

# FLOORBALL

**LEARN**

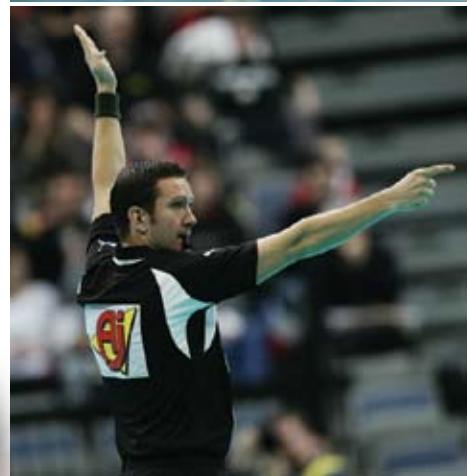
Learning the game

**START**

Starting up the organisation

**PLAY**

Playing in different ways



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# INTRODUCTION

The objective of this manual is to provide you as a reader with a comprehensive material in order to help you to start to play Floorball in your school, club, city or country. The material gives you hints and tips how to get started and teaches you step by step how to get people involved and how to face and win the challenges when establishing a team or an organisation. Hopefully this information will be helpful to you as a guideline for creating the best environment for the sport.

This material has been created by Anniina Paavilainen, Emily Koh, Merita Bruun and John Liljelund and edited by Merita Bruun and John Liljelund.

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WFC 2008 picture by Pavel Lebeda/CFbU

## WHY CHOOSE FLOORBALL?

Today Floorball is a very popular sport around the world. The number of players and teams are increasing every year and there is no sign that the positive development would stop.

Floorball is an invasive sport officially played with five field players and a goalkeeper on each side. It has similarities with both field hockey and ice hockey but also some similarities with other team ball sports. It is played with a plastic stick and a plastic hollow ball, with holes. Floorball is the sport of today and is becoming the universal sport of tomorrow. During the 25 years of Floorball, the development and growth of the sport has been amazing. Since the first Floorball Federation was founded in 1981 in Sweden, the sport has spread all over the world and it is now played in over 60 countries.



WFC 2008 picture by Ondrej Klema/CFbU



The main objective is to score as many goals as possible in the opponent's goal and of course to prevent the opponent from scoring in your own goal. The skill level of the players determines the team tactics of the game and sometimes, when less skill is involved the best tactic is to have no tactic at all and just play. At the elite level, where the best players in the world compete, the technical and tactical skills are increased to a higher level.



WFC 2008 picture by Pavel Lebeda/CFbU

The game area is surrounded by a rink but due to the great variability of the game, Floorball can be played almost anywhere, with a varied number of players on the field. Floorball is a fascinating sport with a lot of speed and excitement.



WFC 2008 picture by Pavel Lebeda/CFbU

One of the reasons behind the popularity of Floorball is the easiness to start playing: no specific skills are needed in the beginning and the rules are simple, you just need sport shoes, a stick and ball. Floorball can be played as a fitness sport where equality between the genders is well realized. Mixed Floorball has been played since the early stages of the sport. In addition to school children and students, today many workplace and special interest groups have also taken up Floorball, and the so called inter-company matches have come to stay.

The popularity of Floorball can therefore also be explained by the easiness of the sport. Practically everyone has the opportunity to play Floorball (Unihockey in German) - if not within a sports club, then in an unofficial group. Another important feature is related to the sport itself: the threshold to begin playing Floorball is low, as far as financial investments and skills are concerned. National leagues and team matches are offered to more skilful players. The national Floorball league is not merely a second choice for ball players, but a vigorous, elite sport requiring a great deal of practice.



WFC 2007 picture by Päivi Väänänen/NeFUB

### Floorball suits all and it is:

- Easy to start
- » As long as the right equipment is available you can start to play Floorball. You can start playing outdoors or indoors if you have at least four people to begin with.
- Easy to modify
- » Floorball is easy to modify according to the space, facilities, number of people and equipment available. It can also be modified to suit disabled people and people in all age categories.
- Easy to play
- » You don't have to be an expert to play Floorball. Anyone who knows how to use and hold a stick is able to learn how to play. The rules are simple and easy to learn.

### Alternative sport

Floorball can be introduced to people also as an alternative sport. Athletes who already have experience from other invasive games can be attracted to the sport. For example in Canada, the sport was introduced to ball hockey players, an indoor hockey game but without ice, and ice hockey players; a target group that is easily reachable. The players adapted to Floorball easily because of the similarity of the games, like it is with all stick and ball sports. They were also impressed because of the skill and no contact part of the sport. The safety of the sport can be used as an attraction especially with younger children. In Asia and Australia a lot of the players who pick up Floorball have a background in field hockey.

Floorball can also be used as a part of training programs in other invasive sports, for example during off-seasonal training. There are a lot of different athletes' who use Floorball as off season training and/or a form of warming up before practice, ice hockey, field hockey, wrestlers, football, tennis and ski jumpers.



WFC 2008 picture by Ondrej Klíma/CFbU

If you don't have any background of ball team sports with sticks it is easy to build on the experience of sports like basketball and handball, which by tactical aspects is quite similar to Floorball. The advantage with Floorball is that it is playable regardless of size, strength and other skills of the players.

## HISTORY OF FLOORBALL

Some roots of Floorball are already from 1958. The idea of plastic sticks (with both shaft and blade) was born in a plastic industry in Lakeville, Minneapolis, USA. They introduced sticks and other plastic material under the name Cosom. Cosom floorhockey has grown afterwards in both USA and Canada. Since many years game series have been played in North America and Canada, but mainly for children and youth. One of the biggest tournaments, Floorhockey Tournament, was arranged for the first time in the beginning of 1960's in Battle Creek Michigan. The first Cosom-plastic stick was introduced in Sweden 1968 and after that a lot of different versions of games with balls and pucks were played in Sweden. In the middle of the 1970's the idea of trying to establish ONE sport based on the Cosom-material and with influence from basketball and ice hockey.

Floorball has developed to its present form, from a game which was first played in Gothenburg, Sweden in the early 1970's. The sport has been influenced quite a lot by street hockey, the street version of ice hockey. Floorball was first brought to Sweden by students and from there it has been spread throughout Europe and the rest of the world.



Floorball Sticks from the 80's picture from FFF

## VALUES OF FLOORBALL

### -Equality, Fair play and Solidarity

Floorball also teaches important values such as non-discrimination, fair play and solidarity, which are important values to teach especially for the children taking part in sports.



WFC 2008 picture by Ondrej Klima/CFbU

As Floorball is a sport for all, a wide range of people can participate and get involved in sports through Floorball and the whole community benefits from increasing levels of sports and physical activity, including:

- Improved levels of health – mental and physical
- Increased socio-cultural integration, equity, harmony and unity in communities, particularly integration of ethnic groups, people with perceived disabilities, and immigrants
- Increased social interaction, social inclusion and involvement skills, and the benefits derived from the inherent spirit and values of sport and physical activity
- The educational role of sport and physical activity
- A reduction in costs of health and welfare to governments and communities.

The International Floorball Federation also works to prevent any type of discrimination and is committed to ensuring that equity is incorporated across all aspects of its development. The IFF respects the rights, dignity and worth of every person and will treat everyone equally within the context of Floorball, regardless of age, ability, gender, ethnicity, nationality, religious belief, sexuality or social/economic status.



Picture by Petri Suni/FFF

As an example the Malaysians Women's national team were allowed for religious reasons to play in long tights, despite that the IFF Game Rules prevents this. The IFF is promoting Men and Women World Floorball Championship's equally and the World Championships have been played for both men and women since the IFF foundation. The equal promotion concerns organisation rights, advertisement, the competition structure and TV.

The IFF is living according to the Olympic Charter and most of the National Floorball Associations are accepting the ethics Charter of their respective National Olympic Committee or Sports Confederation. In 2006 the IFF decided to endorse the General Association of International Sport Association's (GAISF) Panathlon Declaration on Ethics' in Youth Sport.

In addition the IFF promotes clean sport and has developed its anti-doping policy and intensified the fight against doping in Floorball. Associations and clubs taking part in IFF events are being asked to assist IFF in implementing the anti-doping program, while any player participating in an IFF Event may be required not only to undergo a doping control after a match, but also to undergo out-of-competition controls. No advance information is given as to when controls will take place.

The Finnish Floorball Federation and the Swiss Floorball Association are also actively involved in promoting doping free sport. The Finnish Men's and Women's Floorball National teams are included in the "Clean Sports Star group", which forwards the message of clean sports.

The Swiss Floorball Association participates in a national campaign called "Cool and Clean" and the Swiss national team player, Simone Berner, was elected ambassador for women's sport in the "Cool and Clean" campaign.



Simone Berner celebrating the EuroFloorball Cup victory in 2008.

Picture by Mika Hilska/FFF



Women's U19 WFC 2008 picture by Mika Hilska/FFF

All the IFF championships are played with regulated materials (IFF Material Regulation), i.e. IFF has very strict rules for the stick, ball and rink dimensions, due to the safety of the players. All material shall be approved by IFF and there must

to strengthen the competitiveness of Floorball as the equality aspect towards genders is an important strategic question for the future development of the sport. The aim with the Equal Treatment project is to make different positions within the organisation attractive for both genders in order to find the right competence and the right person for a specific task and to increase the amount of female players and voluntary workers. There are also other benefits with the equality project as there is a great potential in the girls and women when trying to find new members to increase the total amount of licensed Floorball players. As Floorball is working actively for equal treatment it can also be considered an advantage when for example investments for new facilities are being considered. It can be motivating for politicians to invest in a sport, which is considered equal.



Tero Tiiu is one of the Finnish National team players that are promoting clean sports. WFC 2008 picture by Ondrej Klima/CFbU

be free access for purchases by anyone. IFF works closely together with the Floorball manufacturers, in an organisation called the Development board.

Also the IFF Member Association promote the fair play and equality values and for example the Swedish Floorball Federation started an Equal Treatment project in 2008 in order

## BASIC RULES OF FLOORBALL



WFC 2008 picture by Pavel Lebeda/CFbU

The rules for Floorball are built on the premises of not using the stick to harm the opponent in any way. Despite the fact that Floorball is a fast sport, there are quite little injuries if you keep in mind the basic rules, which are listed below:

1. The game is played with 3 to 5 field players and a goalie depending on the court size.
2. Teams consist of a minimum of 6 and a maximum of 20 players.
3. Game is played with effective time 3 periods of 20 minutes, in some cases 3 x 15 minutes are used to fit the game inside the one hour limit.
4. A 50 cm high rink surrounds the field (look for hints if there is no rink, under Modifying the Facilities).
  
