

## DID YOU KNOW?

### Some cool facts about floorball

- Floorball is played by millions of people in over 50 countries around the world.
- The world record for the fastest floorball shot is an astounding 191 km/h.
- Floorball is a provisional member of the International Olympic Committee (IOC).
- The IFF hopes floorball will be a part of the Summer Olympics by 2020.
- The World Floorball Championships (WFC) are televised on Eurosport across the world.
- The 2008 Men's WFC in the Czech Republic welcomed over 100,000 paid spectators during the week-long event.
- There are more floorball players than ice hockey players in Finland, Sweden, Switzerland and the Czech Republic.
- Floorball is popular in many non-traditional hockey markets, including Singapore and Australia.
- The governing body for floorball is the International Floorball Federation (IFF).
- Floorball is known as "innebandy" in Sweden, "salibandy" in Finland and "unihockey" in German speaking countries and parts of Western Canada.
- Professional floorball leagues operate in Finland, Sweden and Switzerland.
- Many European born NHL players use floorball as their dry land training of choice.

## DRY LAND TRAINING

Floorball is excellent dry-land training for hockey players and its merits are becoming well documented in North America, with organizations like Hockey Canada, the Ontario Minor Hockey Association and the Toronto Maple Leafs Hockey School involved with the sport. NHL stars such as Marian Gaborik, Mats Sundin and Henrik Lundqvist play floorball.

## CANADA CUP

The Canada Cup Floorball Championship is North America's largest floorball event. The annual event takes place in the spring in Toronto, Canada and has grown from six teams in 2004 to over 50 teams today. The 2009 tournament featured seven divisions across all age and skill levels. One is just right for you. Create and enter your own team at [www.thecanadacup.com!](http://www.thecanadacup.com!)



## GET STARTED

Call or email us today to order a floorball starter package!

[WWW.FLOORBALLPLANET.COM](http://WWW.FLOORBALLPLANET.COM) (USA)  
[WWW.FLOORBALLPRO.COM](http://WWW.FLOORBALLPRO.COM) (CANADA)



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# FLOORBALL



The World's Most Popular  
Indoor Hockey



## WHAT IS FLOORBALL?

Floorball is a fast-paced, exciting, safe and low-cost type of indoor hockey. At first glance, it resembles floor hockey or ball hockey but is played with advanced lightweight sticks and rules that make game play much safer. Floorball can be played practically anywhere and is ideal for schools, community centres or for hockey teams as dry land training.



### BASICS TO GET YOU STARTED:

#### THE PLAYERS AND GOALIE:

Floorball players do not wear protective equipment; only a t-shirt, shorts and athletic shoes are required. Floorball goaltenders do not use sticks. They play on their knees, blocking shots with their hands and body. Teams are permitted 5 players and a goalie on the court at one time.



#### THE BALL:

The official ball is 72 mm in diameter, weighs 23 g and is made of hard plastic with 26 evenly distributed holes. It is similar to a whiffle ball.



#### THE STICK:

Floorball sticks are engineered for superior stick handling, ball control and shooting. They are lightweight, inexpensive, durable and non-marking. A floorball stick should reach 2 cm above the belly button.

#### THE NETS:

Floorball nets are 160 x 115 cm.  
The goalkeeper area is 2.5 m x 1 m.  
The goal area is 5 m x 4 m.

#### THE RINK:

The standard rink size is 40 x 20 m.

#### GAME LENGTH:

The standard game length is three 20-minute periods. However, a game of floorball can be played virtually anywhere by varying the game length, rink size and the number of the players on the court.

## BRIEF FLOORBALL RULES:

- Stick must remain below waist
- Ball is played below knee level at all times
- No body contact, no blocking/screening of opposing player
- Stick on body contact or stick on stick contact is not permitted
- No blocking, lifting or locking of opponents stick
- Free hits, similar to free kicks in soccer, are given for minor infringements
- Hit-ins are given when the ball goes out of play
- There are no offside or icing calls

Refer to International Floorball Federation Rules and the IFF Youth Start-up Kit for details. Download at [www.floorball.org](http://www.floorball.org)



### WHY SHOULD WE PLAY FLOORBALL INSTEAD OF FLOOR OR BALL HOCKEY?

#### Teachers and coaches LOVE:

- Safety
- Inclusiveness
- Low cost
- Non-marking equipment
- Global game
- Great way to get kids active

#### Students and players LOVE:

- Awesome equipment & 191 km/h shots
- Sick zorro tricks - [www.zorroacademy.com](http://www.zorroacademy.com)
- Cool, edgy "street" feel
- Lots of dangles and goals
- Appeals not just to puck-heads but soccer players, too