

**Special
Olympics**
Ontario



School Programs

2023-2024 Season School Championships



Floorball Technical Package
Unified & Traditional

SOO School Championships Floorball 4-on-4 Rules

1. Provincial Championships Competition Format

Note: SOO Floorball Qualifiers require 3 players plus a goalie to be on the court at all times

1a. Game Points and Team Ranking

- **The Divisioning Round**

- The first day of competition will feature the divisional round.
- This round is intended to establish the skill levels and comparable skill levels between teams in an effort to create the fairest divisioning for round-robin play.
- Teams will play a minimum of 3 divisioning games.
 - 2 games will be played against teams believed to be of similar skill levels based on play at qualifiers.
 - 1 game will be played against someone in the division above or below.
- Divisioning games will be the largest determinate of the final divisions for the round-robin games on day 2.

- Games will be played as follows:

- 15-minute games (2, 7-minute halves with a one-minute halftime)
- All players must play in the divisional round.
- As seen below, the remaining rules and regulations will remain the same as in the qualifiers.
 - There will be no overtime in division games.
- Division selections and decisions are final and cannot be protested.

- **Round Robin Format within your division**

- Games are **25 minutes**, with **two 12-minute halves**. A **one-minute 'halftime'**
- Teams will play a set of three games against their division (if teams are required to play more than three games to ensure teams reach the 3 game mark any games after the first 3 will not count towards the standings)
 - Teams will then enter the playoffs playing a series of semi semi-final games, a finals and if applicable a bronze medal game. Number of games will depend on the number of teams in each division
- Game Points Scoring System:
 - 3 points for a win.
 - 1 points for a tie.
- Tie breakers at Championships to be determined in succession:
 - Highest game points (based on the scoring system outlined above)
 - Head – Head
 - Lowest points against average
 - Best points differential
 - Random Computerized Draw

- Overtime

- Overtime will only come into effect in medal games. Otherwise, ties will stand at the end of regulation time.
- In the event of a tie, an extra 2 minutes of time will be added to the clock.
- The team who lost position (with the coin flip) at the start of the game will start with the ball.
- If teams are still tied after 2 minutes, a shootout will occur. Teams will alternate penalty shots and match makes with makes. The game is won once a team makes a shot and the other team misses. Teams must alternate shooters after each shot.
 - Shots will occur 10 meters away from the net at one end of the court, alternating team goalies.
 - Note: For Unified teams the first player to shoot must be an SO athlete for both teams from there team will be required to alternate unified partner, SO athlete

- In the event of a three-way tie, once a team has been eliminated from the tie, the tie-breaking process for the remaining two teams will start at the beginning.

1b. Uniforms

- All teams must supply their own uniforms. T-shirts or sports uniforms are permitted as long as all uniforms are identical for all players. Numbers on uniforms are not required.

1c. Equipment

- Each player on the court is **required to use an [International Floorball Federation \(IFF\) approved](#)** Floorball stick. Floor Hockey or other sticks will not be permitted.
- Each game must be played with an IFF-approved **Whiffle Ball**.
 - **For safety, helmets are not permitted, except for those playing goalie.**
- Goalkeepers:
 - Are required to wear a Canadian Safety Association (CSA) of IFF approved caged helmet.
 - Long pants with proper leg protectors (knee pads (of any kind), shin guards or traditional hockey leg pads)
 - Gloves or a traditional hockey blocker and catcher
 - A chest protector (usually found in traditional floor hockey goalie sets)
 - **Are not permitted to use a stick** (goalies can use their hands and legs to block within their crease)
 - **Note SOO will provide teams with official floorball goalie equipment at their respective games. Teams may not use their own traditional floor hockey equipment for the Championships.**
 - SOO will allow traditional floor hockey protective goalie gear that was used in past years to be used or official floorball equipment can be used
 - The goal net will be a standard floor hockey net (roughly 160cm high and 115 cm wide)
 - Games are played indoors in gymnasiums (about 36m X 18m in length and width). **Single gyms and double gyms are both suitable for play.** Courts can be a maximum size of 40 X 22m. Boards (school benches) will be used on each court where possible.
 - There will be an established **center line** in the middle of the court.
 - There will also be a **1 X 2.5 m goalie crease where only the goalie is allowed** (this is important for safety as well as fair play)
 - (gym lines, tape or cones can be used to create center lines and creases)
 - **Goalkeepers must stay within 5m of the net at all times**
 - Goalies can only use their hands within those 5 meters

1d. Game Forfeit

- Should a team forfeit a game, the following point allocation will be used:
 - The game has not started; a score of 5-0 will be recorded.
 - The game started: The non-forfeiting team's score will be recorded as 5, or their current score at the time of the forfeit will be added to that number of 5, and the forfeiting team's score will be the current score when the forfeit occurred.