5. The goal size is 115 cm by 160 cm and in front of it is a crease (2.5 m by 1 m) where only the goalie can be although the ball may be played from there by a field player with a stick.
6. The goalkeeper area is 4 m by 5 m and this is the area in which the goalie may play normally. The goalkeeper has no stick.
7. The goalie must not hold the ball for more than 3 seconds and when throwing the ball, it must hit the floor before passing the centre line.
8. If the ball goes out of the rink/field the other team can continue play 1 meter away from the spot where the ball went out. If the ball goes out from the end, the other team continues from the corner spot.
9. When given a free hit, the opponent must be at least 3 meters away from the ball (sticks included).
10. The ball may be kicked, but not more than once and not to a team mate.
11. The ball must not be played with the hands or head.
12. The ball may be played from the air if it is below the knee level.
13. No form of pushing or physically tackling the body is allowed, but you may play shoulder to shoulder.
14. Players may not play without a stick.
15. You are not allowed to jump and play the ball at the same time.
16. The ball may not be played if a hand or both knees are on the ground. (Only one knee is allowed).
17. Free shot or 2 minutes penalty is given when:
  - High sticking, hitting the opponents stick, playing the ball with hand or head, tackling, pushing, obstructing, throwing the stick, wrong distance in the free shot
  - A penalty shot is given if the foul is committed when the other player is trying to score from close to the goal



An example of a free-hit situation. WFC 2008

Picture by Ondrej Klima/CFbU



## THE DIFFERENCE BETWEEN SMALL FIELD AND BIG FIELD PLAY

Small Field Game	Floorball
Play area according to the space available	Rink sized 20x40 meters surrounded by a rink that is 0,5 meters high
A plastic stick is used to play a plastic ball with holes. It is forbidden to block, hit and lift the opponent's stick. Also kicking and holding the opponent's stick is forbidden as well as playing the ball between the opponent's legs.	
No goalkeeper. 3 to 5 field players.	5 field players and a goalkeeper.
A semi circle shaped area marked in front of the goal, radius of 1,5 meters. The players are not allowed to touch the goal area with any body part but it is allowed to jump over the area and play inside the area with the stick.	See the court size on page 15. Only the goalkeeper is allowed inside the smaller area in front of the goal cage. It is however allowed to play inside this area with a stick. The goalkeeper is allowed to take possession of the ball only inside the goal area.
If a player of the attacking team invades the goal area, the opposing team is awarded by a free hit.	If a player of the attacking team invades the goalkeeper area, the opposing team is awarded by a free hit.
If a player of the defending team invades the goal area, the opposing team is awarded by a penalty shot.	If a player of the defending team invades the goalkeeper area, the opposing team is awarded by a penalty shot.
The penalty shot is shot from the opposing goal towards the goal.	The penalty shot is taken from the centre dot towards the goal covered by a goalkeeper. The ball should not stop or taken backwards during the penalty shot.
A goal is scored when the ball crosses the goal line. A goal is scored only with stick but can also be bounced from a player.	
After a goal, the game is continued with a free hit by the non-scoring. During the free hit the teams have to stay on their own court side and the ball should be played to the starting team's court side. The game can also continue with a face off at the centre dot.	After a goal, the game is continued with a face off at the centre dot.
Other rules as listed in the basic rules.	

The rules are modified according to the amount of players, the size of the field, the amount of time available and the skill level of the players.

Read more from IFF web page [www.floorball.org](http://www.floorball.org) and Rules of the Game found under Rules & Regulations.



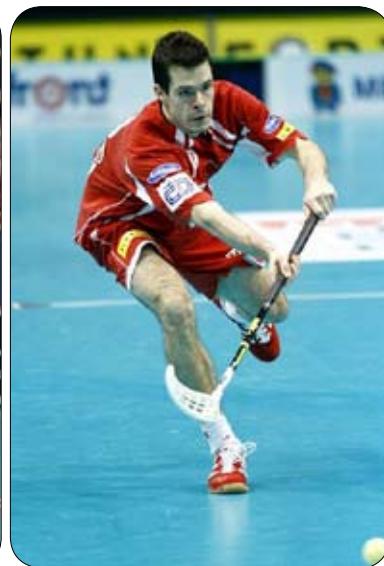
## LEARNING TO PLAY



WFC 2008 picture by Pavel Lebeda



EFC 2008 picture by Mika Hilska/FFF



WFC 2008 picture by Stepan Cerny/CFbU

To pick up the sport, you first have to consider the technical aspects needed in order to play, such as how to hold the stick, the game posture and running.

### Holding the stick

There are two different sides of the stick – left and right depending on the hand which is lower when holding the stick. Usually the side of the stick chosen depends on whether you are left or right handed. Most Floorball players are using a left stick because they are right handed. However, the stick should be chosen based on which side feels more natural. Previous experience with other sports might affect on how you hold the stick. For example, field hockey players tend to choose a right stick. A very good way to help the players to choose which sided sticks they should use is to place the stick in front of the player and ask him to pick it up with just one hand. If the person picks it up with the right hand, it would be advisable to start playing with a left sided stick. As a comparison most tennis players who are right handed plays with the racket in the right hand.

### Individual technique

In order to play the game, you need to know how to execute certain skills. These skills are:

- Shooting
- Passing and receiving
- Dribbling

The manual, Individual technique and tactics, introduces how to teach the basic skills but the best way to learn would be to have someone to show you the techniques. In case you have no one to demonstrate the skills to you, you can search the internet for videos or games where these skills are present, or see the clips from the Unihockey Techniques DVD or the IFF Floorball Technique DVD through the IFF web site. The IFF Floorball Technique DVD also includes goal-keeper training.

Once you have learnt these skills you can start spreading the sport by teaching other people how to play. This you can do by setting up Floorball events or giving lessons. You can find more information on how to plan an event or an introductory lesson from this material.



## LEARNING TO TEACH

The IFF has different instructional materials which can be used to educate both teachers and players. The Youth Start Up Kit has been translated in nine different languages already but in case it is not available in your native language it would be good to have it translated. It would also be best to have other instructing and coaching materials in your own language to make the access to the sport easier. In order to do so, it would be essential to have at least the following information provided to the newcomers in Floorball:

- Basic Rules
- Equipment needed
- Measurements of the court
- Basic skills

These topics can be extracted and translated from the following materials:

Youth Start Up Kit  
Teaching Individual Technique and Tactics  
Team Tactics  
Special Situations and Goaltending  
Unihockey Technique DVD  
IFF Floorball technique DVD

With the aid of these materials it should be possible to conduct an introductory lesson, but these things should be emphasized:

- Be inspiring and positive
- See that everybody has the right equipment
- Pay attention to the safety issues
- Be organised and correctly equipped (whistle, tactic board, pen, stop watch, vests, cones)
- Be clear with the instructions
- Demonstrate as much as possible
- Minimize waiting time and maximize repetitions
- See that everybody is actively involved and gets to play



Picture by Petri Suni/FFF

At the end of the lesson, you should ask for feedback and make sure that all participants have understood the important parts of the game. As a conclusion for the lesson, you can have a mini tournament amongst the participants.

In the table you can see an example of the structure of a practice session. It is important to plan the session beforehand and have it on paper. Equipment is also essential such as a whistle, a tactic board, a pen, a stopwatch, vests and cones, but the most important equipment would of course be sticks and balls. Keep track of time and be clear with instructions. The time frame can be altered depending on the age of the participants. As young children are not able to concentrate as well as adults, it is important to keep the session simple, short and fun. For young children (5-8 years) 60 minutes can be too exhausting so 45 minutes might be enough. With older participants the time can be altered up to 90 minutes with a longer game section. You should make sure that the majority of the participants are active at all times and that there is no standing in lines. Also the amount of repetitions in one drill should be maximized. The participants should have as much contact with the ball as possible.

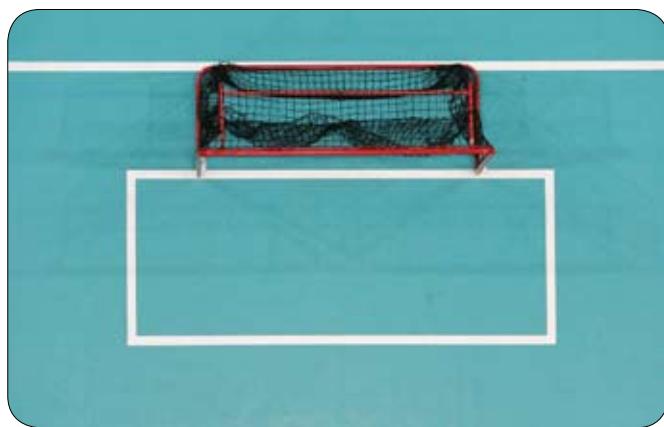
Minutes	What	How	Why	Equipment needed
0-5	Introduce yourself and explain what Floorball is	Gather participants in a semi circle	To tell the participants what Floorball is	A stick and a ball to show the equipment
6-15	Introducing basic skills like how to hold a stick and passing and receiving	Participants in a semi circle		A stick and a ball for each
16-25	Passing in pairs	Participants in pairs	To get familiar with the stick, the ball and the surface	A stick for each and one ball for one pair
26-35	Dribbling around cones	Participants form two lines in each corner with one ball each, cones in a line by the side of the court. Participants start one at a time by going around the cones, covering the ball with the blade and body.	To learn how to handle the ball in movement and how to use the blade to cover the ball.	Stick, balls and cones
36-55	Game 5 vs 5 or 3 vs 3 depending on the number of people and size of court, or a mini tournament	Players divided in two teams, or in case of a mini tournament in four teams where each team plays against each other (game time according to the time left)	To have fun and to get familiar with the rules	Stick, ball, goal posts (if not real goal cages), vests, one ball, a whistle
56-60	Debriefing	Gather people in a semi circle and see that everybody pays attention	Make sure everybody has understood the main points of the session (basic skills and rules)	

# FACILITIES AND EQUIPMENT

Floorball is easy to start because it doesn't require much equipment. You only need a stick, ball and shoes – and of course clothes suitable for exercise.

