



Special Olympics Connecticut Floorball Rule Modifications

Version 2 – Nov 2024

1. Special Olympics Connecticut Events

Based on the recommendation of USA Floorball, and Special Olympics, Connecticut will be offering Traditional Team floor ball in a 4v4 format and Unified Team floor ball in a 5v5 format. We will also be offering an Individual Skills Competition. The range of events is intended to offer competition opportunities for athletes of all abilities.

The following is a list of the events available in Special Olympics Connecticut.

- 4 v 4 Traditional Team Competition
- 5 v 5 Unified Team Competition
(Rules in main rule book)
- Individual Skills Competition
(Rules in main rule book)

2. GOVERNING RULES

The [Official Special Olympics Sports Rules for Floorball](http://www.floorball.org) shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Floorball Federation (IFF) rules for floorball found at <http://www.floorball.org>. IFF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Floorball or Article I. In such cases, the Official Special Olympics Sports Rules for Floorball shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

3. DIVISIONING

- Divisioning Rounds
 - In the divisioning rounds, teams will play a minimum of two evaluation games of at least five minutes.

4. COMPETITION AREA

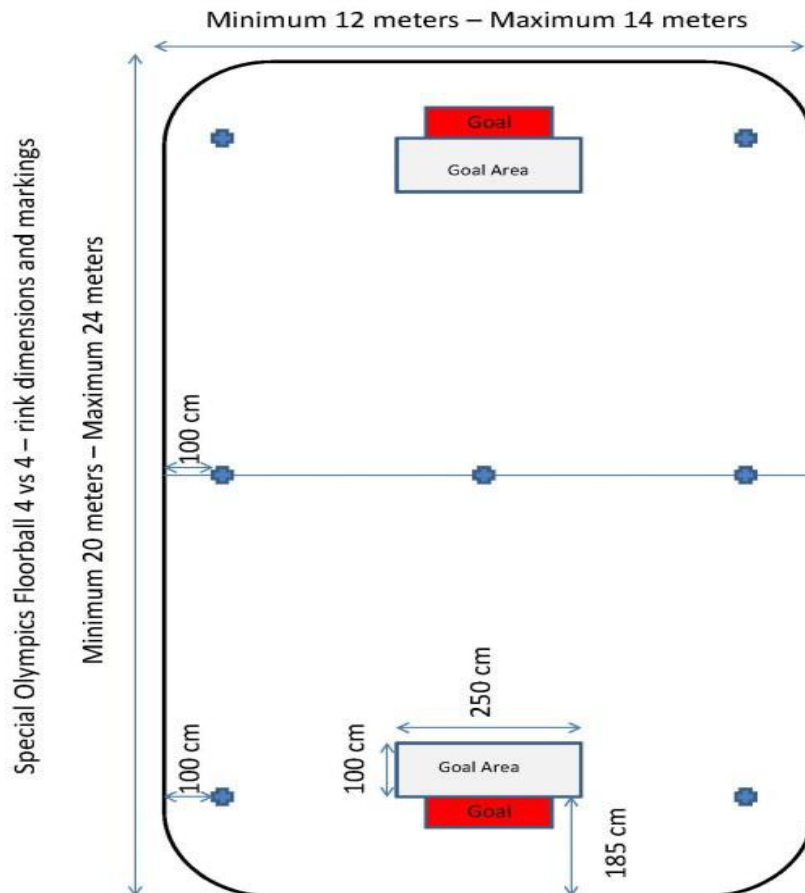
- The Rink
- Dimensions of the court/rink
 - The rink shall be a minimum of 20 meters by 12 meters and a maximum of 24 meters by 14 meters and enclosed by a board with rounded corners.
 - The rink shall be rectangular- the measures indicate length x width.
 - SOCT will use our current rinks. Rink size will be reduced to 24 meters by 14 meters. This rink size will be used for both Traditional team and Unified team competitions.



- **Markings on the rink**
 - All markings shall be made with lines, four to five centimeters in width, in a clearly visible color.
 - A center line and a center spot shall be marked. The center line shall be parallel to the short sides of the rink and divide the rink into two halves of equal size.
- **Goalkeeper area**
 - The goalkeeper areas shall be rectangular, and the measures indicate length x width including the lines. The goalkeeper areas shall be centered in relation to the long sides of the rink.
 - The rear lines of the goalkeeper areas shall also serve as goal lines. Marks for the goal posts shall be made on the rear lines of the goalkeeper areas, so that the distance between the marks is 1.6 meters.
 - The goal lines shall be centered in relation to the long sides of the rink. The marks for the goal posts shall be made either with interruptions in the rear lines of the goalkeeper area or with short lines, perpendicular to the rear lines of the goalkeeper area.
 - Face-off Xs shall be marked on the center line and on the imaginary extensions of the goal lines one meter from the long sides of the rink. The dots on the center line may be imaginary.
- **Goal cages**
 - Goal cages, approved by the IFF and marked accordingly, shall be placed with the posts on the prescribed marks.
 - The dimensions of the goal shall be 160 centimeters x 115 centimeters x 60 centimeters. (approximately 63" x 43" x 24")
 - The openings of the goal cages shall face the center spot.
- **Substitution zones**
 - The substitution zones shall be marked on both sides of the boundaries/board (so you can see them from the court and the bench). The width of the substitution zones must not exceed three meters, measured from the board. The players' benches shall be placed at an appropriate distance from the boards.
- **Score table and penalty benches**
 - A score table and 2 penalty benches (one for each team) should be placed by the center line or based on safe practices with the available space in the venue.
 - The score table and the penalty benches shall be placed at an appropriate distance from the board.
 - The penalty benches shall have room for at least two people each.
- **Scorer's table - should consist of the following personnel:**
 - **Timekeeper** – keep track of game time. The timekeeper will indicate the end of each period with the sound of a horn or by throwing a rolled-up towel.



- **2 Scorers (1 per team)** – keep track of the number of goals scored, the players who score, and each penalty.
 - The scorers will work with the timekeeper to keep track of the penalties for each team. The scorer will indicate when a penalty is over and when the player can resume play.
 - The Scorer's table will be overseen by the Lead Scorer Official.
- **Inspection of the rink**
 - The referees shall, at an early stage before the match, inspect the rink and ensure that any problems or obstacles are corrected.





