



BASIC RULES

Generally, gym hockey follows the rules of the National Hockey League. The most significant difference is the elimination of face-offs in gym hockey. Modifications based on the number of participants on each team and the playing facility can be made easily. Keeping the rules simple adds to the enjoyment of the game.

The do's and don'ts and basic rules of gym hockey can be taught in fifteen minutes.

- a. Play the puck or ball — not the opponent.
- b. Sticks must be carried and used below the waist, never raised above.
- c. Checking is forbidden.
- d. Players should anticipate the movement of the puck or ball.
- e. Play is continuous. Players should be constantly moving.

PLAYING AREA

Any reasonably smooth indoor or outdoor surface can be used — gym, playground or athletic field. The playing area should be twice as long as it is wide and the boundary lines should be clearly marked. A line or markers should be used to indicate the center line. The goal area should not be more than five feet wide.

TEAMS

The standard game is played by two teams, each with six players. A center, two forwards, two defensemen and one goalie make up each team. If there are more than twelve players, split them into additional teams of six and rotate them as goals are scored or at timed intervals.



EQUIPMENT

One Shield School Pack provides enough equipment for two teams of six. For larger classes, it is ideal that each player have a stick which would require additional School Packs. Shield goals and nets are available but are not included in the School Packs. Goals can also be improvised from existing gym equipment. Consider the safety of the players. Encourage the use of mouth guards and the wearing of sneakers or rubber soled shoes. Those wearing glasses should have shatterproof lenses or use protective shields; all 6th, 7th & 8th GR. students must wear eye protection. (goggles)

PLAY

A center court face-off begins play. After a goal has been scored, play continues at the goal line by the team scored upon. The ball or puck may not be caught or held in the hand, except by the goalie. It may be stopped, but cannot be held, passed, or advanced with the hand.

PERIODS

A regulation game, with two teams of six, consists of two separate shifts which are three minutes long each with two shifts making up one period. The game will last three periods or six shifts.

GOALS

A goal is scored when a player hits, sweeps or pushes the



puck or ball into the net with his stick directly, or deflects it off one of his teammates or a defensive player into the goal. A player may advance the puck or ball with his feet but he cannot kick it directly into the net to score. If a player kicks the puck or ball and it deflects off a defenseman into the goal, the goal will be allowed. If a defenseman shoots or kicks the puck or ball into his own net, the opposing team shall be awarded a goal. The puck or ball may not be thrown into the net to score.

GOALIE

The goaltender is the sole player permitted to catch the puck or ball and can do so only when he is in the crease. When he catches or stops the puck or ball, he must be given room to either throw or pass it to one of his teammates. The goalie should be instructed to remain standing to avoid being hit in the face by the puck, ball or stick. Goalies must wear, a goalie mask and combination of catching glove and/or hockey gloves for hand protection. Goalie pads are optional.

OUT OF BOUNDS

If the ball or puck crosses the boundary lines of the playing surface, the last team having contact with it loses possession. This applies to side and goal lines. Play resumes where the ball or puck went out of bounds.

PUCK OR BALL BEHIND NET

If the puck or ball becomes stuck in the netting of the goal, or travels more than ten feet behind the goal, the defending team begins play at their goal line.

INFRACTIONS AND PENALTIES

- a. Loss of possession is assessed for:
- Catching or carrying the ball or puck in the hand, except by the goalie.
 - Throwing the ball or puck, except by the goalie.

Out of bounds — the last team to touch the ball or puck before it leaves the playing area loses possession.

- b. Penalties — When a penalty is called,

★ The instructor will award a penalty shot instead of removing a player for two minutes. Play is stopped and one player is chosen to take a single shot. The goalie is the only defender as the shot is taken not less than twenty feet from the goal. No rebounds are allowed. If a goal is scored, missed or saved the team that was penalized begins play at their goal line.

An intentional infraction of the rules is a major penalty. Either the offending player leaves the game for four minutes, or two penalty shots to make one goal are awarded. Major penalties are rarely called. The instructor must judge whether the infraction was intentional.

- c. Calling penalties — Penalties should be called for any action not directed at the puck or ball, unnecessary roughness or illegal use of the stick.

Body contact is permitted only if the player is going for the puck or ball; however, intentional blocks, as in football, are penalties. Fighting is prohibited; offending players should be ejected from the game.

- d. Types of penalties:

1) Interference and Charging 2) Elbowing 3) Cross Checking and Slashing 4) Butt Ending 5) High Sticking 6) Tripping and Hooking 7) Any crease violation 8) Unsportsmanlike conduct 9) Leaving the stage before the end of the period 10) Any interference which slows or interrupts the flow of the game.