



## Floorball Rules and Competition Format

- Games are 2 x 10min, with a 2 min break in between halves.
- A team plays with one goalie and 3 field players in the rink.
- A team can have up to 3 additional players on the sidelines as subs and can be subbed on/off repeatedly, anytime during the game. A player coming off the rink needs to be out of the rink before the other player can go on.
- Sticks for field players and helmet plus knee pads for goalies are provided.
- The playing area is surrounded by a rink and the ball can be bounced off the sides. If the ball goes out of the rink, a free hit is awarded to the other team.
- A free hit must always be hit, not pushed or flicked.
- Both sides of the blade/stick 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 use their hands to catch/block the ball, provided they are touching the area within the goalie box.
- Field players or sticks are not allowed in the goalie box and cannot play the ball while it is in the goalie box. Only the goalie is allowed within the goal box.
- The goalie must not hold on to the ball for more than 3 seconds. When throwing the ball, it must hit the floor before passing the centre line. A goal cannot be scored from a thrown ball.
- Players can stop the ball with their feet, but not touching the ball consecutively with their feet. Players can pass with feet, but cannot score.
- The ball must not be played with the hands or head of players (goalie ok).
- The blade/stick must not be raised above waist level. The ball may not be played above knee height.
- No form of pushing or physically tackling another player is allowed.
- You are not allowed to jump and play the ball at the same time.
- You are not allowed to put the stick between the opponent's legs or hit their stick.
- After a foul, when a free hit is awarded to the other team, the defending team needs to be 3m away from where the ball is placed, including sticks. Free hits can be a pass or a direct shot at goal.
- 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 next to each other on the ground, with the ball placed in the middle. Blades must point straight to the opposing goal and players must stand square. 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