5. PLAYER EQUIPMENT

- **The player's clothing**
 - All field players shall wear uniforms consisting of the same color jerseys, shorts or sweatpants, and sneakers or athletic shoes.
 - All goalkeepers shall be dressed in jerseys and sweatpants.
 - All jerseys shall be numbered. A team's jerseys shall be numbered with different whole numbers in clearly visible Arabic figures on the back. The back figures should be at least 200 millimeters (8-10 inches) high.
 - Unified team uniforms are to be even-numbered for Athletes and odd-numbered for Unified Partners.
 - Traditional team uniforms can be numbered either even and/or odd.
- **Goalkeeper's equipment**
 - The goalkeeper must not use a stick.
 - The goalkeeper must wear a face mask approved by the IFF and marked accordingly. This only applies while the goalkeeper is on the rink during play. (They can remove the face mask while on the bench) All tampering with the face mask, except painting, is prohibited.
 - The goalkeeper may use any kind of protective equipment, but this must not include parts intended to cover the goal.
 - A helmet and thin gloves are allowed. A standard hockey helmet with face mask is acceptable. Kneepads or standard player shin guards are acceptable. Hockey goalie shinpads are not allowed.
 - All forms of adhesives or friction checking substances are prohibited. No objects must be kept on or in the goal cage.
- **Personal equipment**
 - A field player is not required to wear protective equipment with the exception of goggles for field players. **All field players are required to wear IFF approved goggles during game play.** All players cannot wear personal items or equipment which may cause injury which includes protective and medical equipment, watches, earrings, etc. The referees decide what shall be considered dangerous. All protective equipment shall, if possible, be worn underneath the clothing. Except for elastic headbands without knots, no headgear may be worn.
 - A field player may choose to wear thin gloves, knee pads, or standard player shin guards though it is not required. Helmets are not required.
- **Ball**
 - The ball weighs 23 grams and its diameter is 72 millimeters. A floorball has 26 holes in it- each of which is 11 millimeters in diameter. Floor balls shall be approved by the IFF and marked accordingly.
- **Stick**
 - The stick shall be approved by the IFF and marked accordingly.
 - All tampering with the shaft, except shortening, is prohibited. The shaft may be



strapped above the grip mark, but no official marks may be covered.

- The blade shall not be sharp, and its hook shall not exceed 30 mm.
 - All tampering with the blade, except hooking, is prohibited. The hook shall be measured as the distance between the highest point of the blade's inner side and an even surface on which the stick is lying.
 - Changing the blade is allowed, but the new blade shall not be weakened. Taping the joint between the blade and the shaft is allowed, but no more than 10 mm of the visible part of the blade shall be covered.
- **The referees' equipment**
 - The referees shall be equipped with a whistle, measuring equipment (Tape measure to measure the curve of the blade) and red cards.
- **Checking equipment**
 - The referees shall decide about checking and measuring all equipment.
 - Inspection of equipment shall take place by officials before and during the match. Incorrect equipment, including defective sticks, discovered before the match, should be corrected and that player may start the match. All incorrect equipment discovered during the match shall lead to the prescribed penalty.
 - All incorrect equipment shall be reported. No other players except the player with the equipment being measured may be at the scorer's table during the measuring. After the measuring, play shall be resumed according to what caused the interruption.
 - A designated person from the team has the right to point out to the referees a hook or other incorrectness in the opponents' equipment. The referees decide whether or not to take action. Measuring may be requested at any time but shall not be carried out until play is interrupted. If measuring is requested during an interruption, it shall be carried out immediately, including in connection with goals and penalty shots, unless in the referees' opinion, it negatively affects the situation for the opposing team. In this case the measuring shall be carried out at the next interruption.
 - The referees are obliged to check a hook at a designated player's request, but only one measuring per team per interruption shall be allowed. No other players except the player with the equipment being measured may be at the scorer's table during the measuring. After measuring, play shall be resumed according to what caused the interruption.
 - Offenses concerning players' uniforms shall not lead to more than one penalty per team per match.



6. TRADITIONAL TEAM COMPETITION – 4 v 4

- **Team Roster**
 - **Traditional team roster is a minimum of 6 players and a maximum of 10 players.**
 - During regular competition, there will be 4 players on the field at all times, with the exception of penalty time. There are 3 field players and 1 goalie.
 - Teams are allowed (and it is recommended) to have more than one designated goalie.
 - There are no set lines of what players play when.
 - For the referees to start a match, each team shall have at least three field players and a properly equipped goalkeeper. During play, each team must be able to play with at least three players including goalie, or the match shall be stopped, and the non- offending team shall be declared the winner.

7. UNIFIED TEAM COMPETITION – 5 V 5

- **Team Roster**
 - **Unified team roster is a minimum of 8 players and a maximum of 12 players.**
 - During regular competition, there will be 5 players on the field at all times, with the exception of penalty time. There are 4 field players and 1 goalie.
 - Teams are allowed (and it is recommended) to have more than one designated goalie.
 - There are no set lines of what players play when.
 - For the referees to start a match, each team shall have at least four field players and a properly equipped goalkeeper. During play, each team must be able to play with at least three players including goalie, or the match shall be stopped, and the non- offending team shall be declared the winner.
- **Proportional Size**
 - Each Unified team must have a proportional number of athletes and Unified Partners. Team rosters must strictly adhere to the following ratios:

Team Roster	# Athletes	# Partners
8	4	4
	5	3
9	5	4
10	5	5
	6	4
11	6	5
12	6	6
	7	5

- **During competition, there should always be 2 Athletes and 2 Unified Partners in field positions at all times, with the exception of penalty time. The goalie must be an Athlete.**



8. GAME TIME

- **Team Rosters**

- Before game play starts, each team will submit an official team roster listing all the athletes who will be participating in the competition.
- Rosters will list the full name of each participant, age, and jersey number.
- For Unified teams, rosters will also identify each participant as being either Athlete or Unified Partner.
- Each team should have a dedicated coach who will remain with the team throughout the competition. One additional assistant coach is allowed per team.

- **Game Time**

- **Game time shall be 2 periods of 15 minutes with an intermission between periods of 5 minutes. This is for both Traditional and Unified team competitions.**
- Competition will be played running time.
- The clock will ONLY stop:
 - After a goal
 - After a referee signals a Time Out due to injury/unsafe conditions or a Team Time Out
 - During a penalty shot
 - Every whistle during the last 3 minutes of regulation play.
- Every new period shall start with a face-off from the center spot.

- **Time Out**

- **Each team gets 1- one minute time out per game.** A time out may be requested by either team at any time that play is interrupted - including in connection with goals and penalty shots.
- A time out can be called at any time by the team in possession of the ball.
- A requested time out shall always be carried out, except after a goal, when the team may withdraw the request.
- After a time out, play shall be resumed according to what caused the interruption.
- A penalized player must not participate in a time out.

- **Substitution of players**

- Substitution of players may take place at any time and an **unlimited** number of times during a match.
- All substitutions shall take place in the team's own substitution zone. A player leaving the rink must be on his way passing over the board to exit before a substitute may enter the rink. An injured player leaving the rink outside their own substitution zone must not be replaced until play is interrupted.
- **For Unified team competition, substitution must always be Athlete for Athlete, Unified Partner for Unified Partner.**



- **Particular regulations for goalkeepers**

- All goalkeepers shall be marked in the match record (roster).
- The marking shall be made with a “G” in the margin. A player marked as goalkeeper must not participate as a field player, with a stick, during the same match. If a team due to injury or penalty must replace the goalkeeper with a field player, they have a maximum of three minutes to properly equip the substitute, but none of this time must be used for warming up. The new goalkeeper shall be marked in the match record, and the time of the change shall be noted.
- The goalkeeper can at any time be substituted with a field player.
- If a goalkeeper entirely leaves his goal crease during play, he shall, until he returns, be considered a field player, yet without a stick. This does not apply in connection with a throw-out. A goalkeeper is considered to have entirely left the goal crease when no part of their body touches the floor inside the goal crease. The goalkeeper is, however, allowed to jump within his own goal crease. The lines belong to the goal crease.