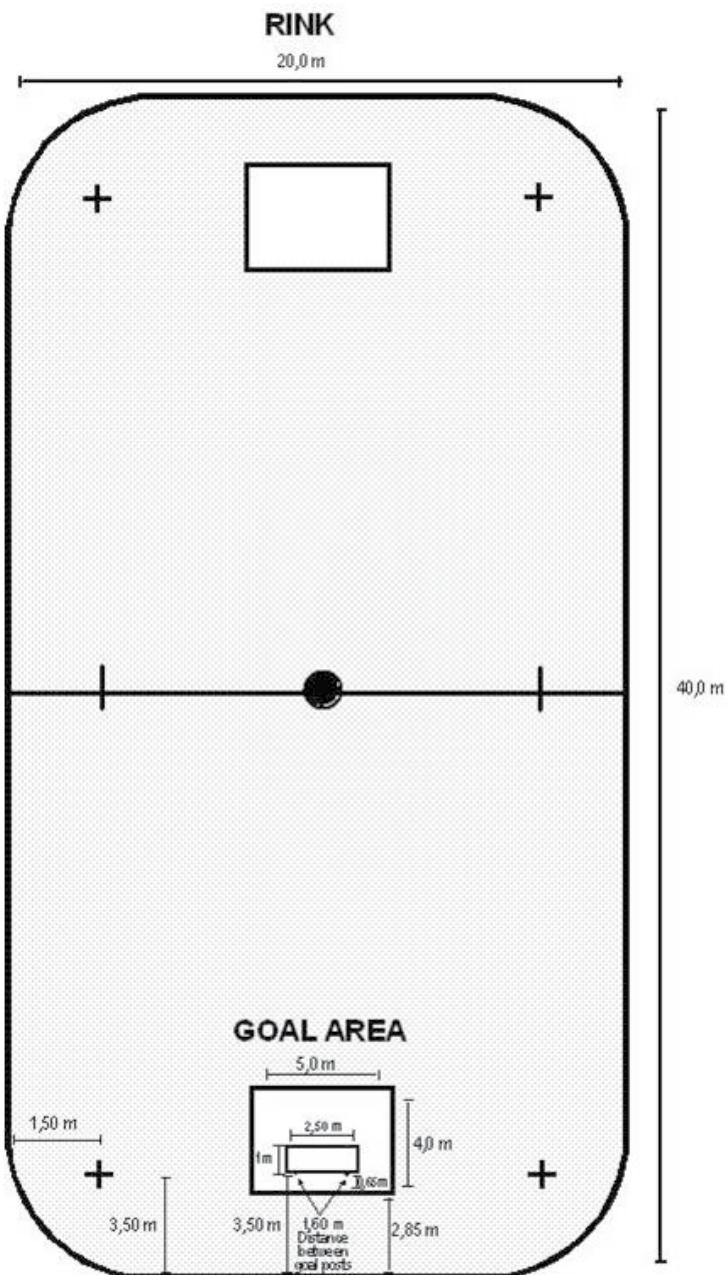
## Goals and Rink

The goal is sized 115cm (h) x 160cm (w) x 60cm (d). It is made from pipe shaped material (65mm) and painted red. The goal cage is furnished with a net. The rink shall be 40m by 20m with rounded corners.



Goal area picture by Pavel Lebeda/CFbU

Here is the size of an official rink with the sizes of the goal-keeper area and goal area. However the size of the court can be modified according to the amount of players and size of the space but the proportions should be fixed.



## Stick

The stiffness and the length of the shaft and the material and the shape of the blade are important factors when choosing a stick. The length of the stick should reach to somewhere between your chest and belly button. You should not use a stick that is too long or too short for you because it has a clear impact to the safety of the game and to the learning skills.



Picture by Exel Floorball

When you buy a stick, the blade of the stick is usually slightly bended or hooked either to the left or right or even straight. A lot of players feel that this is enough, but some player's feel that an additional curve/hook to the blade gives a better feel for the ball and therefore likes to hook the stick even more.

Hooking the blade means that you additionally curve the blade so that it becomes concave or that you make a small cup for the ball in the end of the blade.

The vast majority of sticks on the market already have a slight hook. If you curve the blade too many times, the blade will become soft or can even break. It is not advisable to

curve the blade more than three times.

The curve on the blade will mostly affect your forehand shots, giving them more speed and accuracy, but it also requires a better handling technique in order to keep your passes on the floor, since the curve will force the ball up in the air. The curve also makes it easier to dribble the ball forward.

With a curved blade, it will be easier to perform different feints, when the ball will stick to the blade. One of these special tricks is the Zorro, where the ball is picked up on the top of the blade and then kept there using the power of movement to outmatch the gravity.

It is still as important to remember, that backhand shots, where you hit the ball with the back (non-curved) side of the blade are very useful and they will become more difficult to perform if you curve your blade too much. If the blade is too curved, it will be difficult to intercept the ball in the air



Picture by Exel Floorball

with the backhand side and to pass the ball from both the forehand and backhand side. What often happens is that the receiving of the ball becomes bumpy and the ball tends to bounce, when the blade is curved too much.

It is advisable to start playing with a stick that is as straight as possible, since that gives you the best possibility to learn



Picture from the ispo 2009 Zorro show by Stefanie Dabrowski/Uni-

hockey-portal

how to handle the ball and stick. You also need to decide if you shall play with a left or right handed stick. Some players are capable to use both left and right sticks equally well; this of course is easiest when you use a straight blade.

A good shot is not only the result of a good blade. The most important single factor is to be able to place the ball where you want to have it. The speed, strength and the accuracy of



Picture from ispo 2009 by Stefanie Dabrowski/  
Unihockey-portal

the shot is determined by how fast the hands of the shooter are and how much the stick shaft flexes when shooting. Floorball sticks may have a shaft flex of 23mm to 36 mm, which means that the bigger and stronger you are the more you will be able to bend the shaft. So for a junior a relatively flexible stick is to be preferred (for example 30mm flex or bigger).

### All blades can't be hooked

Blades for Floorball sticks are being made from different materials. The surface of plastic blades is a bit oily. The plastic blades tend to straighten back again to its original format after that they have been curved. These blades can therefore only be slightly curved and must be left to rest and cool off for quite a long time after making the curve. The other mostly used material is nylon and bending that is very easy and you can bend it as much as you wish.

### Rules for the blade

The hook of the blade can't exceed 30 mm, when you lay the blade on a flat surface. The measuring of the curve is done so, that the stick is placed on the floor with the curve towards the floor. The curve may not be bigger than 30 mm when you measure the distance between the underside of the blade and the floor. If you have a tool which is 30 mm and you can move it, without lifting the stick in the space between the blade and the floor, the stick is too curved and is not allowed to play with in official matches. The opponent can at any time during a match ask the referee to measure the hook of a stick, which is being either used on the field or is kept in the substitution zone. If the stick is too curved,

then the player is sent off with a match penalty for the entire duration of that game and the team has to serve a five minute penalty.

### How to curve the blade

In order to be able to hook or curve the blade, the blade needs to be soft. Using a warm air blower is the best way of heating up the blade, but you can also warm the blade over the stove. Let the stove get hot first and then keep the blade a few centimetres above the hot stove for a while. Remember to use good gloves, since the plastic material gets really hot. Then start bending the blade slowly from side to side, until it actually feels soft. If you try to bend the blade too hard

before it is warm and soft enough, it might actually break. When the blade is soft, you can then bend the blade to the preferred curve, keeping in mind that you shall start slowly and then build up the skill to use a curved stick. When the preferred curve is achieved, put the blade to cool off in cold water and keep it there for a minute, let the blade then cool off and dry for ten minutes.

If you have never curved a blade before, please ask for help from someone who has done it and remember that the plastic material is very hot.

## Ball

The ball is hollow and made of plastic and is found in a wide variety of colors. It has a diameter of 72 mm and weights between 20 and 23 grams. There are 26 holes, each of which measuring 11 mm.



Picture from ispo 2009 by Stefanie Dabrowski/Unihockey-portal

## Goalkeeper Equipment

Goalie equipment consists of long pants with knee pads, long sleeve shirt, a mask/helmet, gloves and shoes. It is also recommended to use extra protective padding on your knees and groin area to prevent injuries



Picture by Exel Floorball



Picture by Exel Floorball



WFC 2008 picture by Martin Neuzil/CFbU

## Eye Protection

The eye injuries are often severe and you can avoid the injuries by using goggles when playing. There is CE-marked protective eyewear available for Floorball players. Although the use of protective eyewear is not mandatory in Floorball the International Floorball Federation recommends the use of eye protection.



Picture by Exel Floorball

The idea with certification is to have eye protection for Floorball players, which are developed in order to guarantee the security of the players. Starting from the beginning of year 2007 the IFF has taken over the testing tool from the Swedish Floorball Federation and there is now CE-marked protective eyewear specifically for Floorball use.

Although the IFF does not have any rules that the goggles are mandatory the national associations have implemented their own rules and recommendations especially for juniors. In Finland it has been mandatory to use goggles in the F-juniors and in the future it will be mandatory for all F- E- and D-juniors. In addition, clubs and districts in Finland have made mutual agreements to use protective eyewear in their regions/clubs. A Swiss Floorball player, Luca Maffioletti, devoted his diploma thesis to this subject and the consequence of the thesis is that there have been campaigns in Switzerland to promote the use of protective eye wear.

The list of the approved goggles is found on the SP web page [www.sp.se/floorball](http://www.sp.se/floorball).

## IFF Certified Equipment

It should be noted that all official equipment must be approved by the IFF. All the IFF Certified equipments are marked with an IFF Certification mark.



WFC 2007 picture by Päivi Väänänen/NeFUB

All the IFF Certified Equipments: Blades, Balls, CE-marked Goggles, Sticks, Masks, Goals and Rinks are certified by an appointed certification body by IFF. This certification means that the product fulfils technical requirements and that there is a subsequent surveillance.

The Certified Floorball Equipments are found from the SP's (IFF certification body) web site. You will find the web site through the Certification mark found on the IFF front page or under LINKS. On the IFF LINKS page and under Floorball Equipment Manufacturers you can also find a list of Brand names that are producing Certified Floorball Equipment.

