

WHY CHOOSE FLOORBALL?



Floorball is an invasive sport officially played with five field players and a goalkeeper on each side. It has similarities with both field hockey and ice hockey but also some similarities with other team ball sports. It is played with a plastic stick and a plastic hollow ball, with holes.

The main objective is to score as many goals as possible in the opponent's goal and of course to prevent the opponent from scoring in your own goal.

VALUES OF FLOORBALL .-

Equality, Fair play and Solidarity

Floorball also teaches important values such as non-discrimination, fair play and solidarity, which are important values to teach especially for the children taking part in sports.

As Floorball is a sport for all, a wide range of people can participate, you don't have to be an expert to play Floorball. Anyone who knows how to use and hold a stick is able to learn how to play. The rules are simple and easy to learn.

BASIC RULES OF FLOORBALL

The rules for Floorball are built on the premises of not using the stick to harm the opponent in any way:

1. The game is played with 3 to 5 field players and a goalie depending on the court size.
2. Game is played with effective time 3 periods of 20 minutes.
3. The goalkeeper area is 4 m by 5 m and this is the area in which the goalie may play normally. The goalkeeper has no stick.

4. The goalie must not hold the ball for more than 3 seconds.
5. When given a free hit, the opponent must be at least 3 meters away from the ball (sticks included).
6. The ball must not be played with the hands or head.
7. The ball may be played from the air if it is below the knee level.
8. No form of pushing or physically tackling the body is allowed, but you may play shoulder to shoulder.
9. Players may not play without a stick.

FACILITIES AND EQUIPMENT

Floorball is easy to start because it doesn't require much equipment. You only need a stick, ball and shoes – and of course clothes suitable for exercise.

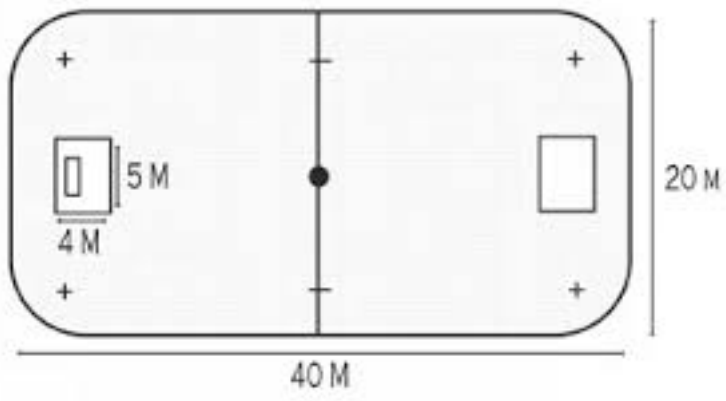
Goals and Rink

GOALS



RINK

Here is the size of an official rink with the sizes of the goal- keeper area and goal area. However the size of the court can be modified according to the amount of players and size of the space but the proportions should be fixed.



Stick



Ball