9. **EQUAL PLAY**

- **All players, both in Traditional team and Unified team competition, should have the opportunity to play a proportionally equal amount of time during each game.**
 - With there being no set “lines” to rotate players and the inclusion of unlimited substitutions, it is the Coach’s responsibility to ensure that each and every player on their team is given a fair and equitable amount of game play.

10. **GENERAL RULES FOR ALL TEAM COMPETITION:**

QUICK START RULES SUMMARY

- **No pushing opponent or stick contact with opponent**
- **No stick interference**
- **Cannot swing stick or hit the ball above the knee**
- **Cannot touch the ball with your hands, arms or head**
 - Using your body to block the ball is allowed
 - Kicking to clear the ball is allowed – not into the goal
- **Cannot put your stick between opponent’s legs**
- **No jumping to play or block the ball**
- **Minor infractions result in change of possession**



• Scoring/Goals

- A goal shall be considered allowed when it has been correctly scored and confirmed with a face-off at the center spot.
- All allowed goals shall be noted in the match record with the time and the number of the scoring player.
- A goal scored during extra time or from a penalty shot after a period or a match has ended shall not be confirmed with a face-off but shall be considered allowed when both referees have pointed at the center spot and the goal has been noted in the match record.

• Correctly scored goals

- When the entire ball passes the goal line from the front, having been played in a correct way.
- with a field player's stick, and no offense leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before, the goal. This includes:
 - If a player from the defending team has moved the goal cage out of position, and the ball passes the goal line from the front between the marks for the posts and below the imaginary position of the bar.
 - A goal is scored if it goes into the goal off the stick or body of the defender. If the non-offending team scores a goal off the defender during a delayed penalty, the goal shall be allowed.
 - An own goal shall be noted as OG.
- When the entire ball passes the goal line from the front after a player on the defending team has directed the ball with his stick or his body, or a player in the attacking team has unintentionally directed the ball with his body, and no offense leading to a free-hit or a penalty has been committed by the attacking team in connection with, or immediately before the goal.
- If a player has scored with an incorrect stick and the mistake is noticed only after the ball has passed the goal line, the goal shall be allowed.
- When a player who is not noted in the match record, or is incorrectly numbered, is involved in the scoring of a goal, the goal counts.

• Incorrectly scored goals

- **The goal shall not be considered correctly scored if a field player in the attacking team intentionally kicks the ball immediately before it is directed into the goal.**
- When a player in the attacking team has committed an offense leading to a free-hit or a penalty in connection with, or immediately before, the goal.
 - Note: This includes when a team scores with too many players or a penalized player on the rink, and when a player in the attacking team intentionally moves the goal cage out of position.
- When a player in the attacking team intentionally directs the ball into the goal with any part of their body.
 - Note: Since this is not considered a penalty, play shall be resumed with a face-off
- When the ball passes the goal line during or after a signal to stop play.
- When the ball goes into the goal cage without passing the goal line from the front.
- When a goalkeeper throws or kicks the ball into the opposing team's goal, in an otherwise correct way. Since this is not considered a penalty, play shall be resumed with a face-off. The ball must touch another player or another player's equipment before it goes into goal.



- When a field player in the attacking team intentionally kicks the ball and it goes into goal after having touched another player or another player's equipment.
 - Note: Since this is not considered a penalty, play shall be resumed with a face-off.
- When the offending team scores during a delayed penalty, the penalty shall be carried out and play resumed with a face-off.
- When the ball bounces off one of the referees and directly into goal.

FIXED SITUATIONS

General regulations for fixed situations

- 1) When play has been interrupted, it shall be resumed with a fixed situation, according to what caused the interruption.**

Fixed situations are face-offs, hit-ins, free-hits and penalty shots.

- 2) The referees should use a signal, show prescribed signs and mark the place for the field situation. The ball may be played after the signal if it is not moving and is in the right position.**

The referees shall first show the consequence sign and then a possible offense sign. The offense sign shall only be used if considered necessary, however always in connection with penalties and penalty shots. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place at a hit-in or a free-hit.

- 3) A fixed situation must not be unreasonably delayed.**

The referees decide what shall be considered an unreasonable delay. If a fixed situation is delayed, the referees shall, if possible, notify the player before any action is taken.

Face-off

- 1) At the start of a new period and to confirm a correctly scored goal, a face-off shall be taken at the center spot with the stick.**

A goal scored during extra time or from a penalty shot after a period or a match has ended shall not be confirmed with a face-off. When a face-off is taken at the center spot, each team shall be on their own side of the center line.

- 2) When play is interrupted and neither team can be awarded a hit-in, a free-hit or a penalty shot, play shall be resumed with a face-off.**

- 3) A face-off shall be taken at the nearest face-off dot or X, according to where the ball was at the interruption.**

- 4) All players, except those taking the face-off, shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included.**

Before a face-off, it is the referees' responsibility to check that the teams are ready and



that all players have taken position.

- 5) **A face-off shall be taken by one field player from each team. The players shall be facing the opposing team's short side and must not have physical contact before the face-off. The feet shall be placed perpendicular to the center line. Each player shall have both his feet at the same distance from the center line. The sticks shall be held with a normal grip and with both hands above the grip mark. The blades shall be placed perpendicular to the center line on either side of the ball, but without touching it.**

Normal grip implies the way the player holds his stick during play. The defending team's player chooses on which side of the ball to place his stick. If the face-off is on the center line, the visiting team's player chooses. The ball shall be at the centers of the blades. If a player taking a face-off does not obey the referees' instructions, another player who is on the rink shall take the face-off. In case of a dispute in connection with a substitution before a face-off is taken, the away team is obliged to carry out their substitution first.

- 6) **A face-off may go directly into goal.**

Events leading to a face-off

- 1) **When the ball is damaged unintentionally.**

- 2) **When the ball is not correctly playable.**

The referees shall, before interrupting play, give the players a reasonable opportunity to play the ball.

- 3) **When parts of the board have been separated, and the ball comes near the place in question.**

- 4) **When the goal cage is moved unintentionally and cannot be put back within a reasonable time.**

It is the goalkeeper's responsibility to put the goal cage back as soon as this is considered possible.

- 5) **When a serious injury occurs, or an injured player directly affects play**

The referees decide what shall be considered a serious injury, but as soon as this is suspected, play shall be interrupted immediately.

- 6) **When an unnatural situation occurs during play.**

The referees decide what shall be considered an unnatural situation, but this always includes unauthorized persons or objects on the rink, the lights going out either completely or partly, and the final signal being sounded by mistake, or when a referee is hit by the ball and this has a significant effect on the play.

- 7) **When a goal is disallowed despite the fact that no offense leading to a free-hit has been committed.**

This includes when the ball goes into goal without passing the goal line from the front.



8) When a penalty shot does not result in a goal.

This includes when a penalty shot is incorrectly performed.

9) When a delayed penalty is carried out because the offending team gains and controls the ball.

This includes when the non-offending team, in the referees' opinion, is trying to waste time.

10) When a penalty is imposed for an offense which is not in connection with play but is committed or noticed during play.

This includes when a penalized player enters the rink before his penalty expires or terminates.

11) When the referees are unable to decide the direction of a hit-in or a free-hit.

This includes when players from both teams commit offenses simultaneously.

Hit-In

1) When the ball leaves the rink, a hit-in shall be awarded to the non-offending team.

