



FLOORBALL
CANADA



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Canada

FLOORBALL

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FLOORBALL CANADA 2023

HOW FLOORBALL IS PLAYED

Floorball is played in a match between two teams consisting of three (3) field players and one (1) goalkeeper in the court at one time. The idea of the game is to score more goals than the opposite team within the limits of the rules. The basic positions of the players are forwards, defenders and goalkeepers.

GAME TIME

The game time can vary in local competitions to meet scheduling requirements. In official matches the game time is **2 x 15 minute halves**. SOC National Games will include games that are two periods of 15 minutes. The game clock will count from 00:00 and up.

SOME SIMPLE RULES

Starting the Game:

The game begins with a faceoff at center court. Both centermen stand across from one another, blades facing forward, and sticks on either side of the ball. On the referee's whistle, the ball is in play and players attempt to win the faceoff.

Goals:

In the event of a goal, the ball is placed back at center court for a faceoff to resume play. Oftentimes in recreational games (versus official matches), the team which was scored on will place the ball in their own corner, with the opposing team past the half-line, and resume play.

Ball Out of Play:

If teams are playing within a standard floorball court (with boards), oftentimes the ball will be hit out of bounds. If this happens, the opposing team will start with the ball in a stationary position just inside the court where the ball exited the field of play. The player can then either shoot or pass, but cannot directly carry the ball from that point of inbound play. The defending team must keep a distance of at least three (3) metres.



Penalties:

Floorball is a sport which everybody can take part in and the rules encourage quick and technical play. When an offense has occurred, free hits are awarded to the opponents and if they are severe enough, penalties are given. A free hit is essentially a free kick in soccer, where the awarded team takes possession of the ball at the place of the offence. Players can pass or shoot from the spot, once the ball is stationary, with the defenders (3) three metres back.

Players can be sent off for two, five, or ten minutes or for the rest of the game, depending on the severity of the offence. A penalized player is not allowed to leave the penalty bench area, until their penalty time has finished.

There are a variety of circumstances where the referee may call a foul, which could result in a free hit or penalty, below are some additional rules which would be enforced.

Players are not allowed to:

- Hit, block, lift or kick an opponent's stick
- Push, tackle or obstruct the opponent
- Play the ball above the knee level with the stick
- Raise the blade above waist level when hitting the ball
- Play the ball with your stick between the opponent's legs
- Jump up and stop the ball
- Grab the ball with your hand or hit with your head (Goaltenders are permitted)
- As the defending team, make contact with the ball while standing in your own goal crease
- Intentionally pass the ball back to your goaltender, and the goaltender picks the ball up

Additionally, like ice hockey, a player who is fouled while on a breakaway which prevents his/her ability to make an attempt at goal, will be awarded a penalty shot.

Goaltenders:

As the only player on the court able to grab the ball with their hands, they play a vital role in preventing goals against. Goalies can also throw or roll the ball, however if bouncing, the ball must bounce on their half of the court before landing in the opponent's end.

Additionally, they must keep at least one foot inside the designated crease area at all times. (See Court & Goal Section for details on the crease)

FLOORBALL EQUIPMENT

Having the correct equipment for both players and goalies is an important part of floorball. Not only does it allow for players to be at their athletic best, but ensures they are safe from injury. Below are the basics to outfitting a floorball player:

Player:

- Athletic t-shirt
- Athletic bottoms (shorts or pants)
- Indoor shoes, with suitable traction for a gym floor
- Sport goggles or sport glasses with straps are required, as are soccer-type shin pads for non-goalie players
- Mouthguards are highly recommended

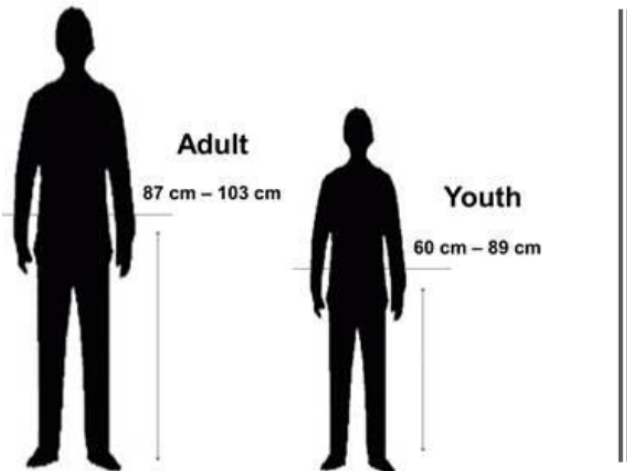
Goalie:

