



Regelupdate 2026

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Überblick

- Regeländerungen:
 - Fokus
 - Halten
 - Bodenspiel
 - Strafen
 - Equipment



Wechselzonen

- **Substitution zones (Verlängerte Wechselzonen)**
- Substitution zones shall include players' benches with a length of 10 m shall and be marked along one of the long sides of the rink, starting 5 m from the centre line and ending at the imaginary extended goal line and include players' benches.

Timeout (Definition Timeout)

- *A requested time out shall always be carried out, except after a goal, or when a **penalty shot is imposed**, when the team may withdraw the request or when the next interruption is the end of the period, which automatically cancels the time-out. This also applies to the possible changing of the ends in the middle of the period. A time out starts at the referees' additional signal when the teams are at their substitution zones and the referees at the match secretariat.*

Rolle als SchiedsrichterIn

- 1) A match shall be led and controlled by two equally authorised referees who enforces the Rules of the Game and controls the match in cooperation with the other match officials (Spielsekretariat, Timekeeper). The referees shall have the right to stop a match if there is an obvious risk that it can not be continued according to the rules.
- 2) The referees have the authority to take disciplinary action before, during and after the match. The referees shall have the right to stop a match if there is an obvious risk that it can not cannot be continued according to the rules.

Ausrüstung - Dressen

- *All socks shall have the same colour be mutually uniform and, if decided by the administrating authority, distinguishable between the teams. A player with visible blood on any equipment must not (darf nicht!) participate in the match until the equipment has been cleaned or exchanged.*
- *Die Länge der Stutzen ist egal, es kommt nur auf die Farbe an.*
- *Viele Ausrüster bieten mehrere Socken/Stutzenlängen an.*
- *Blutige Ausrüstung **muss** getauscht werden.*

Torhüter Equipment

- The goalkeeper may use any kind of protective equipment which is in accordance with the IFF Material Regulations, but this shall not include parts intended to cover the goal.
- *Helmet and thin gloves are allowed. The goalkeeper's protective equipment shall be shaped to the body and not cover more than the body of the goalkeeper. This includes using oversized clothes, shoulder pads which increases the shoulder line in any direction, using double protective equipment etc. For trousers, any zippers, pockets, straps, velcros etc. shall be closed and tightened. (Achtet auf Ausrüstung unbekannter Hersteller!)*
- *All forms of adhesives or friction checking substances such as silicon lubricant are prohibited. No objects must be kept on (keine Flaschen → hinter die Bande) or in the goal cage.*

Schmuck bei FeldspielerInnen

- *All items of jewellery such as necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc. are not permitted and must be removed. Using tape to cover jewellery is not permitted. In the interest of player safety, the referees are asked to inspect players and act accordingly.*
- Achtet in den ersten Ligaspielen darauf! Bis sich die Regelung zu allen durchgesprochen hat!

Bully Ausführung



- *Once a player has been chosen to perform the face-off it is not allowed to change the player.*

Freischlag – Fair Play



- When, for fair play reasons, a team waives it's right to resume play by taking part in a face-off. (Klare Kommunikation!)

Halten



- When a player holds an opponent or opponent's stick.
- *This implies when a player uses their arm or hand to hold, pull, tug, grab or physically restrain an opponent from moving freely and when a player uses their arm or hand to fend off the opponent's stick without grabbing it.*

- 2 min:

This implies when a player uses their arm or hand to hold, pull, tug, grab or physically restrain an opponent from moving freely and gains a considerable advantage, or with no possibility of reaching the ball. This also includes when a player grabs the opponent's stick.

Torhüter Screening

- *This includes when the attacking team prevents or obstructs the formation of a defence line at a free hit awarded within 3.5 m of the goalkeeper's area, or when a player in the attacking team actively and repeatedly follows the goalkeeper's movements with the sole intent to obscure the goalkeeper's view.*
- (Ballorientiertes Verhalten im Torraum und Zweikämpfe im Torraum sind kein Screening → Screening beginnt wenn der Fokus für den Ball/Spiel verloren geht und nur der Torhüter in der Sicht behindert werden soll)

Schutzraum



- When a field player is in or passes through the goalkeeper area or in the area where the goal cage normally stands.
- Diese Regel betrifft ins Besondere die Offensive, schon die Berührung der Linie führt zu einem Schutzraum vergehen. Der Stock zählt nicht als Körperteil und darf sich im Schutzraum befinden.