The offending team is considered to be the team whose player, or player's equipment, last touched the ball before it left the rink. This also includes when a player, to remove the ball from the goal cage, hits the net without touching the ball.

2) A hit-in shall be taken from where the ball leaves the rink, 1.5 meters from the board, but never behind the imaginary extensions of the goal lines.

If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place. If a team gets an advantage from taking a hit-in closer to the board than 1.5 meters, this shall be allowed.

A hit-in behind the imaginary extension of the goal line shall be taken from the nearest face-off dot. When the ball touches the ceiling or objects above the rink, the hit-in shall be taken 1.5 meters from the board at the same distance from the center line.

3) The opponents shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included.

The player taking the hit-in does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.

4) The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.

5) The player taking the hit-in must not touch the ball again before it has touched another player or another player's equipment.

6) A hit-in may go directly into the goal.

Events leading to a hit-in

1) When the ball passes the board or hits the ceiling or any other object above the rink.



Free-hit

- 1) **When an offense leading to a free-hit is committed, a free-hit shall be awarded to the non-offending team.**

With offenses leading to a free-hit, the **advantage rule** shall be applied whenever possible.

The **advantage rule** implies that if the non-offending team still controls the ball after an offense, they shall have the opportunity to go on playing if this gives them a greater advantage than a free-hit. If advantage is being played, and the game is interrupted because the non-offending team loses control of the ball, the resulting free-hit shall be placed where the original offense occurred.

- 2) **The free-hit shall be taken where the offense was committed, but never behind the imaginary extensions of the goal lines, or closer to the goalkeeper areas than 3.5 meters.**

If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place.

A free-hit closer to the board than 1.5 meters may be moved out to this distance.

A free-hit behind the imaginary extension of the goal line shall be taken from the nearest face-off dot.

A free-hit closer to the goalkeeper area than 3.5 meters shall be moved out to this distance along an imaginary line from the center of the goal line through the place where the offense was committed. In this case the defending team shall always have the right to form a defense line immediately outside their goalkeeper area. If the attacking team is not obliged to wait for the defending team to form the defense line and has the right to place their players in front of the defense line.

- 3) **The opponents shall immediately, without summons from the referees, take a position at least three meters from the ball, sticks included.**

The player taking the free-hit does not have to wait for the opponents to take position, but if the ball is played while the opponents are trying to take position in a correct way, no action shall be taken.

- 4) **The ball shall be played with the stick. It shall be hit cleanly, not dragged, flicked or lifted on the stick.**
- 5) **The player taking the free-hit must not touch the ball again before it has touched another player or another player's equipment.**
- 6) **A free-hit may go directly in for a goal.**

Offenses leading to a free-hit

- 1) **When a player hits, blocks, lifts, kicks or holds an opponent's stick, or hits an opponent's body without the possibility of reaching the ball.**

If the referees consider the player to have played the ball before hitting the opponent's



stick, no action shall be taken.

2) When a player holds an opponent or holds an opponent's stick

3) When a field player raises the blade of his stick above waist level in the back swing before hitting the ball, or in the forward swing after hitting the ball.

This includes mock shots. A high forward swing is allowed if no other players are in the vicinity, and there is no risk of injury. Waist level is considered the level of the waist when standing upright.

4) When a field player uses any part of his stick or his foot to play the ball above knee level.

Stopping the ball with a thigh is not considered to be playing the ball above the knee level, unless considered dangerous. Knee level is considered the level knees are when standing upright. **Players may use their thighs or torso to stop the ball provided they have not jumped to move their torso into a blocking position. Players may kick the ball to clear it away. Cannot kick ball into goal**

5) When a field player places his stick, his foot or his leg between an opponent's legs or feet.

6) When a player, in control of the ball, or trying to reach it, forces or pushes an opponent in any way other than shoulder to shoulder.

7) When a player, in control of the ball, trying to reach it, or trying to get a better position, moves backwards into an opponent, or prevents an opponent from moving in the direction intended.

This includes when the attacking team prevents or obstructs the formation of a defense line at a free hit awarded within 3.5 meters of the goalkeeper's area.

8) When a field player is in the goalkeeper's area.

A field player is allowed to pass through the goalkeeper area if, in the referees' opinion, play is not affected, and the goalkeeper's actions are not hindered.

If, when a free-hit for the opposing team is hit directly at the goal, a field player of the defending team is in the goalkeeper area, in the goal cage or, if the goal cage has been moved, in the area where the goal cage normally stands, a penalty shot shall always be awarded.

A field player is considered to be in the goalkeeper area if any part of his body touches the floor inside the goalkeeper area. A field player with only his stick in the goalkeeper area is not considered to be in the goalkeeper area. The lines belong to the goalkeeper area.

9) When a field player intentionally moves the opposing team's goal cage.

10) When a field player passively obstructs the goalkeeper's throw-out.

This shall be considered an offense only if the field player is inside the goal crease or closer to the goalkeeper than three meters, measured from where the goalkeeper



gains control of the ball. Passively implies unintentionally or through omission to move.

11) When a field player jumps up and stops the ball.

Jumping is considered to be when both feet entirely leave the floor.

A player is allowed to jump over the ball if he does not touch it.

12) When a field player plays the ball from outside the rink.

Outside implies having one or both feet outside the rink.

If a player plays the ball from outside the rink during substitution, this shall be considered too many players on the rink.

If a player, not in the process of changing, plays the ball from the substitution zone, this shall be considered sabotage of play.

13) In 5 v 5: When a goalkeeper entirely leaves the goal area (1 m x 2.5 m)

In this case the goalkeeper is not considered a field player. The goalkeeper is considered to have entirely left the goal crease when any part of their body touches the floor in the goal crease.

The throw-out is completed when the goalkeeper lets go of the ball, and if he leaves the goal crease after this, no action shall be taken. This rule shall also apply if the goalkeeper gathers the ball inside the goal crease and his entire body then slides outside the goal crease. The lines belong to the goal crease.

14) When a goalkeeper throws or kicks the ball over the center line.

This shall be considered an offense only if the ball does not touch the floor, the board, another player or another player's equipment before it passes the center line. The entire ball has to pass the center line.

15) When a face-off, hit-in or a free-hit is incorrectly performed or intentionally delayed.

This includes when the non-offending team takes the ball away when the play is interrupted, the ball is dragged, flicked, or lifted on the stick. If a hit-in or a free-hit is taken from the wrong place or when the ball is not entirely still, it may be taken again. If, in the referees' opinion, play is not affected, the ball does not have to be entirely still or in exactly the right place.

16) When a goalkeeper has the ball under control for more than three seconds.

If the goalkeeper puts the ball down and picks it up again this shall be considered controlling the ball all the time.

17) When a goalkeeper receives a pass from a field player in the same team.

This shall be considered an offense only if the pass, in the referees' opinion, is intentional. Receiving implies that the goalkeeper touches the ball with either his hands or arms, also even after the goalkeeper has possibly touched or stopped the ball with any other part of his body. A goalkeeper may receive a pass from a player in the same team if the goalkeeper is completely outside his goal crease when he receives the pass, and is thereby considered a field player. If the goalkeeper leaves his goal crease entirely, stops the ball, returns to his goal crease and picks the ball up this shall not be considered a pass to the goalkeeper.



A pass to the goalkeeper is not considered a goal situation and cannot result in a penalty shot.

