

## **FLOOR HOCKEY STUDY GUIDE**

- 1. In hockey there are six positions; goalie, right defense, left defense, center, right wing and left wing.**
- 2. A regulation goal net is 6 feet wide and 4 feet tall.**
- 3. There are four types of shots in hockey: the wrist shot, snap shot, slap shot and backhand.**
- 4. In floor hockey there is absolutely no checking and protective glasses must be worn at all times.**
- 5. A regulation ice rink is 85 feet wide and 100 feet long. An Olympic rink is 100 feet by 200 feet.**
- 6. To start a game and after each goal is scored, a faceoff takes place.**
- 7. The puck must completely cross the goal line for a goal to be scored.**
- 8. In floor hockey, sticks should not be raised above the waist.**
- 9. A regulation hockey game is broken into three periods of play.**
- 10. In regulation hockey, a minor penalty is two minutes, a major penalty is five minutes and a misconduct penalty is ten minutes.**
- 11. A power play for your team is when the other team has one or more players in the penalty box.**