**Hockey Study Guide**

Floor Hockey is a team game played with a puck and stick. Players use a curved stick to hit, push, flick, or scoop a puck about the field of play in an attempt to score a goal. The game is won by the team to score the most goals. Hockey is played in over 30 countries.

**Terminology:**

* **Face-off** – A match-up between two offensive players in which the puck is dropped between them to begin play. The puck must contact the ground before a player touches it.

* **High Sticking** – A player’s stick must remain below the waist at all times, including passing and shooting.

**Scoring:**

A goal is scored when the puck completely crosses the goal line between the posts and under the crossbar. The puck may not be kicked into the goal by an offensive player. Shots used are wrist shot and slap shot.

**Starting Play:**

Play begins with a face-off in the center of the court. All offensive players line up to face off an opposing player and the puck will be dropped at random between two offensive players. After the face off, the offensive players must move to the offensive side of the court. A face-off is also used to begin play after a goal is scored.

**Rules of Play:**

1. Offensive players must stay on the offensive half of the court and defensive players must stay on the defensive half of the court. A player’s stick may cross over the center line to play a puck but the player’s feet may not.

2. A player may use his/her feet to stop a puck, but may not kick the puck or step on the puck to keep another player from playing it.

3. A player may catch the puck out of the air with his/her hands but must drop the puck in a straight line down to his/her stick to play the puck. A player may not throw the puck.

4. A game is played with six players per team.

**Penalties:**

A player is not permitted to:

1. High Stick (see definition under terminology)

2. Hit wildly into an opponent or play the puck in a way that is dangerous to another player.

3. Hit, hook, hold, strike at, or interfere with an opponent’s stick.

4. Charge, kick, shove, trip, strike at, body check, or handle and opponent or his clothing.