2. Rules of Play

2a. Divisioning

- The Head Coach must include a team ranking for each team during online registration.
- A skills assessment form may also be filled out for reference to help with a more accurate divisioning process. Please find soccer skill assessments here. [Skill Assessments](#)
- Traditional
 - Competitive: Competitive Traditional athletes have a mid-high skill level.
- Unified
 - Unified partners are there to compete alongside higher-level SO Athletes. Unified Partners are **intended to score points, impact the game in a meaningful way** and

compete in this category. This includes passing, shooting/scoring and defence. Unified partners should be tasked with defending the opposing unified partner where possible. **Note: Unified Partners are not permitted to take over games but are expected to contribute to winning.**

- Teams are grouped in divisions according to their team ranking and selected classification. On the registration forms, schools will be asked to select **what level** their team would like to compete in. Teams can select more competitive play where athletes have a moderate-high skill-set and understanding of the rules, or select less competitive play where athletes are new/learning the sport and Unified partners take on a more facilitatory role.
- Each team will be required to ensure all their athletes play during each game, barring injury.

2b. Team and Players

- Traditional teams: minimum **4 and maximum 8 athletes** with an ID (4 players and 4 substitutes).
- Unified teams: **minimum 4 and maximum 8 athletes** (a Unified roster is permitted to have a maximum of mainstream Unified partners).
- During the competition, the 4 person team on the court must be made up of 3 athletes with an ID and 1 Unified Partner. Unified teams must have a minimum of three SOO Traditional athletes to start and finish each game.
- 4 v 4 floorball includes three field players plus one goalie. Each team must start the game with four players or forfeit the game. If a team falls below four players due to injury once the game has started, the team will be permitted to continue with three players on the court. If a team falls below four players due to player ejection, the team will forfeit that game. Note: Unified Partners can play goalie.

2c. Unified Sport/Teams

- Unified Sports brings people with intellectual challenges and disabilities together on the same team as people without intellectual disabilities. This program promotes inclusion through shared sports training and competition experiences.
- Unified Sports looks to develop **meaningful competition** where coaches work together to create a balanced competitive environment. **Coaches are responsible for ensuring the meaningful involvement of all players in the game.**
- Please review our principle of meaningful involvement to understand and apply the Unified Competition Model: [SO Unified Sports Principle of Meaningful Involvement](#).
- Also, see our Unified Coaching Guides and Training Resources
 - [Unified Sports Coach Guidelines](#)
 - [Unified Coaching Course](#)
- Special Olympics Ontario staff reserves **the right to remove any unified athlete from the duties of being the team goalie if they are deemed to be taking over (dominating) the game.**

2d. The Game

- The game will be played for **25 minutes**, with **two 12-minute periods**. A **one-minute 'halftime' break will** occur between the first and second half of play.
 - Each team has **one 60-second timeout per game**.
- There is a max point differential of 6 points (games will be played out to the end in their entirety – however recorded scores will go no higher than a 6 point score difference)
- A **running clock will be applied** for the full 25 minutes. The clock may stop at the referee's discretion.
- 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. The ball is in play at the referee's whistle, and players attempt to win the faceoff. The second half will also begin with a faceoff.

- All games will be played with an IFF-approved Whiffle Ball (72mm in diameter and 23 grams in weight).
- **Teams will not change ends after each period.**
- **Substitutions:** Coaches can make substitutions after any whistle, including balls going out of bounds, goals, after a timeout, after a penalty and after halftime. Officials will whistle in substitutions.
- Note: During play, **coaches and support staff cannot participate in the competition** in any way beyond physically supporting individuals who need one-on-one support or guidance to compete (**cannot participate in active play**).
 - If a coach participates in the game, the team will be given a **technical foul** and a free hit for each infraction.