18) When a penalty is imposed for an offense committed in connection with play.

The free-hit shall be taken where the offence was committed. If the referees are unable to decide where the offence occurred, the free-hit shall be taken at the nearest face-off dot, according to where the ball was at the interruption.

19) When a player delays play.

This includes when a field player, in order to gain time, places himself against the rink or goal cage in such a manner that the opponent is unable to reach the ball in a correct way. The player (and team) should be warned 1 time, before any actions are taken.

When a team delays play, they will receive a 2-minute penalty

20) When a field player intentionally plays the ball with his head.

Accidental contact with the head, in the opinion of the referee, is not considered an offence.

21) When a delayed penalty is carried out because the offending team plays or takes control of the ball

Penalty shot

1) When an offense leading to a penalty shot is committed, a penalty shot shall be awarded to the non-offending team.

2) The penalty shot shall be started with the stick and taken from the center spot.

All players except the player taking the penalty shot and the defending goalkeeper shall be in at the wall by their substitution zones during the entire penalty shot. The goalkeeper shall be in the goalkeeper area when the penalty shot starts.

The goalkeeper must not be replaced by a field player.

If the goalkeeper commits an offence during the penalty shot, a new penalty shot shall be awarded and any prescribed penalty carried out.

If another player in the offending team commits an offence during the penalty shot, a new penalty shot shall be awarded and the offence considered sabotage of play.

A player who has incurred a bench penalty shall be on the penalty bench during the penalty shot.



- 3) The player taking the penalty shot may play the ball an unlimited number of times and shall follow a continuous movement towards the goal cage.**

Continuous implies that the player and the ball are not allowed to come to a full stop or change direction away from the goal cage simultaneously. The player must go forward towards the goal.

As soon as the goalkeeper touches the ball or the ball has touched the front face of the goal cage, the player may not touch the ball again during the penalty shot.

If the ball hits the front face of the goal, then the goalkeeper, and penalty passes the goal line from the front, the goal shall be allowed.

If the ball, at the very start of a penalty shot, is drawn backwards the penalty shot shall be interrupted and started all over again.

- 4) If a 2-minute bench penalty is imposed in connection with a shot, the 2- minute bench shall be noted in the match record only if the penalty shot does not result in a goal.**

The penalized player shall be on the penalty bench during the penalty shot.

- 5) Game time shall be stopped during the entire penalty shot.**

Offences leading to a penalty shot

- 1) When a goal situation is interrupted, or prevented from occurring, because the defending team has committed an offense leading to a free-hit or penalty.**

The referees decide what shall be considered a goal situation. Offenses in the goal crease shall not automatically lead to a penalty shot.

A penalty shot shall always be awarded when the defending team, during a goal situation, intentionally moves the goal cage or intentionally plays with too many players on the field.

If, when a free-hit for the opposing team is hit directly at the goal, a field player for the defending team is in the goal crease area, in the goal cage, or in the area where the goal cage normally stands (if the goal cage has been moved).

11. PENALTIES

- General regulations for penalties**

- 1) When an offense leading to a penalty is committed, the offender shall be penalized.**

- 2) All penalties carried out shall be noted in the match record with the time, number of the player, type of penalty and cause of penalty.**

If the penalty is caused by an offense in connection with play, the non-offending team shall be awarded a free-hit.



If the penalty is caused by an offense not in connection with play, play shall be resumed with a face-off.

If the penalty is caused by an offense committed during an interruption, play shall be resumed according to what caused the interruption.

3) A penalized player shall be on the penalty bench during the entire penalty. All penalties terminate when the match is over.

A penalty, which has not expired at the end of regular game time, shall continue during extra time.

During regular game time a penalized player may leave the penalty bench during an intermission. A penalized player may not leave the penalty bench during the intermission between regular game time and extra time.

A penalized player must not participate in a time out.

A player, whose penalty expires, shall immediately leave the penalty bench, unless the number of penalties for their team makes this impossible or the penalty expiring is a personal penalty.

A goalkeeper, whose penalty expires, shall not leave the penalty bench until the next interruption.

4) A penalized player who is injured may be replaced on the penalty bench by a field player who is not already penalized.

Both players shall be noted in the match record with the number of the player serving the penalty in brackets.

5) If the timer/scorer is responsible for a player being admitted to the rink too soon and this mistake is noticed during regular penalty time, the player shall resume his position on the penalty bench.

There shall not be additional penalty time, and the player shall return to the rink when his regular penalty time expires.

6) If a goalkeeper incurs one or several 2-minute bench penalties, the coach shall choose a field player, who is not already penalized, to serve the penalty.

If a goalkeeper incurs one or several 2-minute minor bench penalties, the coach shall choose a field player, who is not already penalized, to serve the penalty.

A goalkeeper incurring a bench penalty, or a personal penalty shall serve the penalty themselves.

7) If a goalkeeper serves penalties and a reserve goalkeeper is not available, the team has a maximum of three minutes to properly equip a field player, but none of this time may be used for warming up, new goalkeeper shall be marked in the match record, and the time of



the change shall be noted.

8) When the penalty expires, the goalkeeper must not enter the rink until play is interrupted.

Due to this the coach shall choose a field player, who is not already penalized, to accompany the goalkeeper on the penalty bench in order to enter the rink when the penalty expires. The referees shall together with the timer/scorer help a goalkeeper, whose penalty has expired during play, to leave the penalty bench as soon as play is interrupted.

9) Penalty time shall be synchronized to game time.

Delayed penalty

1) All types of bench penalties, including match penalties, may be delayed.

A delayed penalty shall be applied when the non-offending team still controls the ball after an offense leading to a penalty.

Only one penalty at a time can be delayed except when a goal situation is in progress, in which case a second penalty may also be delayed.

2) If one or several delayed penalties are imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.

3) A delayed penalty implies that the non-offending team is given the possibility to continue the attack until the offending team gains and controls the ball or play is interrupted.

4) During a delayed penalty, the non-offending team has the opportunity to replace the goalkeeper with a field player and continue the attack.

A delayed penalty shall still be carried out after the end of a period or match.

If the delayed penalty is carried out because the offending team gains and controls the ball, play shall be resumed with a face-off.

5) If the non-offending team scores in a correct way during a delayed penalty, the goal shall be allowed, and the delayed 2-minute bench penalty last imposed on the team shall not be carried out.

6) If the offending team scores during a delayed penalty, the goal shall be disallowed, and play resumed with a face-off.

If the non-offending team scores its own goal, the goal shall be allowed.

Bench Penalty

1) The duration of a bench penalty is 2 minutes.

2) A bench penalty shall affect the team, and the penalized player must not be replaced on the rink during the penalty. The offending team plays short-handed.



- 3) **No more than one bench penalty per player and two bench penalties per team may be measured simultaneously.**

- 4) **All bench penalties shall be measured in the order they are imposed.**

A penalized player shall be on the penalty bench from the moment the penalty is carried out.

- 5) **If more than one penalty is imposed simultaneously on a team already having a bench penalty, the coach decides which of the new penalties shall be measured first.**

Shorter bench penalties shall, in this case, always be measured before longer.

If, during a delayed penalty, the team incurs yet another major foul/bench penalty, the delayed penalty first imposed on the team shall be the one measured first.

