



# FLOORBALL TOURNAMENT GUIDE



## What is Floorball

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Floorball is a fun, safe, and fast paced form of floor hockey; developed in the 1970's in Sweden. The game is played indoors on a gym floor with lightweight sticks, and rules that make game play much safer than traditional floor hockey.

The game of Floorball is used in a variety of Hockey Canada's Development Programs as an off-ice training tool.

## Brief Floorball Rules

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- Sticks must remain below waist
- Ball is played below knee level at all times
- No body contact, no blocking/screening of opposing players
- Stick on body contact or stick on stick contact is not permitted
- No blocking, lifting or locking of opponents stick.
- Free hits, similar to free kicks in soccer, are given for rule infractions
- No off-sides or icing calls
- Game is played with 5 players and 1 goalie per team on the court at one time

*\*For complete Floorball rules [CLICK HERE](#)*

## Equipment

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### The Stick

Floorball sticks are engineered for superior stick handling, ball control, and shooting. They are light weight, inexpensive, durable and non marking. A floorball stick should reach 2CM above the belly button.

### The Ball

The official ball is 72 mm in diameter, weighs 23 g, and is made of hard plastic with 26 evenly distributed holes. It is similar to a whiffle ball.



## The Players and Goalie

Floorball players do not wear any protective equipment; only a t-shirt, shorts, and athletic shoes are required.

Floorball goaltenders do not use sticks. They play on their knees, blocking shots with their hands and body. A Floorball net is The goals are 160 cm wide by 115 cm high, similar to the size of a hockey net.

Teams are permitted to 5 players and a goalie on the court at one time.



*\*To purchase Hockey Canada's officially licensed Floorball Stick, [CLICK HERE](#)*

## Why Play Floorball?

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- Fast paced game focuses on stickhandling, hand-eye coordination, passing, and positioning
- Excellent cardiovascular exercise
- Easy to play in any gymnasium
- Great off ice training for hockey players
- Rules designed for player safety

***\*To Download the International Floorball Federation Youth Start Up Kit: Teaching Floorball to Juniors [CLICK HERE](#)***

