FLOOR HOCKEY

1. To start the game, after a penalty, after a score and when the ball was hit out of play, one team will have the ball in the middle of the circle and pass it to a teammate. The other team cannot be in the circle. There is no scoring from the circle. A regulation game starts with a face-off where the puck is dropped between 2 players of opposite teams.

2. The goalie is the only one allowed in the goal box. You cannot run through or put your stick in the goal box.

3. When a goalie makes a save he must toss the ball to the side, he cannot toss the ball past the mid court line. The goalie can only hang onto the ball for three seconds.

4. The forward job is to try and score. The defense job is to help prevent a team from scoring. The goalies job is to prevent the offense from scoring. The forwards, defense and goalies are restricted to the mid court line.

5. The center (the one with the striped stick) is the only one who can go past the mid court line.

6. No player is allowed to step on and hold the ball to stop play.

7. A penalty starts when the player is in the penalty box and gives the referee his stick.

8. Penalties include high sticking, tripping, slashing, checking, not having two hands on the stick, slap shots and not holding on to your hand guard.

6 on a team 2 Forwards, 2 Defense, 1 Goalie and 1 Center

7 on a team 3 Forwards, 3 Defense, 1 Goalie and 0 Center

8 on a team 3 Forwards, 3 Defense, 1 Goalie and 1 Center