

## **4/5 Year Old FLOOR HOCKEY RULES & PROCEDURES**

1. All players on each team will play equal time.
2. Games will consist of two 12-minute halves. The clock never stops.
3. Open net (*no goaltenders*)
4. Five players at a time. Substitutions are on the fly. If team is short players, game may be played with 4 players, or one team can “loan” players till more arrive for the team that is short.
5. The official will have complete control of the game. He/she will choose which team starts play with ball. After each goal scored, teams line up at half court area. Many teams play a “front line” of 3 players, and a “defense line” of 2 players closer to goal area. Play begins when referee blows whistle and the “center” **must** pass hockey ball to one of their teammates.
6. Emphasis is placed on having fun, fair play, values education, and learning skills.
7. Eye protection and soccer shin guards are encouraged, but not required.
8. **The hockey stick-head must remain on the floor** at all times; ie. while shooting, on follow-thru, on passes, while running. **Coaches, emphasize this during practices.**
9. Walls are in-bounds, balls hit into the spectator area can just be pushed back into play by parents.
10. Teams may work toward developing an offensive line and a defensive line if they choose to. 3 players attempting to score on the offensive side of the court, while 2 players stay back for defense. This will help spread the players out on the court somewhat. Coaches must be sure to rotate players offensively & defensively.

January 2010

**YMCA Mission:**

**To put Christian Principles into practice that build healthy spirit, mind and body for all**