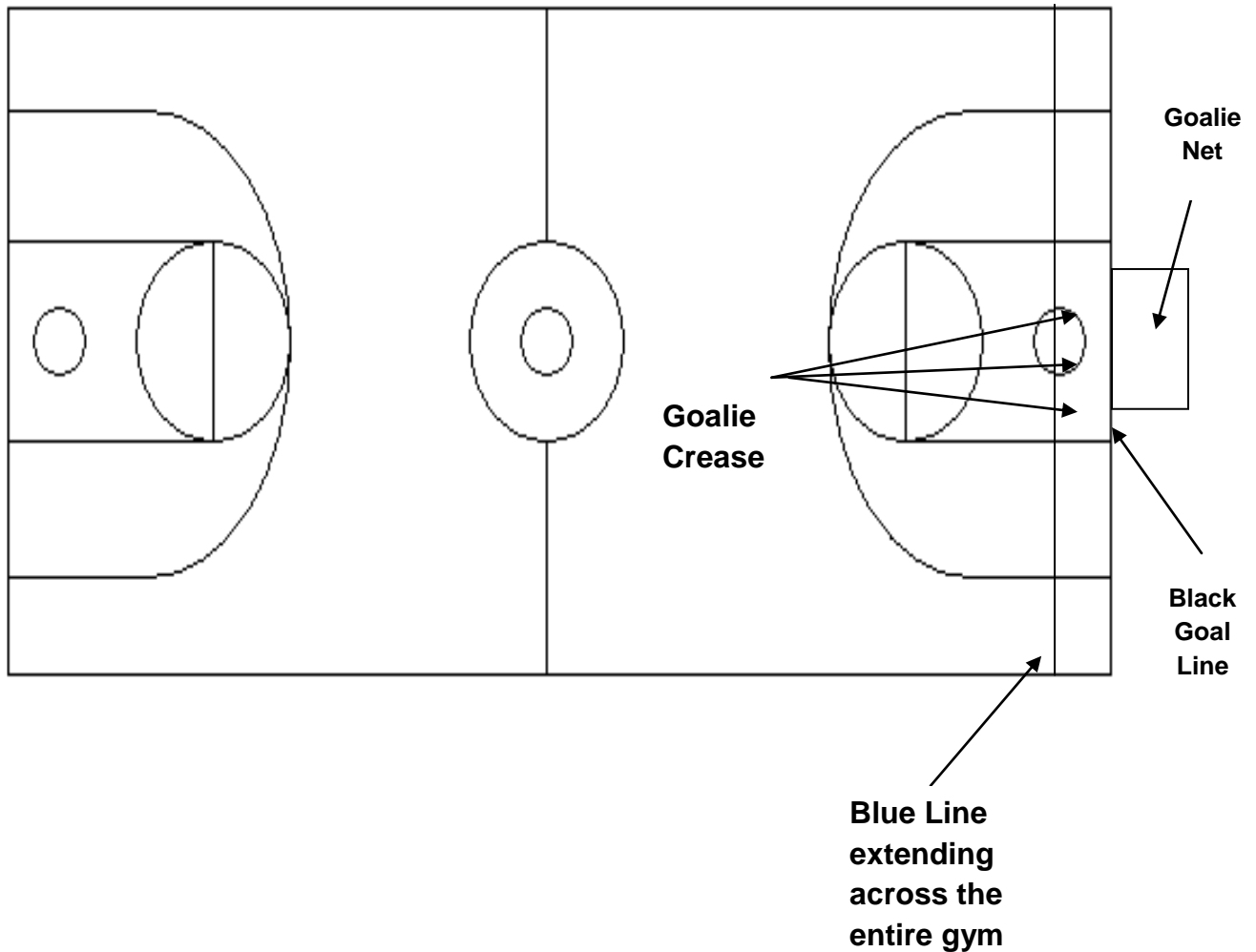


X= Defense O= Offense

G= Goalie C= Center (Can go anywhere)

- The captain of the team is responsible for having a starting lineup before the game. Also making sure that players rotate positions and get equal playing time. Failure to meet these requirements can result in penalties or forfeitures
- The game begins with a faceoff at center. Exception: unless game rules have been broken such as being unprepared, delay of game, wearing jewelry, untied shoes, unsportsmanlike conduct, stick abuse, etc. In this case, a penalty shot would start play
- A goal can be scored by anyone from anywhere except in the goalies crease. Goalie crease is the area surrounded by the blue line, free throw lane lines, and goal line. If any part of the puck crosses over the goal line (black line), it is a goal

Goalies Crease in Floor Hockey



- Penalty shots will be awarded for the following violations: high-sticking, spearing, slashing, pushing, tripping, hooking, offsides, contact with goalie in the crease, shooting in the crease area, deliberately freezing the puck (except for the goalie), and infractions listed in #4. Penalty shots are taken from the free throw line. High sticking is allowed only on penalty shot. If 1st attempt fails, high sticking isn't allowed anymore.
- An airborne puck may be knocked down with your hand. If the puck is caught it must be dropped in front of you and not directed forward
- Face offs will occur during the game for the following reasons: After a goal is scored, frozen puck by students sitting on the side, frozen puck by goalie, frozen puck under the mats, substitutions, entry into game, teachers timeout, and injury timeout

- When a player or players are switching positions, one of the teachers must be informed. This can only be done on a dead puck situation (break in the action). If a teacher is not informed of the switch, a penalty shot will be awarded to the other team
- Goalies have special privileges only while in the goalie crease. This includes handling puck with hands, freezing the puck, high-sticking, throwing puck to a teammate (goalies throw to a teammate must touch a player before it passes the yellow offside line, if it doesn't a penalty shot will occur for the opposing team. If the goalie holds the puck longer than 3 seconds it is considered frozen and a faceoff will occur either to the left or right circle of the net. The goalie may use his hands outside of the crease to stop shots at the goal only)
- Any player who is called for a violation will be penalized with a penalty shot and be replaced by a substitute off the bench

Important Safety Rules

- Plastic sticks & pucks are used for your safety. Any personal equipment you would like to use must be approved by your P.E teacher
- No checking or rough play is allowed. Play the puck first, not the opposing player
- No stick blades are allowed above the waist before and after any type of shot or pass. This also includes carrying the stick while standing, walking, or running. High sticking is allowed only on a penalty shot
- Proper grip on sticks should be used. Fingers and thumbs wrapped around the shaft with strong hand at least at the middle of the stick

- Safety glasses or a goalie mask must be worn by all goalies. Failure to wear mask or glasses will result in penalty shot and substitute
- When you are not playing, you must be seated in the designated area for substitutes. You are responsible for your undivided attention to the game in progress to avoid errant pucks. Protect yourself when necessary and do not interfere with the game being played. If the puck gets shot near you or underneath your body, toss the puck 1 foot away from you. Please don't throw the puck so one team has an advantage

