

*Keep It
safe!*



BROOMBALL



Photo : CMR Saint-Jean

INTRODUCTION

Broomball is a team sport whose objectives and tactics resemble those of ice hockey.

Playing broomball on a regular basis can improve several aspects of physical condition, including cardiovascular endurance, muscular strength and balance. Although it offers a number of benefits to general health, it may also result in injuries, especially during falls on the ice or unintentional contact.

The following points of advice are intended for those who wish to practise the sport or organize friendly games while ensuring the full enjoyment of all participants.

1. SUPERVISION

Designating a qualified referee has the advantage of establishing a standard and ensuring that the rules of the game are applied more strictly. In the case of an informal game among friends, playing without a referee is also possible, provided that each player signals his or her own penalties and demonstrates team spirit.

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A first-aid kit and easy access to a telephone can ensure quick intervention in case of an injury.

2. LOCATION

Broomball can be played indoors or outdoors. Whichever location is chosen, it should be set up so that players waiting on the bench or serving a penalty can stay off the rink. The ice should be free of any obstacle not necessary to the proper action of the game and should be lit brightly enough so that the participants can easily follow the play at all times. The boards should have a smooth surface and there should not be anything on top of them that could fall on the ice.

3. EQUIPMENT

The broom

No player should use a broom that is worn out or broken.

Protective gear

According to the regulations of the Fédération québécoise de ballon sur glace, players must wear:

- a safety helmet fastened with a chinstrap that meets the safety standards of the Canadian Standards Association (CSA)
- special broomball shoes with pliable rubber soles to increase traction and reduce the risk of falls on the ice
- elbow pads
- shin guards

To increase the level of protection for players, the Fédération suggests the following additional equipment: a helmet with face cage or visor, protective gloves appropriate for playing broomball, a sports bra for women and an athletic supporter for men.

The goaltender must wear a full face mask that meets CSA standards, shoulder pads, a chest protector, leg pads and gloves, one of which is equipped with protective padding.

4. BEHAVIOURS AND ATTITUDES

Every player is responsible for his or her broom and must handle it appropriately, avoiding the use of wide swings to strike the ball. Furthermore, no player must ever strike a blow to the head or the back of an opponent.

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Every player should control the movements of the opponent by relying on his or her own body position and angle of approach, and not by using any gesture intended to shove or check the opponent or push the opponent into the boards.

Every player must remain alert to the play, whether or not he or she is in possession of the ball.

Finally, to ensure that enjoyment of the game remains the main objective of play, every player should:

- respect the rules of the game
- respect the referee and accept his or her decisions
- respect his or her opponents
- give everyone an equal chance to participate
- keep a cool head at all times

5. A USEFUL REFERENCE

The safety rules adopted by the Fédération québécoise de ballon sur glace can be consulted in full at this Web site: www.mels.gouv.qc.ca. It is the principal reference document recognized by the Ministère de l'Éducation, du Loisir et du Sport to ensure the safe practice of broomball.

HOW TO CONTACT US

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