Floorball
Let’s Get Active!
What is Floorball?

- Floorball is a fast-paced, exciting, safe and low-cost type of indoor hockey.
- At first glance, it resembles floor/ball hockey but is played with a highly refined rule set and advanced lightweight equipment.
- It relies on very little equipment and the fact that everyone can play has made it one of the world’s fastest growing sports.
- It can be played practically anywhere and is ideal for schools and community centers.
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, durable, around 100 cm in length and vary in stiffness. Sticks start from just $15 each.

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.
Incredible Floorball Statistics

- It is played by over 3 million registered players in over 50 countries around the world. (It is estimated that there is at least double that many players playing recreationally world wide.)
- It has surpassed ice hockey in popularity in Finland and Sweden. (It is the number one sport played in both countries.)
- It is played professionally in four countries.
- The 2008 World Championships were televised live to 53 countries in 19 languages on Eurosport. (With over 100,000 paid spectators over the week long event)
- The International Olympic Committee (IOC) has officially recognized the International Floorball Federation (IFF) and it is speculated to be an Olympic sport by 2020.
- It is a member of the General Association of International Sports Federations
Floorball in Canada

- In Canada, by 2020, Floorball will surpass Ice Hockey in Total Participation.
- It is recognized and sanctioned by Hockey Canada and has been incorporated into their off-ice training program.
- It is recognized and sanctioned by the Ontario Federation of School Athletics Associations (OFSAA).
- In 2009 Canada qualified, for the first time, an U19 Team to compete in the World Championships. (A majority of these players coming from Hamilton due to Sherwood Secondary School's involvement with the Hockey Skills Academy Program and Hockey Canada)
Why Floorball?

- Safe
- Low-cost
- Everyone can play
- Fast, Fun & Exciting
- Great exercise
Floorball is Safe by Design:

Floorball’s highly refined rule set promotes an extremely safe playing environment:

- No aggressive body contact is permitted
- No blocking or screening of opposing player
- The ball is played below knee-level at all times
- The stick must remain below the waist
- No blocking, lifting or locking of opponents stick
- Hit-ins are awarded when ball goes out of play
- There are no offside or icing calls

Floorball produces few injuries and is built on sportsmanship and respect for one’s opponent
Floorball requires very little equipment to get started:

- Requires only a stick, running shoes, and athletic clothes.
- Sticks are durable, skill enhancing, and do not damage gym floors.
- Sticks start at $15 - $40 and can range upward depending on materials.
- Specialized goaltender equipment requires only a padded long sleeve shirt, padded pants, a mask, and knee pads – approx. $200 per set.
Floorball is highly inclusive because the rules do not favor the most physically prominent players:

- Skill is the strongest determinant of success
- Players of different age, size or experience can compete
- Boys and girls can play together in a co-ed environment
- Ideal handicapped or special Olympic Sport
- Floorball can be played on any flat surface
Fast, Fun & Exciting

- There are no offside or icing calls
- Hit-ins and possession calls keep the flow
- Goalies do not play with sticks but can throw the ball up the floor
- Due to the lightweight equipment it allows all players to pass and shoot with accuracy and speed
- The world record for the fastest shot is an astounding 191 km/h.
Floorball is Great Exercise

Playing floorball is a great way to get active and to stay physically fit:

- Play is physically challenging and a great cardiovascular workout
- Requires agility, speed and stamina
- Provides an excellent aerobic and anaerobic workout
- Develops highly transferable stick-handling and coordination skills
More Reasons to Consider Floorball…

• More girls participate compared to other forms of hockey!
• Many NHL players from Europe play floorball to develop and improve their hockey skills!
• Consider the huge growth of soccer in Canada, as parents decide to move kids from ice hockey to other sports because of high cost and extreme competition. Floorball may be a better choice than soccer since it has the same safety and cost qualities that parents are attracted to but is a hockey-based game that will naturally be popular in Canada.
Case Study: Edmonton, Alberta

- Floorball integrated into the primary school phys ed curriculum by the Edmonton Public and Catholic school boards in 2002
- The program is very popular and now includes more than 27 schools and thousands of players
- Tournaments are organized several times each year and a recent event attracted some NHL stars to help promote the game
- Students are now expanding the program to high school
- Major findings:
  - Very popular with female students
  - Students LOVE the game due to fast-paced end-to-end action!
  - Few injuries
More Success Stories

• The School Board in Austin, Texas, with over 19,000 students, added floorball to their Phys Ed curriculum in 2004.

• In Ontario, weekly youth programs take place in Hamilton, Mississauga, Ottawa, Sutton, St. Catharine’s and Brantford. New programs are in the planning stages for many other cities and towns.

• The program in Ottawa was originally organized by the Ottawa Senators (during the NHL lockout) who are major advocates of the sport.
Integrating Both...

YouTube - FLOORBALL TEASER
http://www.youtube.com/watch?v=ea8O-VgLxWI
OUR VISION

• To make Hamilton the Hub of National and International Floorball in North America
• Establish a National Training Center and the first totally dedicated Floorball center in North America similar to the Scandinavian Centers visited in Finland
• Prepare Women's, Men's, U19, and Youth teams to compete Internationally (Olympic and Special Olympic Teams)
• Develop Recreational and Competitive leagues
• Develop Training Programs for all age groups
• Incorporate an Equipment Sales and Service center
• Incorporate Entertainment Centers for Children and Spectators
Should you require any further information, the above sites will provide contact information; or e-mail Jim Hayward at: j.hayward@sympatico.ca