

Floor Hockey Handout

1.) Nature or Purpose of the sport:

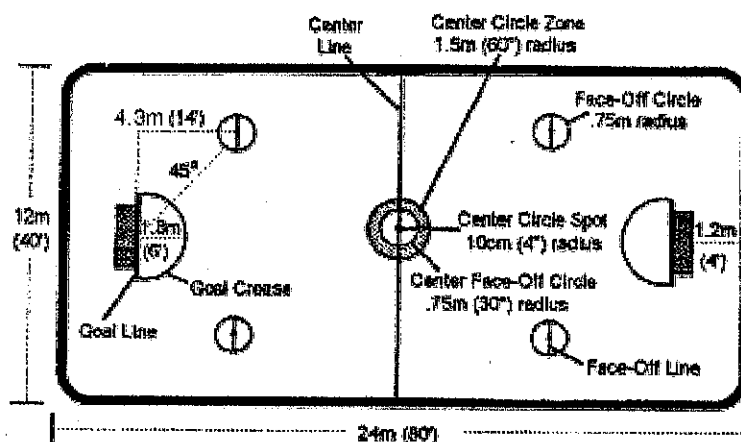
Floor Hockey is adapted from the game of ice hockey. Floor Hockey is played in a rink, but the surface is made of wood or concrete. The teams are composed of six players, including a goalie. It is a great game to play if you like hockey, but cannot skate very well.

2.) History of the sport:

Many people say that they invented floor hockey, but it dates back to the 1950s in the USA. People started playing hockey in a gymnasium. Floor hockey was first introduced as a Special Olympics sport at the 1970 Special Olympics World Winter Games. When floor hockey reached Europe, the puck was soon dropped in favor of a light plastic ball. The new sport, with the name *floorball*, was first played in Sweden in the early 1970s. Floor hockey helped create floorball. Floor hockey is the only team sport in Special Olympics Official Winter Sports. The 2001 Special Olympics World Winter Games floor hockey competition consisted of 860 athletes from 46 countries. Today 17,690 athletes from 71 Special Olympics Programs compete in floor hockey.

3.) Facility layout:

Official Dimensions of the Floor Hockey Playing Surface:



4.) Basic Rules:

a. Players and Line Rotations

- 1.) A team on the playing area must consist of six (6) players; one (1) goalkeeper that must play from a standing position, two (2) defenders, and three (3) forwards (one center and two wings).
- 2.) There must be a goalkeeper at all times during play, with the exception of the last two minutes of the game when the goalkeeper may be removed for an extra forward/player.

b. Time of Play

- 1.) Games will consist of three 9-minute periods, with a 1-minute break between each period.
- 2.) One 1-minute time-out is allowed per team per game.
- 3.) Each period will begin with a face-off at the center floor face-off circle.

c. Goals

- 1.) The entire puck must pass over the goal line to count as a goal scored.
- 2.) One point counted for each goal scored.
- 3.) The offensive player must put the puck into the goal with their stick; kicking or throwing the puck into the goal is not allowed.
- 4.) If the puck is inadvertently deflected into the goal by an offensive player or by a defending player, it counts as a goal.
- 5.) A goal is scored anytime the puck is put into the goal in any way by a defending player.

5.) Basic Terminology

- **Clear the Puck:** Getting the puck out of your zone to prevent your opponents from scoring.
- **Face-off:** Games begin with a face-off between centers where the puck is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the puck back to your side. Both players' sticks must start on their side and remain in contact with the floor until the puck is dropped.
- **Slap shot:** A shot that involves the swinging of the stick behind, slapping the puck, and the follow-through brings the stick up high. An illegal shot in floor hockey.
- **Wrist shot:** When a player uses a flicking motion to move the puck. The stick remains in contact with the floor, and there is no backswing or high follow-through.

