

# Street Hockey Study Guide

## Basic Rules:

- The game is started with a face-off/ Bully, with both teams on their side of the court.
- After a goal is made both teams go back to their side of the court and put the puck back into play with a face-off.
- **Spread out!!** Don't bunch up around the puck. Play the puck not the opponent's stick.
- ABSOLUTLEY NO HIGH STICKING- Sticks must be carried and used below the waist. This means keeping the stick below waist even after the follow through hit.
- Play is continuous. Players should be constantly moving and watching where the puck is. Not standing talking!!
- If the puck is in the air, players may catch it and immediately drop it to the ground and continue play. Do not TOSS the puck.
- Do not step on the puck so that the other players cannot hit it.
- Players can stop the puck with the side of their foot but NO kicking the puck or stepping on it.
- You can play behind the goalie's net. The end line is the yellow line.
- If your goalie is caught with their mask off, the other team gets a penalty shot. So keep your mask on unless switching goalies.
- Players can use a "jab" technique, in which the defender tries to poke the ball away from the other player.
- One point is awarded when the puck goes inside of the net.

## Out of BOUNDS:

- If the puck goes out of bounds, the last team having contact with the puck loses possession and the other team puts it back into play. Players must be 5 feet away.  
Players can not score from an out of bounds shot!!

## GOALIE:

- The goal tender is the only player permitted to catch, kick and step on the puck, as long as the goal is inside the crease.
- If goalie comes out of the crease, he becomes a regular player.
- The half semicircle is the crease where the goalie's net is.
- **NO ONE IS ALLOWED IN THE GOALIE'S CREASE.**
- The goalie is allowed to toss the puck underhand as long as it does not roll or go past half court. If the puck goes past half court, it is a turn over.

## NO NO's:

- Elbowing: when a player sticks out elbow to hit another player.
- High Sticking: stick above the waist.
- Hooking: using stick blade to hook/grab any body part of an opponent.
- Hitting: hitting with the stick.