



Competition Format

- Games are 2 x 10min, with a 2 min break in between halves.
- Teams will not swap ends at half time.
- Year 7/8 and year 5/6 teams play with one goalie and 3 field players in the rink.
- Year 1/2 and year 3/4 play with 4 field players and no goalie, using small goals.
- A team can have up to 3 additional players on the sidelines as subs and they 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 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.

Floorball rules

Detailed rules are below, however, the junior referees will be concentrating on making the game as safe as possible and will be looking out for the following main rules.

1. 'Slashing'- this will be called if a player hits another player's stick when going in for a tackle.' Even if it is unintentional, this is a free hit to the other team. Repeated 'slashing' would get a warning from the referee.
 2. 'High stick'- this is when the stick is carried, or swung, higher than the player's knee. At a free hit, with all players 3m or more away, then the stick can be swung up to the player's waist. A free hit to the other team will be given if there is a high stick.
 3. 'Dangerous play'- this can be playing the ball whilst the player is on the ground or rough pushing/shoving. Anything that would make the game unsafe may be called for.
- A free hit must always be hit, not pushed or flicked.
 - Both sides of the blade/stick can be used to play the ball.
 - The goals are placed about 2m 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 goalie 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 the centre line. A goal cannot be scored from a thrown ball.
 - Players can stop or kick the ball with their feet.
 - Players can repeatedly kick or pass with their feet but cannot score with their feet.
 - The ball must not be played with the hands or head of players (goalie ok).
 - 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 interfere in the game if you lose your stick or if you are lying on the ground.
 - 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, the 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 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

Code of Conduct

- Provide a model of good sportsmanship.
- Be courteous in your communication with players, teachers, team officials, game officials and players from other teams.
- Encourage honest effort, skilled performance and team loyalty.
- Make new players, referees and teams feel welcome on all occasions.
- Do not interfere with the conduct of any games.
- Demonstrate appropriate social behaviour.
- Let game officials conduct games without interference.
- Demonstrate respect for opposing players and their supporters.
- Be mindful of our younger players. Be a good role model.
- Play by the competition, conditions and rules.
- Control your temper – no criticism by word or gesture.
- Do not swear or lash out another player, referee or supporter.
- Be a good sport. Encourage and support your own team members.
- Show respect for your opponents and their skills.
- Be friendly to all participants.

Lower Hutt Floorball Club will not tolerate unacceptable behaviour.

Everyone participating has the right to play without being subjected to aggressive, threatening or intimidating behaviour, and has an individual responsibility to treat others fairly.

Schools/Teams/Players will be held accountable for their failure to take reasonable steps to prevent unacceptable behaviour by a member of their team or supporters.

Unacceptable behaviour could result in the loss of points, forfeit or other sanctions imposed by the LHFC.