IFF Certification mark



In case you don't have the possibility to get the appropriate equipment in the beginning, it is also possible to make your own equipment. However when starting official actions in the country you should only use official equipment.

## SPREADING THE SPORT

In the past, Floorball has mainly been introduced in new countries by a "Floorball missionary"; who usually is an expatriate from another country who already knows how to play Floorball or a person who has seen or tried Floorball somewhere. This person has laid the foundation and has been able to get the locals also involved, which demands a lot of enthusiasm and motivation. There are a lot of countries where for example Scandinavians play Floorball, but the local population is not too much involved.

The best way to develop the sport in a new country is however through the local population. The local population's involvement is very essential in order to grow the sport since the locals are aware of the countries' protocols and have better connections to the people and access to the facilities. One important aim should therefore be to get the local population involved and to get the local population interested in playing the sport, since that is the only way you can secure the growth of the sport on a long term basis.

For example in Turkey the sport got started by Finnish and Swedish telecommunication personnel working there in the early 90's. They invited friends and local co-workers to join in. This group of players grew up to 30 people playing at least once a week. Games were played on artificial grass of the soccer fields and tennis courts, since there was no access to any sport halls. Later on the venues were changed to indoor arenas and the sport could develop further. Istanbul has been the main centre of Floorball in Turkey, but lately the sport has also spread to Ankara by expanding expatriate and diplomatic communities. The amount of players in Turkey has increased from 30 to approximately 330 players from the time it was first introduced.

## GETTING PEOPLE INVOLVED

First of all, you need players. As you have now approached the schools, churches, communities and companies in order to get the facilities, you might as well get them to play. When you start playing you need to be four in the beginning and then you can enlarge the group, by inviting friends to try out. There are different forms of Floorball, like for example 3 vs. 3 in a table format, which is easy since there are no teams. Please look up the rules for Floorball Points Master under Modifying the game.

By introducing the sport to an already existing group of people such as school kids or students, or by co-operating with multi-sports federations as in Germany, makes it more efficient when recruiting players. In this case the structures to spread the game are already built. The organisations have their annual meetings where contacting and connecting with clubs is much more accessible. Also by bringing the sport to people makes it more convenient to them and they are more easily attracted.

## FINDING FACILITIES AND EQUIPMENT

Finding the appropriate facilities is one of the primary tasks when creating the environment for a new sport. Contacts can be made with local schools as the schools can then provide facilities in exchange for free introductory lessons in Floorball. Local sport halls should also be contacted to ensure more playing facilities. In case of difficulties when financing the facilities, local companies could be contacted to offer sponsorship. At the same time, the workers from these companies could be provided with an introductory lessons and that way a new sport to play for their recreation. In this way, Floorball would also be promoted to working adults and not just schooling community.

Take advantage of an old warehouse or an industrial building and turn it into a Floorball court. You can search for sponsorship and funding from local companies for the funding or even the governing sports council etc. These bodies might be interested to support the welfare of the local community.



Picture by Harri Vaalio/FFF

One comment that Floorball players often hear is that the sticks harm the flooring of the venues. Here there has been made a lot of studies and the result has been the same. The Floorball sticks do not harm the flooring more than for example other indoor sports. Usually it is more damaging for the floor if persons have dirty or wrong kind of shoes when playing indoors.

Finding the equipment might be one of the hardest challenges when starting to play Floorball. As a new sport, the equipment will not be easily available. Therefore official manufacturers should be contacted to purchase the equipment. You could also ask for sponsorship from the Floorball Equipment manufacturers and even help them to create a market in your country. If there is no such possibilities there has been different approaches used, for example in Argentina, they used only manufactured blades and then built their own Bamboo shafts to assemble the sticks.

The manufacturers are listed on the IFF web page under Floorball Equipment Manufacturers. You can for example contact all the manufacturers and ask them to send their product lists and offers for Floorball equipment packages.

Sometimes importing equipment might be very expensive and thus you should again seek for support from local companies.

## FUNDING

If financial issues are the most challenging aspect, try to be creative. You can organise an event, for example a tournament with participation fees, a fair, or another charity event to raise money. Gaining sponsorships might be difficult but when you can offer an exciting new sport in return, which counteracts trends of physical inactivity and promotes healthier and active lifestyle for all generations, especially for children, it might be the best selling line.

You can also contact local communities, churches, schools, or trust funds in order to get donations. Usually these bodies are willing to promote a good cause.

A wide variety of events can be organised by the volunteers of your sports clubs to raise needed funds:

- Selling (i.e. food products, household objects)
- Social events (dances, movies, dinner receptions)
- Bazaars, auctions, craft sales
- Sport events
- Providing services (car washes, gardening)
- Sponsorships

These are so called indirect ways of raising money. Direct ways to raise money would be donations such as asking money from:

- Government and government agencies
- Industrial companies
- The trades union movement
- Charitable trusts and foundations
- Voluntary and social organisations
- Interested citizens

## FLOORBALL FOR DIFFERENT GROUPS

### Floorball for Children and Youth

Floorball is mainly spread by introducing the sport to children and youth in new countries. The small children can play with modified rules, on smaller fields with smaller goals and a goalkeeper is not necessarily needed. The playing time can also be shortened and instead of a referee the game can be led by an elected game leader.

It is also important to stress important values of sports when working with young players or establishing the youth activities. It is also essential to stress the positive attitudes and values within Floorball when presenting projects to the local authorities. The children's and youth activities should focus on; establishing a safe learning environment, on joy and happiness, fair play and on the importance of everyone participating in the game.



U19 WFC 2009 picture by FFF

The Guidelines and aims of Floorball for youth can be summarised as follows:

- The aim is to create a life-long interest for sports and Floorball.
- To give everyone the possibility to participate.
- Floorball is practiced with joy and play as starting points.
- To give equal opportunities for girls and boys.
- Can be played everywhere with modifiable rules, 3 vs. 3 etc.
- Floorball is very adaptable for different age groups.
- Floorball can be used as a tool to resist cheating and oppression.
- Teaches the youth that companionship and security can be reached with good team spirit and attitude as well as positive approach within and outside the rink.
- Encourages the youth to engage in versatile leisure hobbies and school work.

### Youth Start Up Kit and Youth Programs

IFF has built a Floorball Youth Start Up Kit for teaching Floorball to youngsters, in which the important values in youth sports are stressed. This material has been produced in English, French, German, Italian, Spanish, Portuguese, Russian, Chinese Mandarine and Korean.

The Youth Start up kit has been the major development document for youth and the school sports, since it gives a clear view on how to start playing, what you need and the rules of the game in a nutshell. This material is free to be downloaded from the internet [www.floorball.org](http://www.floorball.org) under Materials. The material has been amended based on the feedback given from users.

## Floorball as a School Sport



Picture from ispo 2009 by Stefanie Dabrowski

Get to know the schooling system beforehand, so that you know who to approach and how. You have to get the teachers' attention in order to gain entry to the school curriculum. In most countries the sport should first be approved by the teachers, before it is allowed to be taught in schools. When you have access to the schools, try to get as many pupils/students to get involved in a club. Perhaps they might even start their own club with a little assistance.

Floorball is one of the most popular sports in the schools in which the sport has been introduced. The popularity of Floorball in both the pupils and teachers eyes derives from the fact that Floorball is one of the few team sports in which everyone can participate. It can be fun even though one does not yet master the sport. It is a sport which can be played in mixed teams and it is also quite inexpensive for the schools to buy Floorball equipment packages for the pupils.

The best ways to receive school equipment packages is by contacting the equipment producers and ask for their offers for schools.

As a specific youth programme IFF has also started the co-operation with ISF, organising the World School Championships, which has already increased the number of countries where Floorball is being played in Schools.

## Spreading Floorball amongst Youth

Source:GBFUA

### An Example from Great Britain Setup of the Youth Floorball Committee in Great Britain

The youth development committee was set up to promote Floorball in GB in May 2007. The youth committee was formed in May 2007.

#### Partnership and Support

Several meetings with various co coordinators were arranged and from this we were invited into schools and the sports centre to promote Floorball. The GBFUA has been part of a government initiative that has provided schools with extra money to provide extra activities for young people.



Picture by GBFUA

With regard to local government we have a young player employed as a Floorball coach by county council. In education we coach in schools and also we have Floorball on school curriculum as part of examinations.

#### Youth involvement and training

Currently there is 48 junior referees, 4 level one coaches and 8 first aid/health and safety qualified.

There is a level 1 coaching course in Floorball, referee course and first aid/health and safety at work course all of which are a requirement for insurance which our coaches have. The level 1 course is offered to 15 year olds and up to adults only. In the referee junior course there are 9 year olds attending. At the league matches it is the young players that referee and scribe.



Picture by GBFUA

#### Key steps to success

The youth project has been so successful due to the following reasons:

1. Working committee all of us have a task to do and regular meetings and feedback.
2. Working with UK sport trust, active in Gloucester and sport England. Taking advice and guidance and also supporting these organisations by being actively part of sports programs.
3. Professionalism. When we go to schools or other youth organisation we have a kit comprising of track suit and shirt with GB Youth Floorball printed on back.
4. We provide lesson plans and information before we go to event that way the staff have an idea as to what to expect and can ensure that we are coaching to students ability.
5. We are very fortunate in that we have on committee a learning disability teacher who has wrote coaching guidelines for young people with specific learning difficulties. This is also an excellent resource for coaches.
6. Only qualified coaches attend awareness, we do take young players to assist awareness sessions and training in schools.
7. We provide a starter kit consisting of 12 sticks and balls. This is left at schools/youth organisations so that young people can play and organisations do not have the expense of purchasing equipment straight away.
8. We find and support organisations to apply for government funding. Youth Floorball groups so far



- have received approximately £30,000 for Floorball equipment and to attend tournaments.
9. Youth league matches are free. The adult league each team has to pay £100 to play at each match plus £50 to register the team. This is expensive and thus does not encourage new teams.
  10. The biggest success of our project are our youth coaches and referees. It is these young people who do all training in schools, apply for grants and actively promote Floorball.



