**Floor Hockey Study Guide**

**Objective:** To score more points than the opposing team by shooting the puck/ball into the net.

**Teams/Positions:**

1. Goalie/Goalkeeper – Player is allowed to stop the puck/ball with his or her hands, feet, stick, or glove.
2. Defencemen – 1 Right and 1 Left Defencemen. Responsibility is to help get the puck/ball to Forwards, help the goalie defend own goal, and keep the puck/ball in the opposing teams end.
3. Forwards – 1 Center, 1 Left Wing, 1 Right Wing. Responsibility is to score on opposing team’s goal, center helps Defencemen at times.

**The Game:**

* The game starts off with a face-off. Face-offs also occur after each goal is scored or if there is a stoppage of play.
* A goal is awards when the puck/ball crosses the goal line (imaginary line between two goal post), which results in 1 point. A goal can be obtained when a player hits, sweeps, or pushes the puck into the net with the stick directly, or deflects it off of his/her teammates or a defensive player into the goal. If a single player scores 3 goalie it is called a **Hat trick**.
* A goal will be disallowed if there is an offensive player in the goalies crease or a foul/penalty occurs during the shot. A player **may not** kick or throw the ball/puck into the net.

**Safety Rules:**

1. Do NOT bend the blades with your feet.
2. Sticks below the waist at all times
3. Play the puck/ball not the opponent
4. No checking or body contact is allowed
5. No slap shots
6. All players must wear googles
7. Puck/Ball must not be held in the hand, except for the goalie.
8. Goalies must have proper equipment on.