

Floorball Basics

Often described as Ice Hockey without the ice, mainly because of its similarity, it is however much more than that with floorball combining elements from many different sports such as field hockey, handball and soccer. It probably started when North Americans who played Ball Hockey immigrated to Sweden and developed that sport into floorball during the 1970s.

The game grew in popularity in Sweden and by the late seventies had spread to other European countries when in 1986 the International Floorball Federation (IFF) was formed as the world controlling body for the sport. From here it spread elsewhere across the world eventually finding its way to Australia when in 1996 the Australian Floorball Association (AFA) was formed to run the sport in Australia. The West Australian arm is the Floorball Association of WA (FAWA).

The main competition are the Floorball World Championships held in alternate years for men and women. Floorball has been recognised by the IOC and hopes to be included as a sport at the 2020 Olympic Games.

The goals measure 160cm x 115cm with both a net and dropnet.
The goalkeeper area is 5m x 4m.



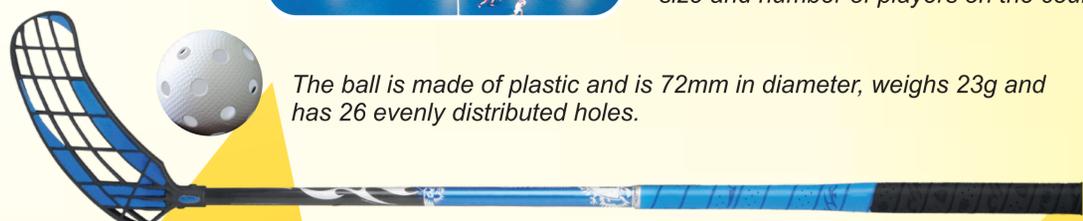
The game starts in the centre with two players on opposing sides contesting a "face off".



A floorball game is played between two teams that can use a maximum of 20 players each. Each team has five players and a goalie on the court at a time.

The standard game is played in three 20 minute periods with the clock stopping when the game is halted. However the game can be played virtually anywhere by varying the game length, rink size and number of players on the court.

The ball is made of plastic and is 72mm in diameter, weighs 23g and has 26 evenly distributed holes.



The sticks are made for superior handling, ball control and shooting. They are light weight, durable, up to 105cm in length and vary in stiffness.



Like field hockey, players use the stick to control and hit the ball and to score by hitting the ball into the goal.

It is also a non contact sport so you cannot push, hit or shove your opponent or hit his stick or raise it too high.



Unlike field hockey though, players can use both sides of the stick and use their feet to stop and control the ball.

The standard rink is 40m x 20m with the surrounding boards 50cm high.

Forward

Defender

Center

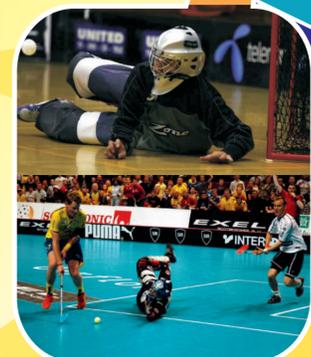
Forward

Defender

Goal Keeper



The goalkeeper wears protective equipment and does not use a stick, blocking shots with their hands and body. He also has to stay within the marked goalkeeper area.



It's a Goal. A traditional floorball goal celebration.



"Zorro", is the art of controlling the ball on your stick in the air. The very best can keep the ball in the air for minutes at a time performing many tricks, and even use it to score goals.



While players generally hold the stick with two hands, the lightness of the stick allows for a "one-handed" hold, allowing greater speed and movement when controlling the ball.



Dots on corner of the rink mark where a face off or free hit is taken when the ball goes over the rink or a foul is committed behind the goals.



Play can occur behind the goals and the ball bounced off the rink.



Going for a penalty shot. Similar to Ice Hockey, the player starts from the centre, advancing the ball forwards but never backwards towards goal and taking the shot.



For more information on Floorball visit our website www.floorballclub.com.au

or check out the following websites:

FAWA - www.wafloorball.org
AFA - www.floorball.org.au
IFF - www.floorball.org



All photographs taken from the IFF website.