

## **Floorball Rules – Intermediate League - 2024**

### Game set up

- 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.
- The goals are placed about 2m inside from the back line and play can continue behind the goal. There is a small goalie box, which only the goalie is allowed in, and a larger goalie box, where the goalie is allowed to play the ball with their hands.
- A team plays with one goalie and 3 field players in the rink.
- A team can have additional players on the sideline 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.

### Starting the game/restarting the game after a goal – Face Offs

- 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.
- Face offs are also used to restart the game after a goal has been scored, or when there has been some other disturbance or significant stop to play (for example, the referee being unsure of who should have a free hit)

### General floorball rules

- Both sides of the blade/stick can be used to play the ball.
- 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 are not allowed in the goalie box but can play the ball when it is in the goalie box, provided they do not step the box.
- There is no offside and goals can be scored from anywhere.
- Players can stop the ball and pass with their feet but cannot score with their feet.

### Resetting play - free hits

- Free hits are like free kicks in football. They are a way to reset the game after an offence or when the ball goes out of the rink.
- For free hits, the ball is placed on the ground and the team in possession makes an uncontested hit of the ball (either a pass or a direct shot at goal). The defending team players, including their sticks, need to be 3m away from where the ball is placed.
- A free hit must always be hit, not pushed or flicked.

### Offences – if a player does one these actions, the other team gets a free hit from the spot of the offence.

- 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.

- The ball must not be played with the hands or head of players (except by the goalie).
- 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.

### Unacceptable Behaviour

The Wellington Floorball Junior Committee will not tolerate unacceptable behaviour.

Everyone participating has the right to play without being subjected to such behaviour and has an individual responsibility to treat others fairly and play in a way that is as safe as possible.

Examples for unacceptable behaviour are the following - this list is not exclusive and can be extended/interpreted at the organiser's discretion:

- Using the floorball gear in a way it is not designed for. In order to avoid injury, floorball sticks in particular need to be held low and cannot be lifted above waist level, swung around in a weapon like style or to play any other games other than floorball.
- Threatening behaviour or language on or around the rink towards the other team or the allocated referee, before, during or after the game.
- Stepping into the rink by someone else other than players of the teams who are currently playing.
- Challenging decisions of the referee in an aggressive manner. Constructive conversations/discussions with the referee can only be held before or after the game, or in the break between the game halves, if the referee is free and not occupied with another task.

Schools/Teams will be held accountable for their failure to take reasonable steps to prevent unacceptable behaviour by a member of their team or supporters. This could result in the loss of points, forfeit or further sanctions imposed by the WFJC.