- 6) **A team which has more than two players with bench penalties, shall still have the right to play with three players on the rink.**

The last player to receive the penalty will stay on the court until one of the other penalty times already being served has expired and a player has returned to the rink.

- 7) **All penalized players on a team shall leave the penalty bench in the same order as their bench penalties expire.**

- 8) **If a player, who has incurred a bench penalty, commits further offenses leading to a penalty, all their penalties shall be served consecutively.**

This is regardless of whether the first penalty has started or not.

- 9) **Consecutively implies that as soon as the player's first bench penalty expires or terminates, the next one shall start being measured.**

- 10) **An unlimited number of bench penalties can be imposed on the same player.**

If a player has incurred a personal penalty, all his bench penalties have to expire or terminate before the personal penalty may start to be measured.

- 11) **If a player is serving a personal penalty, then incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates.**

The coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.

If a penalized player commits an offense leading to a Match Penalty, the rules concerning Match Penalties shall also be applied.

2-minute bench penalty

- 1) **If the opposing team scores during a 2-minute bench penalty that is being measured, the**



penalty shall terminate, unless the opposing team is outnumbered on the rink or the teams are playing with equal strength.

- 2) The penalty will not terminate if the goal is scored either during a delayed penalty or from a penalty shot caused by an offense leading to a penalty. If a 2-minute bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.
- 3) If a team has more than one 2-minute bench penalty, these shall terminate in the same order they have been carried out.

Offenses leading to a 2-minute bench penalty

- 1) When a player hits, blocks, lifts, kicks or holds an opponent or opponent's stick in order to win a considerable advantage, or with no possibility of reaching the ball.
- 2) When a field player plays the ball above waist level with any part of his stick, lower leg, or his foot.
Waist level is considered the level of the player's waist when standing upright.
- 3) When a player is guilty of careless play with the stick.
This includes uncontrolled forward or backward swing of the stick, and/or raising the stick above an opponent's head if this is considered dangerous. (If there are players nearby who could be struck)
- 4) When a player forces or pushes an opponent against the board or the goal cage.
- 5) When a player is guilty of careless physical play.
- 6) When a field player participates in play without a stick.
This does not include the goalkeeper, temporarily considered a field player.
- 7) When a player intentionally moves to obstruct an opponent, who is not in control of the ball.
If a player, who is trying to move into a better position, backs into an opponent or prevents an opponent from moving in the direction intended, only a free-hit shall be awarded.
- 8) When a field player actively obstructs the goalkeeper's throw-out.
This shall be considered an offense only if the field player is inside the goal area (1 m x 2.5 m) or closer to the goalkeeper than three meters, measured from where the goalkeeper gains control of the ball. Actively implies following the goalkeeper sideways or trying to reach the ball with the stick.



9) When a player violates the three-meter rule at a hit-in or a free-hit.

If the hit-in or the free-hit is performed while the opponents are trying to take position in a correct way, no action shall be taken.

If a team forms a defense line which is not at a proper distance, only one player shall be penalized.

10) When a field player, to gain a considerable advantage, lies or sits down and stops or plays the ball, or in another way affects the situation.

11) When a field player stops or plays the ball with his hand or arm.

12) When an incorrect substitution takes place.

The player leaving the rink must be passing over the board before a new player may enter the rink. If the case is close, action shall only be taken if play is affected. It is also incorrect substitution when a player changes outside the team's own substitution zone when play is interrupted. The player entering the rink is the one to be penalized.

13) When a team plays with too many players on the rink.

Only one player shall be penalized.

14) When a player commits repeated offenses leading to a free-hit.

This includes both shorter and longer time.

15) When a player intentionally delays play.

This includes when a player of the offending team is striking or taking the ball away when play is interrupted, intentionally blocking the ball against the board or a goal or intentionally damaging the ball.

16) When a team systematically delays play.

The referees will warn a team suspected of delaying the play 1 time before a penalty is called.

17) When a player or a member of the team staff protests against the referees' decisions, or when coaching is performed in a disturbing or otherwise incorrect way, the referees may issue a penalty.

Protesting against the referees' decisions and coaching in a disturbing way is considered spontaneous and a minor offense compared to unsportsmanlike behavior.

18) If the goalkeeper unintentionally loses his face mask, play shall be interrupted and resumed with a face-off.



Major bench penalty

- 1) A major bench penalty consists of two bench penalties served consecutively by the player committing the offence (2+2). Essentially a double minor.
- 2) If a major bench penalty is imposed in connection with a penalty shot or a delayed penalty shot, the rules concerning penalties in connection with a penalty shot shall also be applied.

Offences leading to a major bench penalty

- 1) When a field player is guilty of reckless play with the stick.
- 2) When a field player uses his stick to hook an opponent's body.
- 3) When a player throws his stick or other equipment on the rink to hit or try to hit the ball.
- 4) When a player forces or pushes an opponent against the boards or the goal cage.
- 5) When a player is guilty of careless play.
- 6) When a player is guilty of reckless physical play
Includes when a player tackles, throws or trips an opponent against the boards or the goal cage, or otherwise attacks an opponent recklessly.

Personal penalty

- 1) A personal penalty is 10 minutes.
- 2) A personal penalty is typically unsportsmanlike behavior or exaggerated embellishment.
- 3) A personal penalty can only be imposed in connection with a bench penalty and shall not be measured until the bench penalty expires or terminates (2+10).
An unlimited number of personal penalties may be measured simultaneously.
- 4) If a player, already serving a personal penalty, incurs a bench penalty, the measuring of the remaining personal penalty shall, as soon as the bench penalty can be measured, be postponed until the bench penalty expires or terminates.
The coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.
- 5) A personal penalty shall only affect the player, and due to this they may be replaced on the rink during the penalty. The team is NOT short-handed.
The coach shall choose a field player, who is not already penalized, to accompany the player on the penalty bench in order to enter the rink when the bench penalty expires.
- 6) When the personal penalty expires, the player must not enter the rink until play is interrupted.
The referees shall, together with the timer/scorer, help a player, whose personal



penalty has expired during play, to leave the penalty bench as soon as play is interrupted.

- 7) **A coach or member of the team staff incurring a personal penalty shall be sent to the spectators' stand for the rest of the match, and a designated person shall choose a field player, who is not already penalized, to serve the bench penalty.**

Offences leading to a Personal Penalty

- 1) **When a player or a member of the team staff is guilty of unsportsmanlike behavior**
 Unsportsmanlike behavior implies: Behaving in an insulting or unfair way towards the referees, players, team staff, officials, or spectators. Intentionally kicking, upsetting or hitting the boards or the goal cage. Intentionally breaking a stick or other equipment. Throwing the stick or any other equipment, even during an interruption or in the substitution zone.
- 2) **When the player is guilty of simulating with the intention of deceiving the referees (embellishment).**
 This includes when a player is exaggerating or embellishing a fall, a hit, or any other attack. Simulating to have been exposed to an offence or feigning an injury. A player committing an offence could still be penalized even if another player is guilty of simulating in the same situation.

