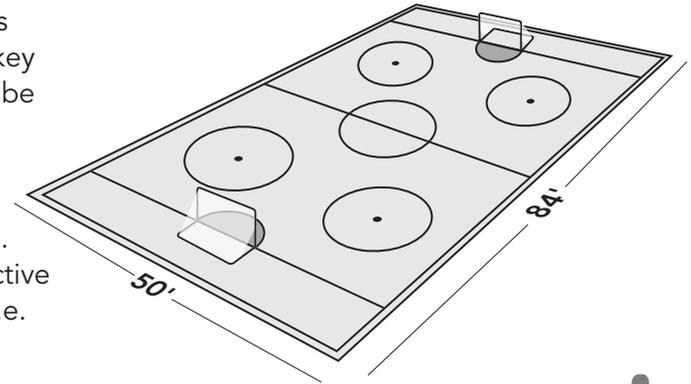Pull the kids off the street and let them fire away on the Sport Court® nets in your backyard. Develop skills, speed, and a killer slap shot. Roller or street hockey is played much like ice hockey with a few modifications. Best of all, there's no waiting for the Zamboni® to clean the ice.

Equipment: Two self-standing goals should be placed behind the court base lines and centered on the court. A hockey stick with a plastic bottom should be used with a plastic disc (puck) or street hockey ball. The goalie should have a hockey stick and baseball glove to protect the goal. When playing roller hockey protective gear is recommended for safety (i.e. helmet with mask, knee/elbow pads, shin guards, wrist pads).

Players: The game can be played with two or more players but no more than six may play on each side (3 forwards, 2 defensive, 1 goalie).

To Start Game: Place puck in middle of court with one player from each team on each side of puck. The other players should be positioned approximately 6' back from the center court. One player counts to three and the two players put the puck in play by trying to hit the puck to a teammate.

Scoring: A goal is scored when the puck is shot, with the stick, into the opponents' net. If the puck is kicked or pushed into the net with hands or feet the goal is not allowed. After a goal is scored the puck is placed in the middle of the court for face off to start play.

Game: Game is played to 10 goals or three periods, each lasting 10 minutes.

Court: Sport Court Hockey can be played on any size Game Court. The entire court is inbounds. If the puck goes off the court, the last team to touch it is at fault. The other team then passes the puck to their teamates from the spot it went out.

VIOLATIONS: NO BODY CHECKING, HIGH STICKING, TRIPPING OR PUSHING IS ALLOWED. IF THESE FOULS ARE COMMITTED, ONE FREE SHOT FROM CENTER COURT IS AWARDED FOR THE PENALTY (For free shot, the goalie stands outside and away from the net).