Picture by FFF



Picture by FFF

Source:FFF

### School Road Show An example from Finland

The School Road Show is a fun activity day, through which Floorball clubs in Finland can promote Floorball and their own club. The Finnish Floorball Federation provides the clubs with a readymade package, including a rink, accuracy shooting fabric, sticks, vests and goggles for eye protection.

The School Road Show is organised by the Federation in cooperation with its partners. For the schools the School Road Show provides an opportunity to organise an entertaining sports day with Floorball. All the participating children receive a Road Show pass and a gift from the partners.

The School Road Show is organised in cooperation with local Floorball clubs. The clubs can use the material package free of charge and can promote their own Floorball club through the Road Show. The School Road Show can also be organised as a part of a multi-sport event in cooperation with the National Sports Committees regional offices or as a single School event based on applications from schools.

## Floorball in Universities

The development of Floorball was started in the universities as it was the students who brought and spread the sport to Europe. Usually the universities are quite international and it is easy to connect people around the world. Therefore one primary target group could be the university alumnus.

Floorball has for example spread through the Universities in China and Portugal.



Picture by Sam Xiao/Nordic Sports

Source: Sam Xiao/Nordic Sports China

### Floorball development through Universities

#### An example from China

In China the first Floorball coaching seminar for the Beijing districts responsible PE teachers was organised in Jiu Hua Resort in December 2007 in order to introduce the sport to schools. The seminar was conducted by the IFF and organised by the Beijing Education and Science Research Institute in cooperation with The Nordic Sports Products Co/Exel, which has been strongly involved with the promotion of Floorball in China. There were approximately 100 teachers taking part in the two day seminar, which included lectures about the rules and basic technical skills as well as practical training session.

Following the IFF coaching seminar in Beijing in December 2007 there has been two regional PE teachers training organised (one in the West Town region and one in the Tongzhou region). The trainings have resulted in that about 10 schools show their interest in bringing Floorball into their school PE courses and some schools have confirmed this.

The First Floorball University the "Exel Beijing University Floorball Tournament" was organised in the end of December 2008 in the High School of Beijing (BJ) University with four teams participating. The second Exel Beijing University Floorball Tournament is planned to be organised in October 2009. In addition the future aims are to get more Floorball equipment to the schools and to have more Floorball development material translated into Chinese.

The next thing to do is to follow up the above mentioned schools and try to get Floorball into their schools PE courses and to organise two more regional trainings for PE teachers in BJ (one East Town region and another Chongwen region).

In April 2009 Floorball was also introduced in the China International Sports Show (the biggest sports show in China and organised by the General Sports Administration of China) from April 23 to 26 were Floorball was presented for the government, schools, universities, sports wholesalers and retailers, sports clubs and sports fans in China.

## Floorball in contact with other sports

Floorball has many familiarities with other sports as it includes the physical aspects such as running technique, agility, change of direction speed, coordination, endurance and strength. In addition Floorball has a lot of similarities with other ball sports and stick sports in which sticks and similar tactics are used such as field hockey and ice hockey. Therefore it can be worthwhile to start cooperating with other sports by exchanging ideas or by organising mutual educations or other events.

Floorball and started playing more and more and became even national team players. In Finland the ski-jumping national team play Floorball during the tours and also as an off-season sport.

In Sweden one of the best all-time soccer player Henrik "Henke" Larsson played Floorball during season 2008/2009. Henke's Floorball debut draw much media attention worldwide when he played for FC Helsingborg Floorball team in the Swedish Super League in 2008. There were 1 968 spectators following this match in Sweden and also a new record was set in the amount of spectators watching the match on TV4 Sport in Sweden as 210 000 followed the match on TV.



WFC 2008 picture by Stepan Cerny/CFbU

As Floorball can be taken as a basic sport for several other sports and as it is fun, rather easy and cheap it has a great potential to become a sport for the masses. This potential can however, be seen as a threat by some other sports, which has been the case in some of the IFF member countries as a few of the more traditional sports are afraid to lose their players to Floorball. Mostly the co-operation with other sports is however a very positive experience and recommendable.

Floorball has historically become popular in countries where ice hockey has been played, as for example Sweden, Finland and Czech Republic. As Floorball has now also spread to North America, Floorball has been introduced to NHL players and other ice hockey players who have eagerly adapted the new and challenging sport. By playing Floorball the ice hockey players have the possibility to develop the stick handling skills as well as the tactical play also outside the ice.

Also in other countries, where ice hockey is not that big, Floorball has been introduced to other sports. As for example in Austria, Tennis players have played Floorball on the Tennis court, as playing Floorball improves the coordination and quickness, which are abilities also needed in Tennis. Some of the Tennis players in Austria got into the game of



## Floorball in Companies



Picture from ispo 2009 by Stefanie Dabrowski

Floorball is one of the most popular sports played by different companies in the big Floorball countries. There are a lot of different company leagues playing the game, for example the police, lawyers, sport journalists and teachers as well as for example rock musicians can have their own leagues and tournaments.

The company leagues can be organised either by the National Floorball Federation, Floorball Arenas or Company Unions. Usually the National Floorball Federation supports these leagues by providing know-how and equipment. The basic idea is that the Company Union provides the teams (for example six lawyer firms) who want to challenge each other. Each team (company) pays a participation fee to the Floorball Arena (or other organising body) who provides the teams the field, sticks, vests, a referee and the statistics and points tables. To get both genders to participate equally, some leagues have rules that there must be at least one woman (one out of five field players) on the field all the time.

It is always better to approach people in already existing groups such as companies. As they might offer you the facilities and funding, you can in return offer them introductory lessons or organise events or tournaments.

The Floorball Points Master and Street Floorball are also very popular versions of the game, which are played in different companies. For more information see [Modifying the Game](#).

## Floorball in Exhibitions and Sport Fairs etc.

Floorball can also be presented in a variety of different events which are connected to sport, fashion, youth etc, and especially in the countries where Floorball is not yet an established sport these kind of promotional events are good ways to introduce Floorball to the right people.

## International Trade Fairs for Sport Equipment and Fashion - ispo



The IFF has participated in the ispo trade shows in Munich as a part of an IFF Development Project, which aims at spreading and developing Floorball in Germany. The ispo participation has been a result of cooperation with the world's leading manufacturers and the IFF Development Board support has been allocated into ispo participation.

Picture from ispo 2009 by Stefanie Dabrowski



Picture from ispo 2009 by Stefanie Dabrowski

The IFF has participated in the ispo trade show with a unique Floorball Village area, which has been specially designed to be an interactive village, with speed shooting and accuracy shooting as well as promotional Floorball matches, giving the visitors the possibility of getting to know the sport of Floorball hands on.

At the same time the participating Floorball equipment manufacturers have the possibility to meet with their clients and present their newest collections to possible new clients in a relaxed Floorball atmosphere.

Also the IFF Member Associations, for example Floorball Turkey, has utilised the opportunity to attend a Sport Show and Floorball was presented in a sport show in the summer 2008 in Istanbul with great success as lots of people got the chance to see the sport for the first time. Floorball Turkey had three locations in the Sports fair: a display booth, a small Floorball rink and a speed shooting contest area and many visitors took the time to try the sport themselves. This also gave Floorball Turkey the possibility to meet with influential peoples, as the Minister of Sport, and to gain much good publicity as there were a lot of media present in the fair.

## MODIFYING THE FACILITIES

When starting up a new sport, the required facilities can be difficult to obtain. Therefore it should be taken into consideration that modifications might be inevitable and you should be able to face the challenges.

### Indoors

First option when starting to play Floorball would be to play indoors in a sports hall or a school gym. However if you are not able to have such facilities you can also settle for a smaller space for example a dance studio, a class room or even a tennis court or a squash box. Just remember to remove all the obstacles and watch out for the windows. You can also play outdoors on a play ground or a court yard, just as long as the surface is flat and the space is open.

If you don't have a rink indoors in the beginning, you can put benches in the corners of the room, to reduce the times the ball is out of play. You can also put a tape on the wall to indicate the rink height and agree that the ball is out of the field if it hits above the line.



Snow Floorball in Finland by FFF

### Outdoors

Different variations of the game can be played outdoors. The surface available creates a totally diverse aspect for the game. Floorball can be played on asphalt, grass, sand and even in a swamp or snow.

The size of the playing area can also be modified according to the number of players or existing space, just as when playing indoors. Of course safety issues have to be taken into consideration.



Floorball played in India



Floorball introduction in a Sierra Leonean school. Picture by FASL



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## Street Floorball



Street Floorball courts in Finland by FFF

Street Floorball has been played in Finland for over 10 years. The Street Floorball Tour ending in the Highlight of the tour, the Street Floorball Final, is getting more popular every year. There are six different series played: men, women, girls under 16, boys under 16, mixed teams and companies.

The Street Floorball Tour tournaments are played in different parts of Finland and the regional tournaments are organised by regional clubs in cooperation with the Street Floorball partners, which guarantee that all the tournaments have the same look and feel. The National Federation is responsible for the match schedules for each event and the marketing partners. The final tournament, where the winners of each tournament challenge each other, is also organised by the National Federation.



Street Floorball courts in Finland by FFF

## Street Floorball Rules:

1. The game is played 3 versus 3, without goalkeepers.
2. The game time is 1 x 12 minutes.
3. The game is played within a rink and the recommendable field size is 10 x 20 m, but can be changed depending on the conditions.
4. Small goals are used. The recommendable goal size is 60 x 40 cm (width x height)
5. There is a goal area with a 150 cm ray and with the form of a half circle.
6. The players are not aloud to touch the goal area with any body part, but playing with stick inside the goal area is aloud.
7. The forwards' goal area offenses lead to a free-hit and the defenders' goal area offenses leaf to penalty shots.
8. Penalty shots are performed from the middle point straight towards an empty net.
9. The ball needs to cross the goal line completely.
10. After a successful goal the game is continued after a game opening by the opponent in their own side of the field after the referee whistles. The opening can not go straight to the goal. The match starts with a face-off.
11. In case the ball disappears from the field, the hit-in is performed by the team, which did not play the ball outside the field. The hit-in is performed approximately one meter from the board and from the corners in the ends.
12. The free-hits and hit-ins can go straight to the goal.



Street Floorball courts in Finland by FFF

**Swamp Floorball and Sand Floorball** are also popular versions of the game, which are emerging in more and more countries.