Match penalty

- 1) **A player or a member of the team staff incurring a match penalty shall immediately go to the dressing room and must not take any further part in the match.**
 The person incurring a match penalty should not return to the spectators' stand or the rink during the remaining time of the match, possible over time and any penalty shots included.
- 2) **All match penalties shall be reported**
- 3) **Offenses committed before or after the match, which normally lead to a match penalty shall be reported, but no bench penalty shall be imposed.**
 With the exception of incorrect equipment (which shall be corrected by the player concerned, who may then start the match), offenses leading to a match penalty committed before the match shall also lead to the offender's nonparticipation in that match, possible extra time and penalty shots included.
- 4) **A technical match penalty can only be imposed in connection with a major bench penalty.**
- 5) **The coach or designated individual shall choose a field player, who is not already penalized, to serve the bench penalty, and possible other bench penalties concerning the player or member of the team staff incurring the match penalty.**



- 6) Possible personal penalties concerning the player incurring a match penalty shall terminate.
- 7) Technical match penalty shall lead to suspension for the rest of the match and shall not lead to any further punishment for the player.

Offences leading to a Technical Match Penalty

- 1) A technical match penalty can only be imposed in connection with a major bench penalty.
- 2) Technical match penalty shall lead to suspension for the rest of the match and shall not lead to any further punishment for the player.
- 3) When a field player uses a non-approved stick or a stick with a hook which is too wide.
- 4) When a goalkeeper uses a non-approved face mask
- 5) When a player or member of the team staff, not noted in the match record, participates in the match.
- 6) When a player is guilty of continued or repeated unsportsmanlike behavior.
The match penalty replaces the second minor bench penalty as well as the 10-minute personal penalty but shall still be followed by a major bench penalty. Continued implies in the same sequence and repeated for the second time in the same match.
- 7) When a player breaks a stick or other equipment in a reckless or violent manner.
- 8) When a player is guilty of violent physical play.
- 9) When a player or a member of the team staff participates in a fight or any physical altercation
- 10) When a player commits an offence leading to a major bench penalty, for the second time in the same match.
- 11) When a member of the team staff is guilty of continued unsportsmanlike behavior.
- 12) When a player, whose equipment is about to be checked and/or measured, tries to correct or exchange the equipment before the check of the equipment takes place.
- 13) When a player or a member of the team staff commits an offence clearly intending to sabotage play
- 14) When a player or a member of the team staff leaves the substitution bench or the penalty bench to engage in an altercation



- 15) When a player or a member of the team staff is involved in a fight
- 16) When a player or a member of the team staff commits or tries to commit a brutal offence
- 17) When a player or a member of the team staff is guilty of rude conduct
- 18) When a player or a member of the team staff is guilty of threatening conduct

Penalty shot

- 1) **When an offense leading to a penalty shot is committed, a penalty shot shall be awarded to the non-offending team.**

- 2) **The penalty shot shall be started with the stick and taken from the center spot.**

All players except the player taking the penalty shot and the defending goalkeeper shall be in at the wall by their substitution zones during the entire penalty shot. The goalkeeper shall be in the goalkeeper area when the penalty shot starts.

The goalkeeper must not be replaced by a field player.

If the goalkeeper commits an offence during the penalty shot, a new penalty shot shall be awarded and any prescribed penalty carried out.

If another player in the offending team commits an offence during the penalty shot, a new penalty shot shall be awarded and the offence considered sabotage of play.

A player who has incurred a bench penalty shall be on the penalty bench during the penalty shot.

- 3) **The player taking the penalty shot may play the ball an unlimited number of times and shall follow a continuous movement towards the goal cage.**

Continuous implies that the player and the ball are not allowed to come to a full stop or change direction away from the goal cage simultaneously. The player must go forward towards the goal.

As soon as the goalkeeper touches the ball or the ball has touched the front face of the goal cage, the player may not touch the ball again during the penalty shot.

If the ball hits the front face of the goal, then the goalkeeper, and penalty passes the goal line from the front, the goal shall be allowed.

If the ball, at the very start of a penalty shot, is drawn backwards the penalty shot shall

- 4) **If a 2-minute bench penalty is imposed in connection with a shot, the 2- minute bench shall be noted in the match record only if the penalty shot does not result in a goal.**



The penalized player shall be on the penalty bench during the penalty shot.

- 5) **Game time shall be stopped during the entire penalty shot.**

Offences leading to a penalty shot

- 2) **When a goal situation is interrupted, or prevented from occurring, because the defending team has committed an offense leading to a free-hit or penalty.**

The referees decide what shall be considered a goal situation. Offenses in the goal crease shall not automatically lead to a penalty shot.

A penalty shot shall always be awarded when the defending team, during a goal situation, intentionally moves the goal cage or intentionally plays with too many players on the field.

If, when a free-hit for the opposing team is hit directly at the goal, a field player for the defending team is in the goal crease area, in the goal cage, or in the area where the goal cage normally stands (if the goal cage has been moved).

Overtime

- 1) If a game that has to be decided ends with a tie, it shall be extended with a five-minute overtime period.
- 2) Before extra time, the teams have the right to a **two-minute intermission**, but no changing of ends shall take place.
- 3) During extra time the same rules apply to starting and stopping time as during regular game time. Extra time is not divided into periods.
- 4) Penalty time remaining after regular game time shall continue during extra time.
- 5) If the score after 5 minutes of extra time is still equal, the match shall be decided by penalty shot (a shoot-out)
- 6) **The first team** to score in OT will win the match

Penalty shots after limited extra time

If score is still tied after the 5-minute overtime period, we go to a **Shoot-out**:

- 1) Three field players from each team shall take one penalty shot each. A goalie for each team



remains in the goal

- 2) If the score after this is still equal, the same players shall take one penalty shot each until a decisive result is achieved.
- 3) The penalty shots shall be taken alternately.
- 4) The referees shall carry out a coin flip between a designated player from each team. The winner decides which team will start taking the penalty shots.
- 5) A member of the coaching staff shall, **in writing**, inform the referees and the scorer's table of the jersey numbers of the players and the order in which they will take the penalty shots. The referees are responsible for ensuring that the penalty shots are taken in the exact order as noted by the team staff.
- 6) **Winning is decided by cumulative score.** As soon as a decisive result is achieved during the penalty shots, the match is over, and the winning team shall be considered to have won by one extra goal.

During the regular penalty shots, a decisive result is achieved when a team is leading by a larger number of goals than the opposing team has remaining penalty shots. (If one team has already scored 2 goals and the opposing team only has one penalty shot left).

During the possible extra penalty shots, a decisive result is achieved when a team has scored one goal more than the opposing team and both teams have taken the same number of penalty shots. (Each team took 2 shots, and one team scored 2x, while the other scored 1x).

The extra penalty shots do not have to be taken in the same order as the regular penalty shots.

A penalized player may participate in the penalty shots if he has not incurred a match penalty.

If one of the noted players incurs any penalty during the penalty shots, a designated player shall choose a field player, who is not already noted, to replace the player who has incurred the penalty.

If a goalkeeper incurs any penalty during the penalty shots, he shall be replaced by the reserve goalkeeper.

- If a reserve goalkeeper is not available, the team has a maximum of three minutes to properly equip a field player, who is not already noted, but none of this time may be used for warming up. The new goalkeeper shall be marked in the match record, and the time of the change shall be noted.