Schutz der Torhüter

- 2 min:
- *This also includes when an attacking player omits to make a reasonable effort to avoid a physical contact with a goalkeeper inside the goal crease, unless the physical contact is negligible.*
- Der Versuch den Kontakt zu vermeiden muss klar ersichtlich sein!

Bodenspiel



- FREISCHLAG:

An action when a player is touching the floor with more than their feet, one knee with lower leg, and the stick holding hand.

- When a field player with the ball under control or trying to play the ball in a correct way touches the floor with both knees or one hand on the floor, stick holding hand excluded.
- *This includes when a player of the defending team plays the ball in a correct way, but in a manner that inevitably ends up with the player lying down.*

- 2 Min:

When a field player plays the ball lying down and to gains a considerable advantage, lies or sit down and stops, or plays the ball, or in another way affects the situation. *This includes when a player affects a situation without necessarily playing the ball.*

This also includes stopping or playing the ball with both knees or one hand on the floor, stick holding hand excluded

Penalty Shot



- *The penalty shot shall be started with the stick and taken from the centre spot an imaginary spot 5 m from the centre line centred between the long sides. (Beginn der Wechselzonen → Orientierung)*
- *If the player starts the penalty shot with the foot, the penalty shot shall be retaken.*
- *A zorro type move where the ball remains stationary on the blade and the ball changes direction in the air more than once during the penalty shot is not permitted.*

Aufgeschobene Strafen

- If the delayed penalty is carried out because the offending team ~~gains and controls the ball~~, plays or takes control of the ball, plays it in a controlled way, or when play is interrupted because of an event leading to a hit-in, play shall be resumed with a hit-in awarded to the non-offending team. The hit-in shall be taken at the nearest face-off dot, according to where the ball was at the interruption.
- Das verteidigende Team muss klar Kontrolle über den Ball erlangen.
- Auch ein Fehlschuss des angreifenden Teams, führt zu einem Freischlag für das Team in Überzahl.

Strafen – 2 min. +

- Coincidental bench penalties matching between the teams and imposed during the same game interruption shall not affect the number of players on the rink and be treated like personal penalties.
- *The penalties shall be matched in the order they are imposed but major bench penalties shall be matched before minor bench penalties. Every bench penalty shall be matched if possible so that only the net difference of bench penalties between the two teams is carried out with an impact on the number of players on the rink.*
- *Coincidental bench penalties shall still be noted as bench penalties in the match report. Coincidental bench penalties shall not be affected by any goal being scored.*

Aufheben von Bankstrafen – Große Bankstrafen



- If a team has more than one bench penalty, these shall terminate in the ~~same order they have been carried out of~~ **the remaining penalty time, starting with the shortest remaining time**. Major bench penalties are considered as one penalty while only one of its bench penalties may terminate.
- 2+2min werden mit 4min berechnet, wenn in der Zwischenzeit noch eine kleine Bankstrafe mit 2min abgessessen wird ist diese als Erstes aufzulösen, wenn die 2+2min Strafe zum Zeitpunkt der ausgesprochenen kleinen Strafe noch über 2min Restzeit hat.

Kontrolle auf Anfrage des Kapitäns

- When a team captain requests measuring of a hook, control of the shaft/blade combination or the face mask grill control of a hook, approval mark on a stick or face mask grill, shaft/blade combination or any tampering with the stick or blade and the controlled equipment is correct. (no offence sign) *The team captain will serve the penalty.*
- Diese kleine Bankstrafe muss vom Kapitän abgessen, außer der Kapitän ist der Torhüter!

Zu viele Spieler am Feld

- *This includes when a player in the substitution zone or in the penalty bench zone places a foot on the board or otherwise crosses the vertical plane of the board with any part of the body or equipment, regardless of whether play is affected. Only one player at a time shall be penalised*
- Die Strafe, gut kommunizieren und auch mehrfach Abmahnungen (2-3x Ermahnungen), sehr viele Spieler/Betreuer haben bei uns die Füße auf der Bande.