- Helmet
- Long sleeve shirt or jersey
- Long pants
- Indoor shoes, with suitable traction for a gym floor
- Protective padding underneath the jersey (Often recreationally, hockey shoulder pads and elbow pads can be used)
- Knee Pads underneath the pants (Often recreationally, volleyball pads can be used)
- Gloves are not necessary, however often used to protect the hands (Often recreationally, baseball batters, running or football gloves can be used)



Sticks:

Sizing your stick is an important part of making sure the player can play to his/her best ability. Sticks can range from; childrens (67cm to 82cm) and adults (87cm to 103cm). The measurement starts from the bottom of the shaft to the top of the stick, so not including the blade itself. Sticks are either left or right handed, which is determined by what hand is sitting lower on the stick when the player holds it. To decide which handedness is best for a player, typically the dominant writing hand, sits at the top of the stick, Ex. A player, whose dominant hand is right, would shoot left in floorball.



PLAYER HEIGHT	SHAFT LENGTH	SHAFT + BLADE
3'8" to 4'2"	67 cm	78 cm
4'2" to 4'4"	72 cm	83 cm
4'4" to 4'6"	77 cm	88 cm
4'6" to 5'0"	82 cm	93 cm
5'0" to 5'4"	87 cm	98 cm
5'4" to 5'8"	92 cm	103 cm
5'8" to 6'0"	96 cm	107 cm
6'0" to 6'4"	100 cm	111 cm
+ 6' 4"	103 cm	114 cm

LEFT HANDED



RIGHT HANDED



Balls:

Floorballs are made of a hard plastic, with holes throughout. The ball is light and because of its shape and density, it's more susceptible to bouncing and moving quickly.



