

INDOOR TCHOUKBALL

Congratulations on nominating your team with Mackay Indoor Sports Arena. The staff and management wish you luck for the season, and hope that all your games are played in a positive, sportsmanlike manner. As a Captain, you are the link between the players and the Arena. The following notes will give you an understanding of our policies and will assist in a trouble free season.

Game Fees and Punctuality:

- It is important that your team be at least 10 minutes early, allowing time to collect and pay game fees, to complete the team card and to confirm your next game. Some Captains collect game fees a week in advance so that players are committed to the next game or at least to find a substitute.
- If full game fees are not paid, the offending team will be affected by not being able to qualify players that did not pay.
- It is also a matter of courtesy to be on time, to enable teams playing after your game to commence at the scheduled time.

Late Nominations:

Teams which enter the competition after the eighth round, will NOT be eligible for finals. Teams beginning late in the season will receive draw points only (no incentive points).

Points:

Win = 4 points

Draw = 2 points

Loss = 2points

THE RULES!

The Game

- a) 4 x 10 minute quarters.
- b) Teams consist of 6 players on the field and up to 3 subs.
- c) Ball is in play until referee blows whistle to stop play.
- d) One rebound frame is placed at each end in the middle of a semi circle to be know as the forbidden zone.
- e) Teams may score at either end.
- f) No contact or obstruction is allowed, a free pass awarded to the non offending side.
- g) You may not enter the forbidden zone area at anytime while in possession. Defenders can not move though the forbidden zone.

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h) This play includes a player who is completing a shot inside the area. If scored, the goal will not count and a hand over awarded.

i) Players can be interchanged at quarter time only unless an injury occurs.

j) Each team has a maximum of 3 passes to score and each player may hold the ball for 3 seconds.

k) After a restart the ball must travel past the half way line before the attacking side can score at either end..

l) Players in general – Players may not obstruct the attacking team in any way, a free pass will be awarded.

m) Players may intercept passes.

Team Size

The team consists of **6 players** on the court plus interchange players, **Mixed teams must have 2 females on the court at all times.** Teams must have four players to take the court (1 female..

Preliminaries

Before the start of the match, the referee supervises the toss. The winner of the toss to have possession first. Each quarter is then started in turns.

After a point is awarded the team that has conceded the point restarts the game The restart shall take place at the base line outside of the forbidden zone. Following the restart the first shot may be at either end providing the ball has crossed the halfway line. The catchers feet must be passed the halfway line. The restart does not count as a pass. Players must wear non marking sports shoes without studs.

Scoring

- A player scores a point if the ball rebounding from the frame touches the field of play before a defender can catch it, touches a defenders legs, This is determined by the umpire.
- He deflects a rebounding shot or deliberately touches the ball, preventing it from being caught, he has committed an intentional foul
- The team with the highest score at the end of the 4th quarter is the winner

Foul's

- It is the prime responsibility of the players and the referee to ensure that there is no physical contact.
- If a foul is committed, the referee will award a free pass.
- All players must not take more than 3 steps while holding the ball.
- Players have hold of the ball for only 3 seconds.

- Teams have a maximum of 3 passes (a deviation of the ball is considered a pass).
- If a player drops the ball during a pass.
- While attempting to catch the ball the player steps inside the forbidden zone.
- No attacking player may touch the rebounding ball after a team mates shot and make the ball fall to the ground.
- No player shall make contact with the forbidden zone before he has thrown the ball.
- No player may go through the forbidden zone to take up a defensive position.
- The referee is to make sure that free throws are taken from the spot where they occurred. At least one pass must be made before shooting at the rebound frame.
- When the ball touches the metal edge of the frame, if the defending team successfully catches a faulty bounce, the game goes on. If, on the other hand, it fails to control the ball, the game stops and the defending team is given a free throw from the spot the ball landed, outside the forbidden zone
- No player is allowed to use their legs to kick the ball..
- No player is allowed to obstruct/defend the movement of an opponent about to receive the ball, shoot, pass or position themselves. A maximum of 3 consecutive shots at one end (**a break down or a point scored returns the count to zero**).
- Points penalties apply at discretion of umpire from – 1 per infringement; for each uniform discrepancy (up to 3 players in which equals 3 goals); swearing, abusive language/behaviour will not be tolerated.
- Card system:
 - 1 green card = warning
 - 1 yellow card = 2 minutes in sin bin
 - 1 red card = 1 game suspension and off for rest of the game that night.