Verhalten auf der Bank

- *This includes when a member of the team staff in the substitution zone places a foot on the board or otherwise crosses the vertical plane of the board with any part of the body or equipment regardless of whether play is affected, when a member of the team staff despite summons from the referees omits to stand behind the player's bench, or when a member of the team staff stands in an elevated position. Only one member of the team staff at a time shall be penalised.*
- *This also includes when a player omits to sit on the bench, except in connection with a substitution or when it's clearly necessary for other reasons, for example retrieving a new stick, using the restroom, or receiving treatment for an injury. The referees shall, if possible, notify the team before any action is taken. Only one member of the team staff at a time shall be penalised.*

Verhalten auf der Bank – Umsetzung ÖFBV

- Klare Kommunikation **vor dem Spiel** mit den TEAMS!
- **Kommunikation bevor Strafen ausgesprochen werden!**
- Sollten die Hallen Gegebenheiten es nicht zulassen dürfen Spieler/Betreuer auch neben der Spielerbank stehen.
- Das Aufstehen der Ersatzspieler/Ersatztorhüter ist ebenfalls gestattet, sie müssen aber ebenfalls hinter (neben wenn hinter nicht möglich ist) der Bank stehen. **Nicht direkt an der Bande!**
- **Direkt an der Bande stehen nur die Wechelspieler!**

10 Minuten Strafen – Provokanter Jubel



- *Unsporting behaviour implies: Behaving in an insulting or unfair way towards referees, players, team staff, officials, spectators etc.*
***Celebrating in a provocative**, derisory or inflammatory way.*
Intentionally kicking, upsetting or hitting the board or the goal cage.
Intentionally breaking a stick or other equipment in a controlled manner. Throwing the stick or any other equipment, even during an interruption or in the substitution zone.
- Das bewusste Brechen des Stocks ist nicht mehr zwingend mit einer MS zu bestrafen.

10 Minuten Strafen – Ende der Strafzeit



- *When the personal penalty expires, the player shall not enter the rink until ~~play is interrupted~~ **admitted by the referees.***
- *The referees shall, together with the **match secretariat**, help a player, whose personal penalty has expired during play, to leave the penalty bench in the first situation after the penalty expired where in their opinion the admittance **has no negative impact on the flow of the game.***
- Freischläge in der eigenen Hälfte des verteidigenden Teams bieten sich an. **Klare Kommunikation mit Spieler, Sekretariat und Teams!!!**

10 Minuten Strafen – Betreuer

- A member of the team staff incurring a personal penalty shall ~~be sent to the spectators' stand for the rest of the match~~ **immediately go to the dressing room and must not take any further part in the match**, and the team captain shall choose a field player, who is not already penalised, to serve the bench penalty.
- Der Veranstalter/Ordnerdienst ist für die Durchsetzung der Strafe nach Verlassen des Spielfeldes verantwortlich.

Instigating (Anzetteln)

- When a player acts as the instigator of an altercation. *The penalty can only be imposed against one player in connection with an altercation. The referees decide what is considered an altercation. An altercation does not necessarily need to have an instigator nor is it required that any other penalties are imposed. If the action initiating the altercation leads to any penalty, the minor penalty for instigating shall be imposed in addition*
- Wenn klar ist wer für die Auseinandersetzung verantwortlich ist, kann diese Strafe zusätzlich ausgesprochen, zusätzlich zu dem Vorfall. Auch bei wiederholten kleineren Vorfällen, kann diese Strafe alleine ausgesprochen werden.

Tor-Empty Net

- *A goal shall be awarded when the goalkeeper has been replaced by a field player and a player in the defending team commits an offence leading to a penalty shot. The goal replaces the penalty shot.*
- Es genügt wenn es sich in der Situation um eine Torchance handelt.
- **Auch Torhüter ist es erlaubt mit Auswürfen** (Ball muss vor der Mittellinie aufkommen) **Tore zu erzielen.**

Matchstrafen



- *Offences leading to a match penalty committed after the match, when referees, players or team staff are still on the rink, shall result in a match penalty. The player shall be shown the red card, and the match penalty shall be noted in the match record. The match penalty shall lead to suspension from the following match in the same competition and possible further punishment according to the conditions and routines set by the administrating authority.*
- Die Verantwortung liegt bei euch, bis die Spieler das Feld verlassen haben.

Penaltyschießen nach der OT

- The referees decide which goal to use and shall carry out a draw between the team captains. The winner decides which team will start taking the penalty shots. **The extra penalty shots can be taken by any field player, and a player is allowed to take multiple penalty shots.**
- Bei Gleichstand nach den 5 genannten Penaltyschützen, darf im Sudden Death Modus jeder beliebige Feldspieler durch den Trainer als Schützen bestimmt werden, auch mehrfache Schüsse sind möglich.

Rückfragen?



- Bitte wende dich an referee@floorball.at !