## Rules of Sand Floorball

Sand Floorball is played with almost the same rules as Street Floorball without the goalies with small 40 x 60 cm goals. There are three players from each team on the field at the same time and the size of the rink is about 20m x 10m. It is recommended to play with bare feet and it is also recommended to use protective goggles to avoid sand in the eyes. In this relaxed version of the game there are no penalties but in case of an offence a penalty shot is given in the same way as in Street Floorball. The game time is 1 x 12 minutes.



Sand Floorball by FFF



Sand Floorball by FFF

## Rules of Swamp Floorball

Swamp Floorball is played on a swamp in the nature with a plastic ball without holes. The game field is 25 x 15m and is marked with hay bales. The goals are 2m x 4m and the ball is 12cm in diameter. Otherwise the rules do not differ much from normal Floorball played inside a rink. The swamp nevertheless requires additional physical strength and one can say that there are two opponents, the players in the opposite team and the swamp.



Swamp Floorball in Finland picture by FFF

In order to enter new markets, IFF has also started a development process, together with the Swedish Test institute – SP to try to make an outdoor ball, in order to make it possible to play Floorball outdoor on hard-court fields, not grass in countries, where there is a limited access to indoor halls, thus keeping in mind the present specifications of the sport.

## Size of the court

Depending on the number of people and the space available, the size of the rink can be adjusted to suit the purposes. It is not necessary to always play Floorball in a full court size. If there are less players involved, only half the court can be used and a 3 versus 3 game can be played instead.

In Finland, Sweden and Switzerland, children up to the age of 12 are playing in a small court, the number of players varying from 3 to 5. This style is referred to maximize individual's contact with the ball. When the amount of time and space is reduced, the player's game sense and technique is better developed. Smaller goal cages are used with junior players so that the cage is in proportion to the player's size. This will also develop the player's ability to score as the shots need to be more precise.



Small field play by FFF

## With or without rink

The purpose of the rink is to keep the ball in play. With the rink, the continuity of the game is ensured. It is not always necessary to have the rink and you can easily play without the rink because it will still be as fun!

You are also able to build your own rink just it has been done for example in Turkey and India. However, the material used to construct the rink should be safe and not have any sharp edges and the rink should be loose from the ground. There have been a number of really creative solutions, where the rink has been built of wood, plywood, rubber, bamboo and even textile cloth. In California for example, Floorball is played inside in an in-line rink, which is higher than a Floorball rink.



Floorball in India



## Goals

Goal cages are not required as they can be marked by cones or be drawn on the ground. Goal cages can also be made on your own using PVC pipes and nets like in Turkey.



Pictures of making the goals in Turkey by Hank Vainio/Floorball Turkey



# MODIFYING THE GAME

## Floorball Points Master

In the beginning when you don't yet have a very big number of players, the game Floorball Points Master, might be an easy and fun way to play Floorball, in order not to have to play with the same teams all the time. Here the team mates changes in 3 minutes and the need to adapt to new players keeps the game very interesting:

- a minimum of six players
- can be played anywhere, indoors or outdoors

A different and an exciting way to play Floorball:

- the excitement of the game stays until the end
- the playmates change all the time
- the different skill levels of the players does not hinder playing together

When playing Floorball Points Master you collect individual points in 3-4 minutes long matches. With three players the game time is three minutes with four players the game time is four minutes.

You receive 2 points for a victory and 1 for a draw. After the games (8-20) the individual points of every player are counted.

You can play on a small or big field, in small or big goals. The idea is that the players are listed on a table in the arriving order, which then defines who plays with vests and who does not. By doing this the teams will vary all the time. In the example below the players with vests are the ones with the

Yellow square, so in the third match Erica, Anna and Jenny play against Steve, Ben and Allan.

There can be goalkeepers when played with bigger goals, but usually Floorball Points Master is played without goalkeepers.

What equipment is needed?

- stick, shoes for everyone
- balls
- vests
- a watch (e.g. an egg watch)
- the tables and a pen

How do you play?

- You choose the table according to the amount of players (6-16)
- 3-4 minutes games, and the teams change after each game (8-20)
- The players collect individual points, 2 for victory and 1 for a draw.

In the end the "Grande Finale" is played between the players who have collected most points and the players who have collected the least points. The Grande Finale is then played so that the team that first scores 10 goals wins the final.

player	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
Erika		1															
Steve	2	1															
Anna	2	1															
Ben	2	1															
Jenny		1															
Allan		1															

An example of a table:

# ORGANISING A FLOORBALL EVENT

After creating the idea of a tournament or an event, the following issues needs to be considered:

- **Specifying the goals**

- Why is the event organised?
- For who is the event organised?
- How are the events responsibilities, duties and rights shared?
- How is the possible financial surplus used and what about the preparations for possible financial losses?
- Is the goal to make a continuous event?

- **Planning**

- The events thorough planning helps to estimate if the goals are realistic and clearly defined.
- The planning helps to find the means by which the goals can be achieved and the event will succeed.
- The plan shall also describe how the event should be carried out.

- **Realization**

- The project leaders of the event have a big responsibility for the actions to proceed as planned and that the timetable is kept.
- It is also very important to create a good atmosphere between the project workers.
- It is important to separate the small problems from the big problems during the project. The project leader shall focus on the big problems and the smaller ones can be delegated.
- The project leader shall always try to stay calm and create a calm and inspiring atmosphere.
- The project workers need to know their contact persons contact information.
- Different brochures with the contact information need to be prepared thoroughly, so that the right persons are available.
- Educate the teams in how to behave.

- **Decision making**

- The responsible persons also need to focus on the closing of the event; the unpacking also needs to be planned beforehand.
- Collect feedback and thank the project workers and partners.
- It is important to document all the information for future events.

Also remember to prepare some leaflets or brochures for promotional events with information about the game and how to continue playing Floorball involving contacts to teams and clubs etc.



Fans from WFC 2008 picture by Pavel Lebeda/CFbU

Source:Floorball Turkey

## Example from Turkey Organising Istanbul Open

In Turkey the people involved in Floorball formed an organisation committee with five members when setting up the Istanbul Open 2007- tournament. Each committee member was responsible for a specific duty during the tournament. They were also responsible in finding the volunteers to these areas of duty. In order to find the facilities and sponsors, they approached the city of Istanbul, which supplied the venue and medical staff for the tournament. The city also sponsored the medals and trophies.

The committee members also contacted other sponsors, which were previously known by the members. The needed equipment such as sticks and balls were provided by the IFF. Because of the low advertisement budget, the best ways to promote the event was via internet and word of mouth.

Even though the tournament wasn't comparable to professional standards the event was successful and enjoyed by the players, volunteers, organisers and the spectators.



# GUIDING THE GAME

When you are giving an introductory lesson or guiding a game in an event, all you need is the equipment and a group of people. You can yourself act as a referee and just see that players are playing by the basic rules. Official games demand an official referee as well as proper officials.

## Referees

In order to have a national league with official games, the ref-

erees are required. The IFF Development Program Seminar includes referee education. You can recruit suitable people who have been referees in other sports, such as ice hockey, football, futsal or handball. There should be two referees officiating a game.



International Referee in WFC 2008 picture by Pavel Lebeda/CFbU

The duties of a referee:

- Having good knowledge of the rules
- Being on time at the venue
- Checking the reliability of the equipment (goal cages, rink, flooring)
- Checking that the substitute zones are correctly marked
- Checking the match protocol before the game
- Informing the match secretariats the goal scorers and assistants
- Assisting the match secretariats
- Signing the match protocol after the game

Being a good referee demands a certain kind of characteristics. He/she has to be:

- Sociable
- Interactive
- Fair
- Positive
- Adaptable to the level of the players and the level of the game



International Referee in WFC 2008 picture by Pavel Lebeda/CFbU



Officials during a Floorball match, picture by Mika Hilska/FFF

## Officials

Usually there are two to five officials, also known as match secretariats, needed to administrate the game depending on the level of the game. In international matches, the organiser has to choose competent match secretariats of at least 18 years of age. It would be good if one of the match secretariats had participated in a match secretariat course (if existing). In international matches there needs to be at least three persons at the table and one at each penalty bench but in the beginning even one person is enough to fill in the match record and to keep the time.

The officials should be at the venue at least 30 minutes before match start to prepare the match protocol and see that the timing device is working properly.

The duties of an official:

- Filling in the match protocol
- Time keeper
- Penalty time keeper
- Assisting referees

Miscellaneous duties:

- Announcements of the players' names and game happenings (scores, penalties etc)
- Playing music during breaks
- In bigger events there would also need to be someone counting the shots and the saves of the goalkeeper

Things needed at the match secretariat table:

- Ballpoint pens
- A ruler
- Paper
- Stop watches
- Extra match protocols
- Rule book
- Whistle (in case there is no siren to signal the end of the periods)
- If music is played, a CD-player and CDs

# SETTING UP FLOORBALL ORGANISATIONS

## Setting up clubs

It is important to set up teams as building a national association demands a certain amount of clubs. The people recruited from the already existing groups, such as churches and schools, also might have the requirements fulfilled to be an association so no further formalities are needed on the administrative side.

However if you are establishing a whole new club you have to do the following:

- Get to know the country's legislation on how to register a society
- Come up with a name
- Involve at least five people in the administrative side of the club
- Choose a treasurer to manage the club's funds and a president to sign all needed papers

If you already have an existing registered society or as soon as you have a group of people committed and the administrative side has been covered you should:

- Establish the objectives of the club
  - Recreational or competitive activities
- Plan the clubs structure
  - Organisational functions
- Appoint the duties and share the responsibilities
  - Deciding who does what
  - "Shared responsibilities are the best responsibilities"
- Plan the budget
  - Need for a membership fee?
- Plan the training schedules
  - Dividing the practice time available among the existing teams
- Choose the coaches, team captains and other staff members

## Facilities & Funding

Finding the facilities has already been discussed in the previous chapters but it should be emphasized that churches, schools and community clubs has the best facilities available at your request.

Ways to fund the activities are listed under Funding. Always be sure to contact the local community, companies and charitable organisations nearby. Also consider collecting a membership fee from the players. This sum of money can be for example a nominal amount charged for each training session.