12. INDIVIDUAL SKILLS COMPETITION (ISC)

- The ISC is designed specifically for athletes who have not yet developed the skills necessary to participate meaningfully in team floorball. The ISC consists of five events: Shoot Around the Goal, Receiving and Passing, Stickhandling, Shoot for Accuracy and Flip Pass over an Obstacle.
 - Competitors should first go through a divisioning round where each athlete performs each event once. The total score from the five events is then used to place players in divisions with others of similar abilities for the competition (medal) round.
 - In the medal round, each player should perform each event twice. The total score from the two rounds is added together to give the final score.

• **INDIVIDUAL SKILLS:**

• **Shoot Around the Goal**

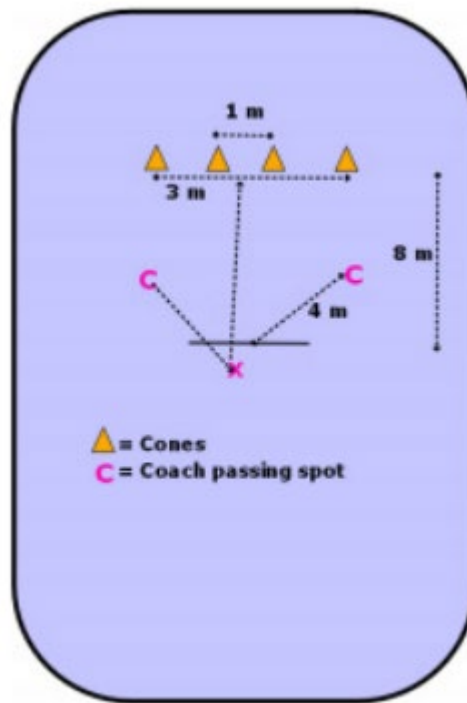
- Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
- Equipment: floorball stick, 5 balls, tape, stopwatch, goal.
- Description: Athlete takes one shot on goal from five different spots around the goal. These spots are located at the end points of five 6-meter long rays which start from a common point at the center of the goal line. Each ray is drawn such that it creates a 30-degree angle with the goal line extended or with a previously drawn ray. The athlete has a 15-second time limit to shoot all the balls. One ball shall be at each spot before the athlete starts shooting.
- **Scoring:** Each ball which is completely crosses the goal line into the goal is worth five points. The score is the total of the five shots; 25 points maximum. (If a ball is deflected from entering the goal by a previously shot ball and the official believes it would have been a goal, then the full five points may be awarded).

• **Receiving and Passing**

- Purpose: To evaluate the athlete's control and accuracy when receiving and passing the ball.
- Equipment: floorball stick, ball, tape, marker cones.
- Description: Athlete receives the ball from a coach, who passes the ball from the 4-meter mark, from either the left or right sides. The Athlete then makes a pass from behind a line. Athlete tries to pass the ball between cones which are placed eight meters from the passing line. 5 attempts at the skill with a maximum point value of 25 points total.
- **Scoring:**
 - 5 points: Control Receiving and Pass the ball in the 1-meter zone (between the center cones).
 - 4 points: Control Receiving and Pass the ball in the 3-meter zone (between the two outside cones, but not in the 1-meter zone).
 - 3 points: Control and Pass the ball outside of the 3-meter zone.



- 2 points: Control the ball, but no pass.
- 1 point: Contact or Receive but no control of ball.
- 0 points: No contact with the ball and no pass.



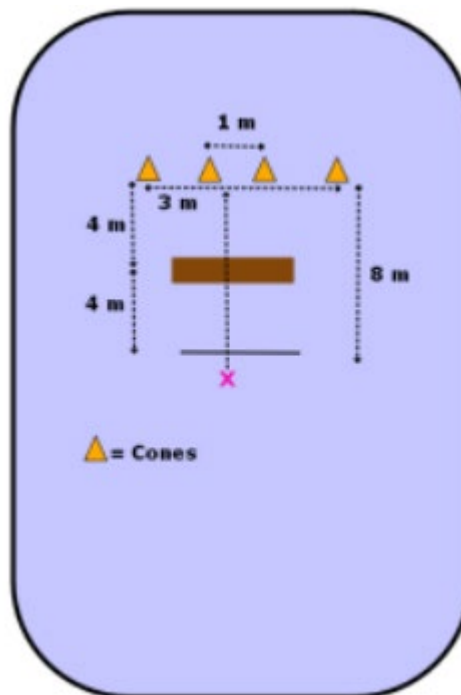
• **Shoot for Accuracy**

- Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the ball into specific areas of the goal.
- Equipment: floorball stick, ball, goal, tape or rope.
- Description: Athlete takes five shots on goal from behind a line that is 5 meters from and directly in front of the goal. Six sections are defined within the goal by rope or tape.
 - The vertical ropes or tapes are hung 45 centimeters (18") in from each goal post.
 - The horizontal rope or tape is strung 30 cm (12") above the floor.
- **Scoring:** The goal is divided into point sections as follows:
 - 5 points for any shot entering the goal in either of the upper corners.
 - 3 points for any shot entering the goal in either of the lower corners.
 - 2 points for any shot entering the goal in the upper middle section.
 - 1 point for any shot entering the goal in the lower middle section.
- Each shot must completely cross the goal line into the goal for the athlete to receive any points, except if the rope or tape stopped the ball from crossing the goal line. In this case, give the point total for the lesser section. The score is the total of these five shots; 25 points maximum.



- **Flip Pass over an Obstacle**

- Purpose: To evaluate the athlete's control and accuracy when flip passing the ball over an obstacle.
- Equipment: floorball stick, ball, obstacle (bench or other obstacle between 25-30 centimeters in height and a minimum of 3 meters in length), tape, marker cones.
- Description: From a stationary position the athlete attempts to flip pass the ball for accuracy, over an obstacle (between 25-30 cm in height and a minimum of 3 m in length).
- The athlete is attempting to pass the ball onto a target that is set up 8 m in distance away (based on diagram).
- **The ball must touch the floor in the landing zone (between the obstacle and the cones) before passing through the cones**
- The athlete's total score is the sum of the scores from the five flip passes over an obstacle; 25 points maximum.
- **Scoring:**
 - 5 points: Flip Pass the ball, over the obstacle, into the 1 m zone (between the center cones).
 - 4 points: Flip Pass the ball over the obstacle, into the 3 m zone (between the two outside cones, but not in the 1 m zone).
 - 3 points: Flip Pass the ball, over the obstacle, outside of the 3 m zone.
 - 2 points: Flip Pass the ball, over the obstacle, but short of the scoring zones.
 - 1 point: ball hits the obstacle but does not pass over the obstacle.
 - 0 points: No contact with the ball.





- **Stickhandling**

- Purpose: To evaluate the athlete's speed and ability to handle the ball.
- Equipment: floorball stick, ball, 6 marker cones, tape, stopwatch, goal.
- Description: Athlete stickhandles the ball from a starting line through a course defined by cones and shoots the ball at the goal.
 - This distance from start line shall be 21 meters.
 - The cones shall be placed in a straight line at intervals of three meters.
 - The clock stops when the ball passes the goal line.
- **Scoring:** The time consumed stickhandling is subtracted from 25. For any cones missed, subtract one point each. Five bonus points are given if the athlete scores a goal.

- **Final Score**

- Any negative number score for an individual skill is considered a "0".
- A player's final score is determined by adding together the scores achieved in each of the five events which comprise the Individual Skills Contest