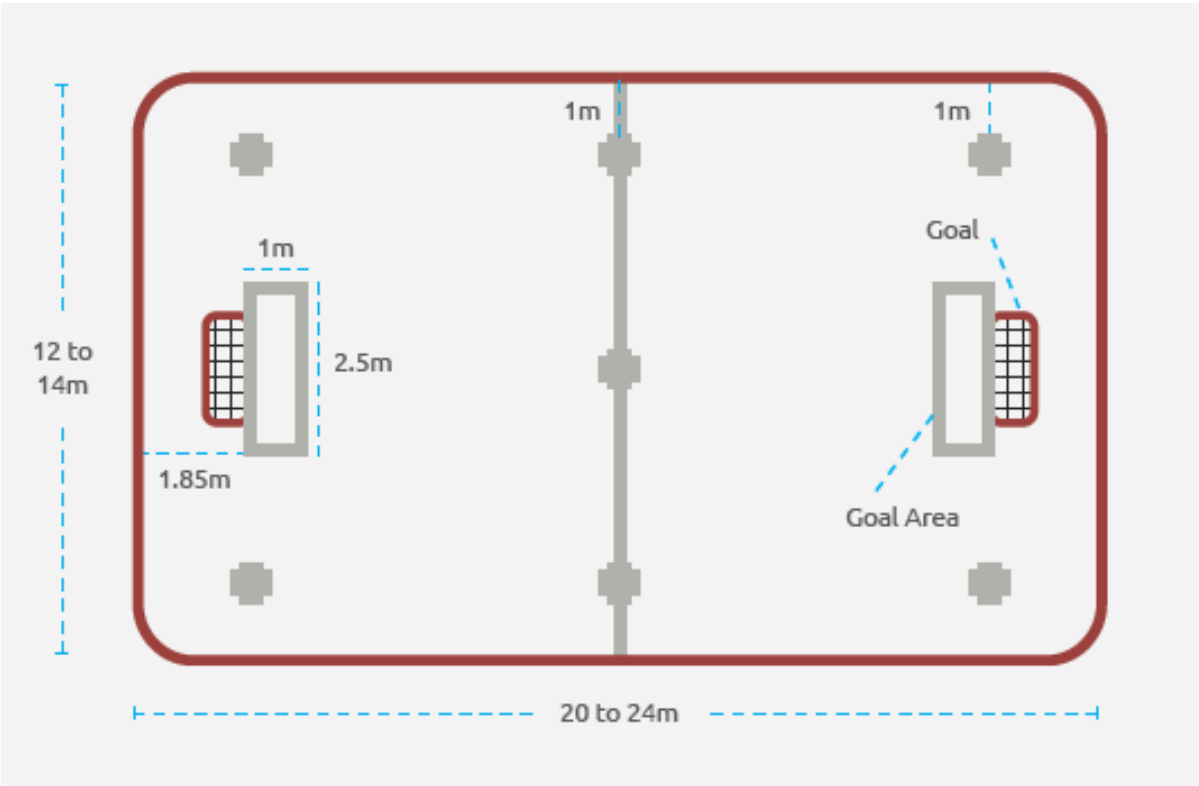
THE COURT AND THE GOAL

Courts:

The court is built from a series of connected boards, made of either foam or a plastic material. The height of the board is 50 cm and the corners are rounded, giving the players the opportunity to keep the ball in play. Players can use the boards to win advantage for their team; especially on the elite level the tactical use of the boards is eminent.

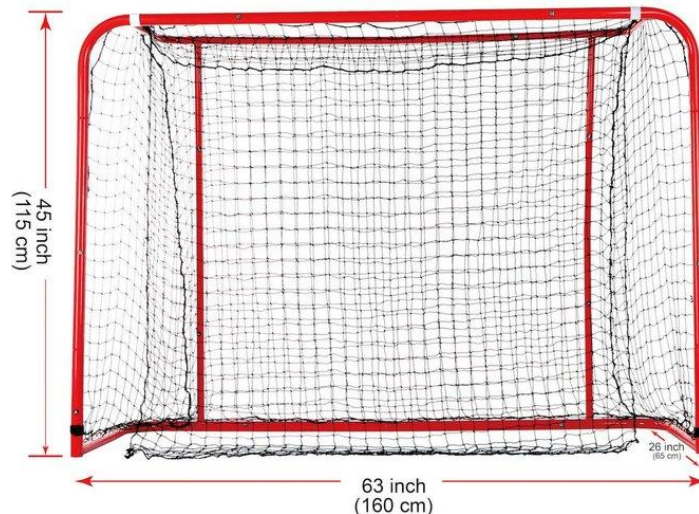
In competition, the court size may range from 20-24m X 12-14m.

A fully equipped rink also includes markings on the floor. Two goalkeeper areas, the center line, the center spot and the other six face-off dots shall be marked on the floor. Both goals are surrounded with the goal area of 1 x 2.5 meters where only the goalkeeper can operate.



Nets:

The net is similarly designed to a traditional hockey net, however there are some differences. The net is considerably lighter and overall smaller in dimension. The posts are smaller, shorter in height (115cm / 45”) and more narrow in width (160cm/ 63”). There is also an additional mesh, which hangs from the crossbar, to prevent balls that enter the net from popping back out. Unlike hockey nets, floorball nets are not fastened to the playing surface. It is the responsibility of the goalie to place the net back on the goal line if the net is moved. Recreationally, road hockey nets can be used as a substitute.



MATCH OFFICIALS

Each official match should be led and controlled by one or two referees with equal responsibility. The main two tasks of the referees are to make the game safe for everyone and to accept the goals. Another important focus for the referees is that the game should run smoothly and therefore it should be interrupted as seldom as possible.

SAFETY PRECAUTIONS

At the highest levels of floorball, the game is fast, physical and demanding. Proper precautions should be put in place to make sure the players are safe at all times. As an organizer, here are some considerations when starting a match, with examples:

- Players are aware of the rules, and that they must be considerate of others on the court
 - Sticks must remain below the knee when shooting. When this is enforced, the likelihood of hitting a player up high is low.
 - It is a non-contact sport, so body checking is not permitted
- Proper gear is worn during games
 - Durable indoor shoes are worn, with shoelaces tied.
 - The use of eye-wear is mandatory to reduce the chance of having a ball or stick hit a player in the eye. Safety glasses or sport specific glasses can be used
- Safe Equipment is provided.
 - Nets are fully intact, with no loose screws or rust.
 - Sticks are not broken (screws between blade and shaft are tight, and blades are not broken)
 - In a gymnasium without floorball boards, make sure to clear all objects from the court (benches, chairs etc)

CONCLUSION

Floorball is active, fun and accessible for all. With just a small collection of equipment you can organize a quick game, with friends, students and youth athletes.





RULES OF THE GAME

For a complete copy of the Special Olympics Canada rules please visit this link