

FLOOR HOCKEY & WHIFFLE BALL/SOFTBALL

FLOOR HOCKEY

THE TEAM:

- Each team consists of 6 players.
- One goalkeeper who stops the puck with hands, feet or the stick. One center is the ONLY player allowed to move full court and who leads the offensive play.
- Two defense players who cannot go past the centerline into the offensive area and whose responsibility it is to keep the puck from entering the defensive half of the floor.
- Two forwards who work with the center on offensive play and cannot go past the centerline into their defensive area.

SAFETY:

- Protective eyewear will be worn at all times!!!
- High sticking will be called on any players that lift their stick above their waist.

STICK HANDLING:

- Keep the hands separated 8 to 12 inches apart on the stick, right handed players with their right hand in the lower position.
- Sticks should be carried low at all times, in readiness to intercept shots made by the opponents.

THE GAME:

- A face off begins the game and after every goal.
- Puck can deflect off player or equipment, but cannot be kicked into the goal.
- The goalkeeper may use their hands or stick to clear the puck away from the goal, but they may not hold it more than 5 seconds, or throw the puck towards the other end of the playing area.
- The goalkeeper may be pulled from the goal box, but is restricted to the centerline.
- The term Power Play is used when one team has to play shorthanded due to players serving their penalties.

ROUGHING FOULS:

- Contact with the goalie in the goal box.
- Pushing, blocking with the body, tripping or any other action considered dangerous.
- High sticking above the waist.

MISCONDUCT:

- Anytime play is deliberately stopped by holding the puck, lying on it, or placing your foot on the puck.
- Offensive and defensive players cannot be in goal box or play the puck from the goal box area with their stick; goalie is the only exception to this rule.

LMS ONLY: If you are charged with a foul during class you will have to sit out for **30 seconds**.

WHIFFLE BALL/SOFTBALL

RULES:

A strike occurs when -

- The ball is pitched over home plate in the strike zone (between the knees and armpits of the batter) and the batter does not swing.
- The batter swings and misses a pitch.
- The batter hits a foul ball that is not caught by the fielding team.

The batter/runner is out when -

- Makes three strikes.
- The batter hits a foul tip that is hit above the catchers' head and is caught.
- Is hit with their own-batted ball outside the batter's box.
- If a fair ball is fielded and thrown to first base before the runner reaches the base.
- If they are tagged when off base, except over running first base.

- A batted ball hits the runner in fair territory.
- They interfere with a fielder trying to make a play.
- They do not return to base after a fly ball is caught before the ball reaches the base (tag-up).
- They run out of the base line.
- They are forced out.
- They are not on the base when the pitcher pitches the ball.

VOCABULARY:

- **Error** - A misplay by a fielder allowing the base runner to advance or be safe on an otherwise sure out.
- **Double Play** - Two successive outs executed during a single play.
- **Force out** - a play where the fielding team can make an out by just throwing the ball to a base with out tagging the runner.
- **Inning** - Each team has had a turn playing at bat and in the field.
- **Tag-Up** - A base running play where the runner goes back to the base on a fly ball, waits for the ball to be caught, and then attempts to advance to the next base.
- **Grand Slam** - A home run that is hit when the bases are loaded scoring four runs.
- **Fly Ball** - A ball that is hit up in the air in fair territory.

THROWING:

- Grip the ball with your fingers, not the palm of the hand.
- Step forward with the opposite foot and follow through to where you want to throw.

FIELDING GROUND BALLS:

- Get in a good ready position with your feet spread apart and knees bent.
- When the ball is hit, position yourself so the ball is heading right at you. Before the ball gets to you, put your glove on the ground and watch it roll into the glove and cover with the other hand.

FIELDING FLY BALLS:

- Position yourself so you are right underneath the ball.
- When the ball comes down, catch it above your head.
- When the ball falls into the glove, place your other hand over the opening of the glove. This helps stop the ball from popping out of your glove.

RUNNING:

- Always know how many outs there are and be thinking about what you're going to do if the ball is hit.
- A runner on first base must always run on a ground ball.
- Only run on a fly ball if you know it will be a safe hit. If you're not sure if a fly ball is going to be caught, tag-up unless there are two outs.
- If all the bases behind you are filled you must run on a ground ball.
- If a line drive is hit make sure it drops for a hit before running.

PITCHING:

- Both feet must start on the pitching plate.
- Underhand pitch.
 - 12 inch softball -
 - Fast pitch.
 - Thrown in a slingshot or windmill technique and released at the hip.
 - 16 inch softball -
 - Slow pitch.
 - Thrown in an arch at least 6 feet high and no higher than 12 feet

