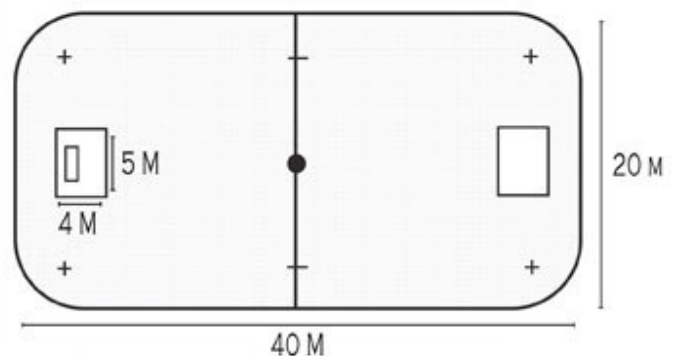


Basic rules of Floorball

The game is played with 3 to 5 field players and a goalie depending on the court size.

1. The 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.
2. Both sides of the blade can be used to play the ball.
3. The goals are 1.6m wide and 1.15m high.
4. The goals are placed about 3m inside from the back line and play continues behind the goal.
5. The goalie plays without a stick and can catch the ball within the goalie crease.
6. The goalie 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.
7. The ball maybe kicked, but no more than once and not to a team mate.
8. The ball must not be played with the hands or head.
9. The stick must not be raised above knee level.
10. No form of pushing or physically tackling the body of a player are allowed.
11. You are not allowed to jump and play the ball at the same time.
12. You are not allowed to tackle through the legs or hit an opponent's stick.



Like other team games, Floorball requires the use of various skills and abilities. Important abilities are all the physical ones, motor skills, mental capacity, game understanding and social skills.

The main physical ability is speed with different forms of motor skills combining to produce stick handling skills.

Skills of a floorball player are:

- motor skill
- speed
- agility
- endurance
- strength
- ball control
- passing skills
- mental capacity
- different roles in game play