



## **FLOOR HOCKEY**

(These are the rules by which we play in PE class for safety reasons.)

### **RULES:**

1. A puck is used for floor hockey. For PE classes, a rubber safety puck is used.
2. Students may not loft the ball above the waist.
3. Sticks must stay below the shoulders.
4. Body checking and stick checking are **not** allowed.
5. Only the goalie may pick up the puck and only in the crease.
6. The goalie may pick up the puck in the crease and may throw the puck as long as it is playable on his half of the gym.
7. No one is allowed inside the crease except the goalie.
8. The puck may be kicked, but it must be hit into the goal for it to count as a goal.
9. Either side of the stick may be used to hit the puck.

### **TERMINOLOGY:**

1. Face off – the way a game is started and restarted after each goal.
2. Crease – the area in front of the goal where only the goalie is allowed to be.
3. Body checking – pushing or shoving an opponent.
4. Stick checking – interfering with an opponent's stick, including hooking the stick.