## Volunteers

In the beginning of starting a new sport, one of the most important things is to have volunteers. When there is no money involved, the only thing motivating people to work is the enthusiasm and personal interests. So either you have to find people already loving the sport, or make them love the sport to get them involved.

Volunteers are the foundation of any recreational organisation. Therefore they should be treasured and awarded with all the possible ways.

Why people volunteer:

- Service to others
- Community need
- Family involvement
- Need to meet people
- Work experience
- Material gain
- Prestige

The leadership in any sports organisation must recognise these motives and needs, and place the volunteer in a situation that is beneficial to both the individual and the program.

## Recruiting

Before you begin to recruit volunteers you must determine in which fields you need help. Try to match your volunteers with the specific requirements of the work to be done. For every organisation it is extremely helpful if the volunteers are clear about their roles and responsibilities.

Here are a few ideas of where you might begin looking for volunteers:

- Individuals, who have benefited from your program, i.e.: former athletes, participants, coaches
- Physical education professionals, teachers and school administrators

- Students undergoing professional training, i.e.: university physical education students
- Parents and relatives of program participants
- Current or retired business professionals
- Citizens who appear to be interested as spectators
- Military or government employees

## Rewarding

You can reward the volunteers in many ways. The primary thing is that they should not have any expenses caused by the work. On the contrary, they should be provided with all basic necessities such as the working tools, free meals and knowledge needed to accomplish the work. Another thing that motivates and rewards the volunteers is the positive feedback and praises, which should be given regularly.

In addition to the club's staff, you will need volunteers at least in the beginning when the funding is still unreliable and you have no possibilities of compensating the efforts of the coaches for example. Therefore recruiting and rewarding the people involved should be considered.

In order to expand the sport in the country demands building up clubs in different regions. As soon as you have established a club in your own area, try to get other districts involved as well. Build a network consisting of all regions to create a solid base for building up an association.

## Setting up an association

Growth of an association:

- First there are some who want to play
- They form a few clubs and play against each other
- When there are 3-5 clubs they form a federation and a championship
- When there are 10 clubs they start to collect membership fees
- With 15 clubs, the federation needs to start to look at the finance
- With more than 20 clubs, there needs to be someone to work with this more professionally and also need a stronger organisation.

The practices and laws can differ a lot between different countries so there are no general rules or instructions that would be universally valid. Requirements of the government are different from country to country and therefore you should familiarize yourself with the country's legislation, procedures and customs.

Start to formulate documents with the organisations objectives and goals. Formulate and write down the directions of the activity. Clarify the plans and visions of the organisation's activity.



WFC 2008 picture by Ondrej Klima/CFbU



The following concepts are used to describe the organisation's directions.

### 1. Objectives

- The objectives describe what an organisation shall do, for whom this is done and why. This is also called the organisations aim, mission or purpose.
- The objectives are often in the organisations rules and regulations or statutes first paragraphs.
- The objectives describe why the organisation exists and what the tasks are.

### 2. Values

- The values describe the organisations attitudes. The values can describe both the attitudes towards the mission (objectives) and also how the members of the organisation shall react to one another.
- The choice of values shall be visible in the organisation through its actions.
- Some form of values exists in every organisation and they are more or less visible.

### 3. Visions

- A vision is a picture of a future state that is desired. It is based on the organisations objectives and is characterised by the values.
- The vision expresses what the organisation wants to achieve. It describes how people want things to be in the future.
- The vision appeals both to the brain and to the heart.
- An organisation without dreams that does not look forward "dies" mentally.
- A vision changes over time. Through goal-oriented and effective work the dreams are finally true. Then it is time to set up a new vision.

### 4. Sphere of activities

- This level indicates in what areas and in what ways the organisation strives to fulfil its visions and ideas.
- An organisations vision is based on the objectives that are influenced by the values and for realising the visions one or more activities have to be run.

### 5. Mission/goals

- The goals describe the result, the state that the organisation wants to achieve in respective sphere of activities.
- The goals tell what shall be done and they are important for directing the activities, for gaining efficiency, for getting an overview of the situation, for security and for evaluating the results.
- The goals shall facilitate decision making and actions and work as milestones on the way towards the visions.
- Formulated goals shall first be linked to the vision and then to the values and finally also to the sphere of activities.

### 6. Strategy

- The strategy describes how respective goals shall be reached, the route that is chosen.
- The strategy includes measures and actions that needs to be done.
- For making a strategy the organisation needs to consider the goals, resources and methods.

### 7. Activity plans

- The plan of action describes for example when an action shall take place, who shall do it, where it shall be done and maybe also how it shall be done.
- The plan of action is detailed and concrete.
- Answers to five question words; when, who, where, how, what, creates a plan of action.

An organisation has to choose the concepts that suit them the best, but it is important that all the persons in the same organisation understands the concepts in the same way.



Source:SFF

## From scratch to World Floorball Championships An example from Serbia



Team Serbia was placed 6th in the WFC C-division in 2008. Picture by Slovak

Floorball Association

### The first touch of Floorball

In 2005 a Slovenian Floorball coach, Damir Bakonic, invited everyone who might be interested to try the new sport through a Forum with ice hockey and hockey related sports. It took Mr. Bakonic one year to find a person who was interested enough in Serbia to develop the idea further.

### First Floorball team and Promotional Match

In May 2007, a promo match was held in Belgrade, with the help of Slovenian players and a coach Mr. Namar. Not much later, one of the first Floorball enthusiast Mr. Milan Mihaljcic gathered nine of his friends that had already tried floorball and they decided to name the first floorball team "Belgrade". The forming of the team was made possible through the help from IFF as the IFF donated 40 Exel sticks to Serbia, which opened the opportunity to offer sticks to new players who wanted to join the team.

### Establishing clubs and the National Association

In order to register a club in Serbia, the clubs must apply for this from the Ministry of Sports. The procedure is not very complicated.

The thing that speeded up forming of the first clubs was the fact that in order to participate in WFC Serbia had to have a Floorball Association which could only be formed by Floorball clubs. Without this fact things would have probably gone much slower.

The first and most important support were sticks and

balls the Serbians received from the IFF and also the support from the neighbouring Floorball country, the Slovenian friends in terms of ideas, training and moral support were of great importance in order to develop the sport. There was also some support received from Serbian people that live in Sweden who sent some sticks, balls and one used goalie equipment.

### WFC Preparation and participation

During 2008 the association concentrated on WFC and the national league. Some national TV stations were also contacted and there were weekly reports in "Sportski zurnal" sports newspapers and on most popular sport website b92.net/sport. Promotional events were organised in some cities where ice hockey existed (north of Serbia).

After the association got the "green light" from IFF to participate in WFC division C in Bratislava the Slovenian coach Bakonic was contacted. The head coach from Sweden was asked to find 5 Serbian players from Sweden that would join our team. Ten days before the beginning of the WFC all the players including those from Sweden gathered in Belgrade for trainings. The time spent with the players from Sweden were great and very important experience for each and every player from Serbia.

### School promotion

The general idea is to contact some elementary school Principal and to offer him/her to introduce Floorball to his/her school. The biggest problem is to find enough sticks for the children and therefore IFF was asked to help with another donation. All the costs of promotions are paid by the players that organise the events and it is based on pure enthusiasm.

It was realized that the essential thing for development of players was participating in international events. In the first year a team participated in a tournament in Szeged (Hungary) and after WFC in a tournament in Slovenia.

The fast development of Floorball in Serbia is also a result of the fact that there are players from various types of hockey (ice hockey, field hockey, inline hockey and special form of hockey called street-hockey), which are sports very similar to Floorball.



# COOPERATION WITH THE NATIONAL SPORTS ORGANISATIONS

In order to establish a sport it is of great importance to receive the recognition of the National Sports Authorities that Floorball is a recognised sport and that the National Floorball Association is the only national organisation involved in Floorball in the country.

The process of receiving the recognition from the National Sports Authorities, for example the National Sports Commissions or the National Olympic Committee varies a lot from country to country. In some countries there might not be any National Sports Commission and then the membership application needs to be sent to the National Olympic Committee, which is the umbrella organisation for all national sports organisations.

In other countries, where both the National Sports Committee and the National Olympic Committee exists new sport organisations usually apply firstly for the recognition from the National Sports Committee and the recognition from the National Olympic Committee is more difficult to gain and is also dependant on the International Federations recognition from the International Olympic Committee. Now as the IFF has received the provisional recognition from the IOC, it then opens new doors also for the National Member Associations.

The criteria for receiving recognition and support from the National Sports Authorities is dependent on many different factors, for example the number of licensed players, the number of clubs, the number of teams, the size and level of the national leagues being played, the quality of the youth activities, the size of the national association, the quality of the actions within the national association, the action plan and strategy of the national association, the quality of the training and referee education within the organisation, the national teams' and club teams' success in international events.

The Australian Floorball Association was founded in 1996 and joined IFF during the same year. The Australian Association received the recognition of the Australian Sports Commission (ASC) in 2008 through hard work. Here you will find a description of the process of how the ASC recognition was received.

Source: AFA

## How to receive recognition by the National Sports Organisations and the benefits of such recognition. An example from Australia

The Australian Floorball Association (AFA) sought recognition by the ASC as the National Sports Organisation (NSO) for Floorball in Australia.

The process to achieve recognition by ASC involved the following steps and actions:

- Obtain the criteria for recognition from ASC
- Discussed with ASC a number of queries we had in regards to evidence they required to meet the criteria to ensure we obtained the relevant evidence the first time
- The major information required was:
  - 3 years of audited accounts
  - Evidence of 5,000 members of AFA
  - Evidence of nominated policies and procedures being in place covering Codes of Conduct, Member Protection Policy, Anti Doping Policy and others, (copies provided with application)
  - Evidence of a minimum of 5 State Associations affiliated with AFA, (evidence provided by way of certificates of incorporation of the states with their relevant state authority)
  - Evidence that AFA was a member of an international association that was a member of either IOC or GAISF, (IFF provided written confirmation of the membership of AFA with the IFF and with GAISF)
  - Evidence that the sport was played internationally and that Floorball had participated in International championships and the results at these championships, (evidence obtained from IFF website)
- Major hurdles we had to overcome were:
  - No audited accounts and some deficiencies in accounting records available with changes of treasurers over the years misplacing records etc. A considerable amount of time was taken to obtain duplicate receipts etc and then to work very closely with an auditor to have them audit and sign off 3 years of accounts.
  - AFA does not have 5,000 members. We had

discussions and meetings with ASC and agreed that we had to provide evidence of the number of regular participants in the sport. This was done by contacting all State Associations, Clubs, Individuals and Sports Centres to gather data on where floorball was being played and how many were playing the game. This information was collated into a schedule for presentation with the application to show in excess of 5,000 people were playing the game regularly throughout Australia

- Time Schedule
  - The AFA took approximately 18 months to gather the supporting data and have the financial accounts audited.
  - Once all the supporting data was obtained, the application form was completed and packaged with the supporting data.
  - The AFA organised a meeting with the ASC to present the application in Canberra. We also organised the application to be submitted at the same time as the IFF Development Seminar was being held in Canberra and this allowed Renato Orlando, the IFF Vice President, to also attend the meeting with ASC to submit the application. This was done deliberately to show the ASC the high level of support we had from our International Parent Association. There is no doubt this helped support our application.

