



Basic Floorball Rules for Juniors

- Half court: A team needs a goalie and 3 field players on the court to play
Full court: A team needs a goalie and 5 field players on the court.
A team can have additional subs and players can be subbed on and off all the time.
A player coming off needs to be out of the rink before the other player can go on.
- The field is surrounded by a rink and the ball can be bounced off the rink. If the ball goes out of the rink, a free hit is awarded to the other team.
- Both sides of the blade can be used to play the ball.
- The goals are placed about 2m inside from the back line and play continues behind the goal.
- The goalie plays without a stick and can catch the ball within the goalie crease.
- Field players are not allowed in the goalie crease and can not play the ball when it is in the goalie crease, even if the field player is outside the crease.
- The goalie must not hold the ball for more than 3 seconds and when throwing the ball, it must hit the floor before passing the centre line.
- The ball can be stopped with your feet, but no more than once at a time. You can pass the ball to a team mate with your feet but you can not score with your feet.
- The ball must not be played with the hands or head.
- The stick must not be raised above knee level. This also applies for the swings when taking a shot.
- No form of pushing or physically tackling the body of a player is allowed.
- You are not allowed to jump and play the ball at the same time.
- You are not allowed to play the ball when lying on the ground.
- You are not allowed to tackle through the legs or hit an opponent's stick.
- After a foul, a free hit is awarded to the other team. For the free hit, the defending team needs to be 3m away from where the ball is placed, including sticks. A Free hit can be a pass or a direct shot at goal. A Free hit needs to be a clear hit, not a drag shot, tapping the ball to yourself is not possible.
- There is no offside and goals can be scored from anywhere.
- To start a game, one player from each team stands opposite each other in the middle of the court. The sticks are placed parallel to each other on the ground, with the ball put in between. When the referee blows the whistle, the two players both try to win the ball for their team. This is called a Face Off and is also used to restart the game after a goal has been scored.

