



what is floorball?

It's simple; it's a cool sport similar to our national sport. It's a combination of hockey and soccer the 2 most popular sports in Canada

- It's a Federation sport so maybe an Olympic's dream possibility
- Girls and boys, old are young can play
- Very cheap to practice

People are in agreement that Floorball is an excellent alternative to Floor Hockey. The big difference between the two is that the rules of floorball do not allow for any high sticking, stick contact or body contact, so the game tends to be less physical than Floor Hockey and more skill oriented and fast paced.

It is a safer game! Floorball is played using a stick with a curved and concave plastic blade. The shaft is shorter than a traditional hockey stick and round, which makes it very maneuverable. This design allows for a shot that is more of a whipping or flicking type of motion as opposed to a slap shot. The stick is not permitted to be above the waist (knee for youth) on the back or fore stroke when taking a shot. There is no puck or heavy ball, instead a lightweight, plastic ball similar to a whiffle ball is used. The ball is extremely fast and can be easily lifted, bounced and deflected. The rules of the game require fair play and promote heightened participation among all students.

history

Floorball is a young sport and sees its roots to come from USA in the fifties.

The sport was originally introduced as a team game for youngsters and played indoors with a light plastic puck and plastic sticks.

To start off with, the sticks looked very similar to ice hockey sticks, but with a soft blade that was easily bent. The new game was called floorhockey and the first tournament was played in Michigan in the sixties.

In the late sixties the game was introduced in Sweden by Swedish students who had seen it. Floorball quickly became popular.



basic Rule Handout

FLOORBALL is meant to be a truly offensive game, enjoyable and affordable for everyone. To create enough space for creativity many defensive actions are not allowed. Here's a quick overview:

1. No Face-off

Instead you have a Free-hit or a Hit-in. The game starts with a Start-off.



2. Throw-out

The goalie has no stick, and starts the play with a *throw-out*. The ball must bounce before the centre line.

3. No Pass to Goalie

when you're fore checking it's not fair if the defenseman can give the ball to the goalie



4. No Field player in Goalkeeper Area

This area belongs to the goalie alone.

Players on both teams, stay out!



5. No Stick-Check

The stick can only be used to play the ball. Hacking and whacking on the opponents stick might only break it and cause injuries

6. No Contact with Stick

You wear no padding, so even an accidental hit might hurt. So control your stick at all times.

7. No Stick-lift

Since you is not aloud to wear gloves, you don't want anyone to lift your stick and by mistake break your finger.

8. No High Stick

Regardless if you're using your stick, knee or foot, the ball can only be played under knee level.

9. No Pushing

Do you want to push and shove? Join WWF!



10. No Hands

you can't use your hands to play the ball. If it's lower than your knee, use your stick. Otherwise, let it go - Only Feet May Touch the Floor -This makes the game faster and more open.

11. No jumping!

12. No Stick between Feet

-This gives you offensive freedom to roll off the checker at all times.



13. No Slap Shot

Work on your wrist shot, and you'll be able to shoot the ball quicker and almost as hard. Slap shots might only damage your stick.



14. No Kick-pass

You can only kick the ball one time and only to your own stick.



Floorball