The benefits of being a recognised organisation:

- This makes AFA eligible for Australian Federal Government Funding through ASC
- This allows AFA to become part of the Australian Olympic Committee and movement
- This provides access to various programmes run by ASC including
  - Extensive reference library
  - Specialised programmes for Coaching and Administration development
  - Acceptance within the mainstream sports community and in particular within the education systems

## COOPERATION WITH THE INTERNATIONAL FLOORBALL FEDERATION



WFC 2008 picture by Pavel Lebeda/CFbU

How to become a member of the International Floorball Federation? As soon as there is a proper base organisation in the country, it is possible to apply for the membership of the IFF. This is done by writing a request (in English) to the IFF. The application shall contain:

- A) Name and address of the headquarters of the Association
- B) Names and addresses of the board members of the Association
- C) Statutes and other Regulations of the Association
- D) Minutes from the foundation (meeting protocol)
- E) Registration documents from their National authorities and an approval from the National Sports Confederation (if possible to supply the documents)

A new member association shall be accepted first as a provisional member before becoming an ordinary member.

## Rights and responsibilities of the IFF Member Associations



WFC 2008 picture by Stepan Cerny/CFbU

Provisional members are entitled to:

- Participate at the General Assembly without voting status but with the right to put forward motions.
- Participate in Continental and World Championships organised by the IFF with their National Team. Participate with their various National Teams in Championships if the requirements are fulfilled.
- Allow their Club Teams to participate in matches and tournaments sanctioned by the IFF, according to the Competition Regulations.

Ordinary members are entitled to:

- Full co-management of all IFF activities, within the limits of the competence given by the Statutes. All official members have the equal rights within the IFF.
- Participate at General Assembly with voting status and with the right to put forward motions.
- If a new regulation that has been published is opposed (within 30 days notice), 1/3 of the members can claim the approval of it by the General Assembly.
- Participate in Continental and World Championships organised by the IFF with their National Team. Participate with their various National Teams in Championships if the requirements are fulfilled.
- Allow their Club Teams to participate in games and tournaments sanctioned by the IFF, according to the IFF competition regulations.

Responsibilities of Member Associations include:

- Being aware of the statutes, regulations, decisions and other directions of the IFF and its' bodies and to brief their own members on them
- Omit any activities that could be detrimental to the in-

terests and the status of Floorball in general and the IFF in particular

- Fulfill the requirements of the Financial Regulations
- Yearly information on number of players
- Yearly information on Federation contacts
- Yearly information of amount of doping tests conducted within the country
- Apply for the right to play in international matches
- Nominate international referees
- Sending First Team List and Final Team list for IFF events
- Transfers, signed by the federation
- Materials regulation compliance and surveillance
- Reporting on International matches results
- Take part in IFF General Assembly and Presidential meetings
- Answer on invitations and other items in time
- Yearly information on clubs and players for the annual fee
- The members are encouraged to provide the IFF with regular information about their activities.

## IFF Licence System starting from 2012

The evolution of Floorball worldwide has clearly shown that Floorball has developed and spread much faster in those countries, which have concentrated on building up their internal organisation first and only then focused on their National Teams. Also from a marketing point of view it is really important to have a real top product, i.e. the Adults World Floorball Championships, which is easy to sell and represents the spirit of the sport.

Amongst others it was established that from a sporting perspective, it is in the interest of Floorball on a longer aspect, to introduce a licence system for participation in IFF major Events.

In order to be able to register and participate in an IFF Major Event, the National Associations concerned must fulfil the requirements according to the licence system.

- 1) The basic requirements for participation in IFF Events are defined by the IFF Statutes, the relevant Regulations, the Game Rules and other given guidelines. Further the Association shall have a vision and mission on the development of

their Association, concerning both women and men and also juniors' competitions and the organisation of the association.

2) The Association shall accept the relevant qualification and seeding system of the WFC.

3) The Association has to be a member of IFF for at least 12 months, before they can register for the WFC.

4) The Association shall not have any financial obligations towards either the IFF or any other member Associations, upon the registration and also upon the participation.

5) The Association shall organise a proper national championship, according to the game rules and needs to organise proper adjacent competition services, such as coaching courses, refereeing and a working administration. It shall appoint a contact person to IFF, who can take decisions and fulfil the required IFF information, including the information sheet.

6) The participation registration shall be signed by the official signatures of the National Associations, being on the IFF member register

7) All participants to WFC, qualifications and final rounds, have to respect the IFF Marketing conditions and acknowledge the IFF marketing rights on the uniform of the participating teams.

8) All National Associations registering to a Major IFF Event shall submit with their registration an information form, where the above mentioned organisational data is included; this also serves IFF a purpose in having the recent development figures from its members.

The implementation of this licence system would be for the Men's World Floorball Championships 2012.



WFC 2008 picture by Pavel Lebeda/CFbU



WFC 2008 picture by Pavel Lebeda/CFbU

## IFF Development Program



Picture from the IFF Development Seminar in Canada 2007

IFF launched the Development program in 2006 in order to support and develop the organisation and the activities of the member associations. Any member association can apply for organising a Seminar.

The Development Program Seminar is built on three different blocks, one for Organisation, one for Coaching and one for Refereeing all aiming to give additional knowledge in these fields to the associations and assist them in planning and managing the development in their respective country. The seminar is a four day event consisting of theoretical lectures, practical training sessions, group works and hand-on training and observation.

The organisation of the four day event – the Floorball development Program Seminar – lies partly on the national federation and partly on the IFF, which supplies the educational materials, the lecturers and the infrastructure of the seminar. The participation in the Seminar is free of charge, but all participants are responsible for their costs related to travel, accommodation and food.

For further development in your country, the IFF can help to strengthen the association by providing guidance on how to educate and manage an association. We have to be aware and use all essential resources available in order to promote and enhance the growth of Floorball. This we can do together by co-operating and fighting for the right to play the best game in the world!

## CONTACTS TO INTERNATIONAL SPORTS ORGANISATIONS

### International Olympic Committee - IOC

In 2008 the IFF also took a big step as the Executive Board of the International Olympic Committee (IOC) decided to grant the International Floorball Federation (IFF) the provisional IOC recognition.

The IOC recognition opens new doors for the IFF in the International Sports community and it opens new doors for Floorball in a number of countries, where it before has been hard to enter into the sports community. The National Floorball Associations now have the possibility to receive the Recognition of the National Olympic and be recognised as one of the national top class sports, which receive more funding and support.

The future aims of the IFF are that Floorball would be on the program of the Universiade, the World Games and/or the Olympic Games.

*"This however is just the start of a long journey and will help us further to develop our sport, aiming to fulfil all the criteria's stipulated by the IOC, to one day have a product which is equal in both quantity and quality to the sports of the Olympic Games,"*

Mr. Tomas Eriksson, IFF President stated

### General Association of International Sports Organisations – GAISF

The IFF gained the provisional GAISF membership in 2000 and was accepted as an ordinary member on the 20th of May 2004.

### International University Sports Federation - FISU

The first University Floorball Championships (WUC) were organised in 2002 and the women's teams participated for the first time in the WUC 2008. During the Championships in 2006 the IFF signed a collaboration agreement with the FISU concerning the continued cooperation between IFF and FISU in the fields of University Sports and securing the continuation of the WUC.

## International School Sports Federation - ISF

The first World Schools' Floorball Championships were played in Brno, Czech Republic in May 2007 and the Schools' Floorball Championships are organised annually for both boys' and girls' teams from around the world.

## World Anti-Doping Agency - WADA

At the IFF General Assembly held on 13/12/08 in Prague, Czech Republic, IFF accepted the revised (2009) World Anti-Doping Code (the "Code"). The IFF Anti-Doping Regulations are adopted and implemented in conformance with IFF's responsibilities under the Code, and are in furtherance of IFF's continuing efforts to eradicate doping in the sport of Floorball.

The IFF Anti-Doping Regulations shall apply to IFF, each National Federation of IFF, and each Participant in the activities of IFF or any of its National Federations by virtue of the Participant's membership, accreditation, or participation in IFF, its National Federations, or their activities or Events.

More information about Anti-doping issues found on [www.floorball.org](http://www.floorball.org) under Anti-doping.

## Special Olympics – SO

Floorball received the status of a "Recognised Sport" in the Special Olympics in 2008. The adapted Floorball rules are based on the IFF's Rules of the Game, but with the 4 versus 4 (3 + goalkeeper) on small field (20m x 12m) in addition to the big field game 6 versus 6 (5+1).

The Special Olympics have also included Individual Skills Contests into their program. These contain technical tests adapted for players who are not capable of participating in the matches.

The SO Rules of the game are available on [www.specialolympics.org](http://www.specialolympics.org) under Guides.

## International Committee Electric Wheelchair Hockey – ICEWH

The IFF cooperates with the ICEWH. The ICEWH held first International Sports Assembly in 2002 when the international committee was founded. The ICEWH is Working under the International Wheelchair & Amputee Sports Federation( IWAS) since 2005, the IWAS being the legal body. IWAS being the governing body of several wheelchair sport and under the Para Olympic Committee (IPC).

The Electric Wheelchair Hockey (EWH) Championships are played with official floorball sticks and balls and the 1st World Championships were played in 2004.



More information and the Rules of the game are found on [www.icewh.org](http://www.icewh.org)



## IFF Sponsors



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