



Unified Floorball Rulebook



Unified Floorball

Teams and Uniforms

A Unified Floorball team consists of the following:

- A Unified Athlete - a student athlete with an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.
- A Unified Partner - a student athlete without an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.

Each team consists of 10-15 players (a 3 athletes to 2 partners ratio is recommended).

All teams must supply their own uniforms. A team may borrow sport uniforms from their school, or wear a matching t-shirt; numbers are not required.

Scoring

Scoring is determined as follows:

- A goal is scored when the ball completely crosses the goal line.
 - Goals must be scored using the stick; intentional use of the body is not allowed.
- Each goal will count as one point, with no limit on the number of goals a team can score.
- Penalty shots will only be awarded for major offenses committed by the defending team
 - Penalty shots will be taken from the center spot with continuous forward movement toward the goal.

Scoring Adaptations:

- If teams decide to make changes to the way the game is played for player adaptations, the game can become more drill focused to make the game more accessible for others.
 - Shoot around the goal: athletes shoot from five different spots around the goal with each goal worth 5 points.
 - Different skills such as passing, receiving and stickhandling may follow a similar format and be used as an alternative.

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The Game

Floorball is a sport that is played indoors on hardwood floors or sport tile surfaces. Similar to hockey, the objective is to score a goal by getting the ball to completely cross the goal line. Games can be played using half of a gymnasium or a rental facility if the level of play needs to be changed or depending on the accessibility of all players.

Here are some general rules to consider while playing/facilitating the game:

- In Unified Floorball, all players must refrain from lifting or raising the floorball sticks above waist height at all times especially when passing or striking the ball.
- Given that this sport requires more movement than other Unified sports, games can last anywhere from 5-15 minutes.
- Lifting the ball on a goal is allowed as long as the stick does not pass the waist height of the player.
- For goaltending, anyone can become the goaltender. Players are allowed to switch between shifts but must ensure that the goaltender does not have a stick. Goaltenders are only allowed to block and defend using their body and hands.
- All teams must take shifts (substitutions). There is no exact time limit as it can differ between games and tournaments. Having equal playing time is essential for a successful Unified Floorball team.

Additional Rules

- In the event of a penalty, minor offenses will result in a 2-minute bench penalty. Major penalties such as reckless play or match penalty will result in a longer time on the penalty bench or a complete sit out of the player who caused the penalty
- Goalkeepers must wear face masks and cannot use sticks
- A face-off at the center spot of the gym will be initiated to start the game.