

# GETTING STARTED - FLOORBALL

## Easy to play

You don't have to be an expert to play Floorball. Anyone who knows how to use and hold a stick can learn the game.

## About Floorball – Video Link

<https://www.youtube.com/watch?v=6Thy6-kPi3Q>

## The rules are simple and easy to learn – Video Link

<https://www.youtube.com/watch?v=TVVBDLo3Qpl>



## Easy to start

Floorball. You can start playing outdoors or indoors if you have at least four people to begin.

## Equipment

To start a floorball team/club you will need floorball sticks. FloorballPlanet has several team package options available. Contact [sales@floorballplanet.com](mailto:sales@floorballplanet.com) or visit [www.floorballplanet.com](http://www.floorballplanet.com) for more information.

## Easy to modify

Floorball is easy to adapt according to the space, facilities, number of people and equipment available. It can also be modified to suit disabled people and different age categories. Depending on the court size you can play 3 vs 3, 4 vs 4 or full-size game 5 vs 5. A rec center basketball court is perfect for 4 vs 4 format even with the goalies.

**Goalies:** Fully equipped floorball goalie does not have a stick. Goalie has kneepads, protective jersey, goalie pants and a helmet. If an equipped goalie isn't available, use a field player as a goalie. Field player goalie can play with a stick and pick up the ball in his/her hand within the goalie area.



# Where to Play and How to Get Started?

## **Finding a Place to Play**

Finding a suitable facility is one of the primary tasks when creating the environment for a new sport. If you already have a venue, first problem solved.

Contact local schools and or recreational centers to find a venue for weekly floorball games.

Private sport businesses are also a good option. Try to be consistent with the date and time to help players plan their busy schedules.

To offset facility rental fees, contact local companies for sponsorships. In exchange for a sponsorship, employees from these companies could be provided with introductory lessons or an organized team building event. In this way, floorball is being promoted to working adults and not just the school community.

Take an advantage of an old warehouse or industrial building and turn it into a floorball court. Find an outdoor basketball court and set up a game.

## **Finding Players**

Host an open house event at the new game location. Do a demo game with existing players to spark interest among potential new players. Demo games can be played even at a parking lot in front of a local sports store. Just ask for permission to do that. Don't forget to talk to schools!

## **Marketing Materials**

Produce flyers to offer basic information about floorball and how to join the game. Note, it is easier to invite new players if you already have a scheduled consistent game time and date.

## **Find Helpers**

Find active people to help you. Life happens so it is important to have a backup leader who can assist with running classes, washing pinnies, bringing sticks to the venue, manage goals, etc.

## **Venue Fees**

Set up a process to collect game fees from players that are used to cover venue rental (if required). Failure to collect funds from players can easily turn costly for you. This is a team sport; the leader is not responsible to cover costs from his/her own funds.



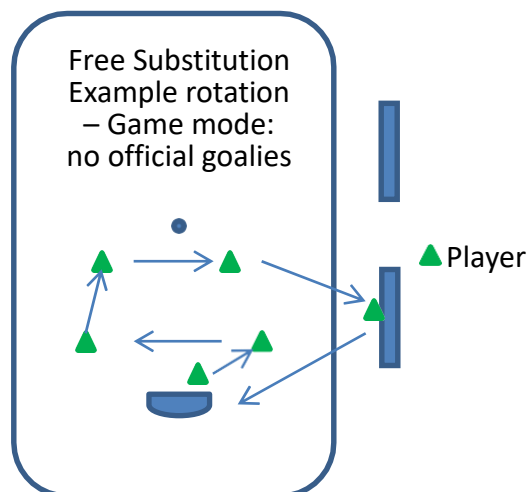
# Simple Rules and Game Play

**Rules:** Below is a very simple set of basic floorball rules for beginners. Deeper understanding of rules and game play can be gained by attending coaching and referee training. (For more information, contact [Jukka@floorballplanet.com](mailto:Jukka@floorballplanet.com))

- No high sticking. Blade must stay below player's knees. If ball is played with any part of the stick above the knee, it is high sticking leading to a free hit to the opposing team.
- No slashing. Do not hit opponent's stick. Free hit to the opposing team.
- No lifting, pushing or kicking the opponent's stick. Free hit to the opposing team.
- It is OK to foot pass the ball to your own teammate. You can kick the ball only once.
- Do not play the ball with your hand or head. Free hit to the opposing team.
- Do not jump to reach the ball. Free hit to the opposing team.

## Game Play

- Recreational games: Play 1.0 hour to 1.5 hours at a time.
- Depending on number of players (and court size) you can form two teams with equal number of players.
  - Example: 12 players show up for a game/practice session.
    - Split players into two teams (6 and 6)
    - Play 4 vs 4 plus goalies
    - One substitute player per team.
    - Free substitution: Field player releases the Sub, Sub goes to goal and goalie joins the game as a field player.
    - Rotate whole team clockwise
- Enough players for three teams?
- Play e.g. 7 minutes games with two teams, while one team rests.
- Switch the team that has played two games out
- With 3-4 teams you may want to start a LEAGUE!! We are happy to tell you how!



# Simple Rules Longer Version

## **OFFENSES LEADING TO A FREE-HIT:**

- Stick swing above waist
- Hitting the ball above knee height
- Hard hit (slashing) on the other person's stick
- Hard hit on legs or hooking with the stick
- Holding the other person's stick
- Hand, arm or head hits ball unless completely unintentional
- Playing whilst lying on the floor
- Push other than shoulder to shoulder
- Kicking the ball twice with your foot.

## **OTHER RULES**

- Face off with sticks parallel
- Opposite player stays 3 meters from a free hit otherwise retake
- Free hits can be taken without waiting for the referee's permission
- If the game is stopped (e.g. due to a damaged ball, take face off from one of the 6 face off points)
- A ball kicked into an opponent's goal does not count as a scored goal
- Players can substitute as many times as they wish but only the agreed number of players can be on the court at once

## **OFFENSES LEADING TO A 2 MINUTE BENCH PENALTY:**

- Having too many players on the court (wait for players to come off before entering)
- Hitting, blocking, lifting or kicking an opponent's stick to win a **CONSIDERABLE** advantage, or with no possibility of reaching the ball.
- Playing the ball above waist level with any part of stick or foot.
- Player can return if the offending team concedes a goal during the 2 minutes

## **DISCIPLINE:**

- There will be good and bad refereeing. Do not argue with the referee.

