

BASIC FLOORBALL RULES

- 3 to 5 field players and a goalie are playing on the court (depending on the court size)
- The court/field is surrounded by a rink and the ball can be bounced off the rink. In schools side walls of a gym are adequate to be used as a make shift rink, benches can be used to square off corners
- There is no 'out' unless ball goes out of the rink, or in a gym if it hits wall at a high level
- Goals are 1.6m wide and 1.15m high and placed about 3m inside from the back line
- Play continues behind the goal
- There is no offside and goals can be scored from anywhere
- Goalies play without a stick and can catch the ball within the goalie crease
- Goalies 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
- Both sides of the stick blade can be used to play the ball
- You are allowed to stop the ball with your foot, leg or body
- The ball maybe kicked, but no more than once
- The ball must not be played with the hands, arm or head
- You are not allowed to touch the ball with the stick if it is above knee level
- For a shot the forwards and backwards swing needs to stay below waist height
- No form of pushing or physically tackling the body of a player are 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
- You are not allowed to hit or lift an opponent's stick
- After a foul, the non-offending team receives a free hit. Players from the other team need to be 3m away, including sticks.
- A free hit needs to be a clear hit and cannot be a tap and run.
- A free hit can go directly into the goal
- 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.