



Floorball Rules and Competition Format

- Games are 2 x 10min halves, the refs will provide a 2-minute warning before the game is to start to ensure teams are ready on the court to start play. Teams should be arriving 10 minutes prior to the game time.
- A team plays with one goalie and 3 field players in the rink. Except for years 3 & 4 they do not have goalies – but rather have 3 field players and no goalie. **Teams are able to play if they are ONE player short.**
- A team can have up to 4 additional players on the side-line as subs and can be subbed on/off repeatedly, anytime during the game. A player coming off the rink needs to be out of the rink before the other player can go on.
- Sticks for field players and helmets/knee pads for goalies are provided.
- The playing area is surrounded by a rink and the ball can be bounced off the sides. If the ball goes out of the rink, a free hit is awarded to the other team.
- A free hit must always be hit, not pushed or flicked.
- Both sides of the blade/stick can be used to play the ball.
- For Primary School leagues the goals are placed about 2m inside from the back line and play continues behind the goal.
- For Intermediate School leagues the goals are placed about 1m inside from the back line and play continues behind the goal.
- The goalie plays without a stick and can use their hands to catch/block the ball, provided they are touching the area within the goalie box.
- Field players or sticks are not allowed in the goalie box and cannot play the ball while it is in the goalie box. Only the goalie is allowed within the goal box.
- The goalie must not hold on to the ball for more than 3 seconds. When throwing the ball, it must hit the floor before passing halfway. A goal can't be scored from a thrown ball.
- Players can stop the ball with their feet, but can't touch the ball consecutively with their feet. Players can pass with feet, but cannot score.
- The ball must not be played with the hands or head of players (except the goalie).
- The blade/stick must not be raised above waist level.
- No form of pushing or physically tackling another player is allowed.
- You are not allowed to jump and play the ball at the same time.
- You are not allowed to put the stick between the opponent's legs or hit their stick.
- After a foul, when a free hit is awarded to the other team (defending team), needs to be 3m away from where the ball is placed, including sticks. Free hits can be a pass or a direct shot at the goal.
- There is no offside and goals can be scored from anywhere.



- To start a game, one player from each team stands opposite each other in the middle of the court. The sticks are placed next to each other on the ground, with the ball placed in the middle. Blades must point straight to the opposing goal and players must stand square. 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.
- Overtime – in a semi-final or final a win/loss result MUST be recorded. In the instance of a draw at the full time whistle the game will be stopped, the game will be restarted from the middle of the court as if a new game or goal had been scored and a golden goal rule is applied. The first team to score after the restart is the winner.
- If a team is unable to field a full team, they may borrow a player from the opposing team or another team in the same division or a division below. The manager/coach of each team will need to discuss whether the results will stand, prior to the start of the game. If the managers/coaches cannot agree, then the team that is unable to field a full team forfeits the game. A social game may still be played.
- If a game commences after the scheduled start time, the game will be shortened at the referee's discretion. If after 5 minutes a team is not ready to play, that team will be forfeited. If both teams are not ready to play after 5 minutes, the game will result in a draw.
- Interpretation of the rules is at the discretion of the competition manager and any decision shall be final.