

## FLOORBALL

- Floorball or Unihockey is a team sport that is played indoors. The game consists of getting the ball into the net, using a stick. The rules are similar to ice hockey. It's a fast game that will keep you fit.
- The Floorball World Championship is held every 2 years. The game is becoming more and more popular. In 2006, the International Floorball Federation (IFF) listed 37 countries where the game is played. Floorball originates from Sweden.
- A team has 17 players, although only 6 are on the pitch. One player is the goalkeeper.

### Players are allowed to :

- Move the ball with the stick
- Use their feet to move the ball towards the stick

### Players are not allowed to:

- Hold the stick above waist height

### The Goalie :

- can not leave the goal
- can not hold the ball for more than 3 seconds
- is allowed to kick, throw or touch the ball with any part of the body

If the goalie throws the ball out, it must touch the wall or the floor or another player, *before* it crosses the halfway line.

### Basic Rules

- You can change players at any time
- There are three 20 minute periods with a 5 minute break between each period
- To start the game, the ball is placed in the center of the pitch
- Play is stopped if :
  - the ball breaks
  - a player is injured
  - a goal is scored
  - a penalty is taken
- To re-start, place the ball in the same place it was before

