

## Floor Hockey Study Guide

Floor hockey is a non-contact adaptive sport. Rules of the game vary according to the age and ability of the players and the facility available. The following rules are what we use here at Wamogo.

1. Play starts with the placing or dropping of a puck, for a face-off, at the center of the playing area, by the referee. (Also, the three stick tap is used for face-offs).
2. Positions:
  - one center and two wings (forward positions)
  - two defense
  - one goalie
3. At the face-off players must be on their own side of the face-off spot. After the face-off the forwards switch sides and stay on their attacking side of the court.
4. Offensive players must stay on offensive side of the court and cannot go past the half court line. Defensive players must stay on their defensive side of the court and cannot cross the half court line.
5. Play is resumed by a face-off when play is stopped for:
  - Goals
  - Change of players
6. Goalies:
  - Must wear protective goggles.
  - May hold/pick up the puck.
7. Equipment:
  - Plastic Sticks (Player and Goalie)
  - Puck
  - Goals (Floor Mats)
  - Protective Goggles
8. Penalties:
  - Players not being on their correct side of the court.
  - High sticking (a raised stick - tip of blade or more above waist - should be called anywhere). A goalie may also be given a penalty for a high stick if, in the opinion of the referee, it was dangerous to an opposing player.
9. Length of Game:
  - Class Period
  - Teams trade out players every 3 minutes.