2e. Competition

- A goal shall be counted when the entire ball has legally passed between the goal posts below the crossbar and completely across the goal line.
- **Players can stop the ball with their feet but** can't touch the ball consecutively with their feet. **Players can pass with their feet, but it is illegal for an offensive player to kick the ball into the goal.** The goal shall NOT be allowed if the ball has been kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- No player, except the goalkeeper, shall stand in the goal crease, on the goal line, nor hold his/her stick in the goal crease. If a goal is scored while such conditions prevail, it will not be counted. However, if the defending player violates the goal crease while the goal is about to be scored, the goal will stand. This rule will be a judgment call by the officials on the floor.
- **Each goal will count for one point.**
- Games tied at the end of playing time will stand. There will be no overtime at regional qualifiers.
- After a save, goalies can 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.

1. Faceoffs

1. Shall Occur:

- **To begin the game** and each period at the center floor faceoff circle;
- **After each goal** at the center floor faceoff circle,
- After each penalty box foul at the offending team's defensive end
- After **each stoppage of play** during a period, the faceoff will occur at the nearest faceoff circle,
- In a situation where both teams receive penalties, the faceoff shall be at the nearest faceoff spot to the actual stoppage in play
- When an unsafe condition exists, that requires a stoppage of play
- If the ball goes out of bounce and it is inconclusive who touched it last

2. The players taking the "faceoff" shall stand squarely facing their opponent's end of the floor. All players must be "on-side," with no player within 1.8 m (6ft.) of the players facing off.

3. The players facing off and their sticks must be an equal distance from the puck, 30 cm (1 ft.) from the center of the faceoff spot.

4. Play is put in motion when the referee blows his/her whistle.

2. 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 to score or pass but **cannot directly carry the ball (move with the ball) from that point of inbound play**. The defending team **must keep a distance of at least three (3) meters**.

3. Key Rules/Safety Best Practices

- Players should be aware of the rules and that they must be considerate of others on the court
 - **Sticks must remain below the knee when playing the ball and shooting.**
 - the stick must remain below the waist at all times (including backswing and follow-through)
 - **It is a non-contact sport**, so body checking is not permitted
 - **No body contact should occur at any time**
 - no blocking/screening of the opposite player
 - no stick-on-body contact or stick-on-stick contact

4. Fouls & Penalties

Free Hits

1. When an offence has occurred, free hits are awarded to the opponents, and penalties are given if they are severe enough. 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 meters back. Free hits will occur when:
 - Grabbing the ball with your hand or hitting it with your head (Goaltenders are permitted)
 - If you make body contact with another player
 - Raise the blade above waist level when hitting the ball
 - Play the ball above the knee level with the stick
 - Hit, block, lift or kick (make contact) with an opponent's stick
 - Intentionally pass the ball back to your goaltender, and the goaltender picks the ball up
 - Play the ball with your stick between the opponent's legs
 - If an offensive player or their stick is in the goalie crease
 - Holding or obstructing another player from participating in the play (interference)

Penalty Shots

1. A Penalty Shot shall be awarded in the following situations:
 - When a player is fouled, tripped or interfered with on a breakaway
 - Throwing Stick - at a player during a breakaway
 - Delay of Game - Goaltender deliberately dislodging the goal during a breakaway
 - If a defensive player or their stick enters the goalie crease while the offensive team is in their end

Penalty "Box"

1. If players commit any of these violations, they will be asked to leave the playing area immediately for the mandated amount of time:
 - High sticking (2 minutes)
 - Makes body contact with another player (2 minutes)
 - Throwing objects at another player (5 minutes)
 - Unsportsmanlike Conduct (5 minutes – per officials ruling and athlete code of conduct)
 - Pushing, hitting or tackling another player (25 minutes). This suspension is for the entirety of the game. Players may return to playing in the tournament afterward. However, any additional disciplinary penalty will result in them being suspended from the rest of the tournament.

- If a player has received 3 penalties during a game, they will be sidelined for the remainder of the game.