

RULES AND REGULATIONS FOR JAYFRO INDOOR FLOOR HOCKEY

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INTRODUCTION

JAYFRO INDOOR FLOOR HOCKEY is an extremely popular sport as it can be used to great advantage during intramural activities as well as an "in-between season" sport. Although it appeals to all ages, it is especially suited to the younger boys and girls, since it does not require the beginning coordination necessary for other major sports. One can learn to be a fairly good player and can be contributing member of the team while learning.

Because of the unique Jayfro Saf-T-Puk, the game is made more interesting in allowing the players to flip or lift the puck on passes and shots at the goal. The game can be kept safe by teaching the players to carry the stick low and not allowing the stick to go higher than the waist on the follow through. Also, a player may not "check" an opponent into the "boards", or, in other words, he cannot bump another player into the wall.

PLAYING AREA

An entire gymnasium with the wall and bleachers as boundaries may be used. This can approximate a regular ice hockey area and does not slow up the game by the necessity of bringing in the puck for a face-off too frequently. Modified areas can be used such as basement rooms, multi-purpose rooms, auditorium rooms and class rooms.

PLAYERS

Each team consists of 6 players: Two forwards, two defense men, one center and one goalie. Four to six substitutes are allowed to bring the team rosters up to ten or twelve players. Substitutes may enter the game when time has been stopped through the time keeper or the referee.

SPECIAL NOTE:

"Mass Hockey" with classes or groups may be played by adding more substitutes and changing them a little more often so that more participants may enter the game.

RULES OF THE GAME

In general regular hockey rules are followed with certain modifications. The game should be run for three periods with a rest period of approximately three minutes between periods. It is suggested that the seniors and older groups play eight minute periods and that the younger participants play five to seven minute periods.

The game is started with a face-off by the referee who puts the puck into play by tossing it into the center circle of the gym floor, where the two centers then try to pass the puck to a teammate. The forwards must be at least six feet from the center on the face-off. Begin each period with a face-off and have the teams change goals.

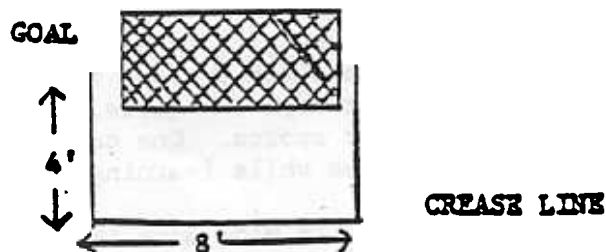
After a score, play is restarted with a pass from the center circle by a member of the team scored against. The puck may be advanced using the stick alone. It is not legal to kick or throw the puck. However, the puck can be stopped with the feet, or may be blocked with the hand if in the air.

The goal keeper may stop the puck in any position, but cannot throw it except to clear the goal. He may go in any direction to stop the shot or rush.

For a score, the puck must pass into the goal or net. One point is scored for each goal. The point does not count if the player crosses the crease line in front of the goalie. This crease line is an area 4' x 8' directly in front of the goal (see illustration). This line protects the goalie from the onrushing players. A goal attempt which is illegally blocked results in a penalty shot and if missed, the puck is in play.

NOTE:

The goalie crease line can be marked off with special colored tape or adhesive tape if desired.



PENALTIES

Players penalized for any of the following infractions must spend the specified time in a penalty box. If a team has two of its players in the penalty box, the next penalty will be delayed until one man returns to the game. When a penalty is awarded, the opponents receive a free pass on the spot.

A MINOR PENALTIES - one minute

1. Delaying the game.
2. High stick (for safety, this rule will be rigidly enforced. Anytime a player carries or lifts a stick above the waist, penalty will be called. When a player is not in control of puck the stick must be carried at knee level.)
3. Standing, stepping into, or moving through the defensive goal crease at any time.
4. Hooking or holding stick of another player.
5. Interference, preventing player from reaching puck.
6. Charging, running into, roughing, elbowing, pushing or tripping.
7. Deliberate displacement of cage.

B MAJOR PENALTIES - two minutes

1. Pushing or charging an opponent into side or end wall or goal cages, or attempting to do so.
2. Attempting to injure opposing player. (Offender may also be disqualified at referee's judgment.)
3. Slashing opponent or opponent's stick with stick from overhead or high position.

C MISCONDUCT - four minutes

1. Disputing referee's decisions or showing disrespect for an official.
2. Using profane language.

IMPORTANT NOTES:

- A Depending on individual needs, the above rules are flexible to the point where they can be adapted or interpreted in a different manner to suite the situation.

The Jayfro Indoor Floor Hockey Units are so designed that girl's field hockey lead-up games can be played to an advantage. Actual field hockey rules for girls may be adapted very easily using field hockey sticks indoors. We suggest that the sticks be covered with socks made into sleeves or some other material to protect the gym floors..

It is suggested that a baseball glove be used by the goalies to give them a greater advantage in terms of "saves" during active play in their position.

- D May we remind you that the knee guards used for the goalies are for psychological effects only to make the game appear more realistic.