



## **RULES OF THE GAME**

## **WEDSTRYDREËLS**

INDEKS

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## OORSIG VAN DIE SPEL

Die Suid-Afrikaanse spel ringbal word deur twee spanne van nege (9) spelers elk gespeel, op 'n baan wat in drie afdelings verdeel is. In elke afdeling van die baan speel drie (3) spelers van 'n span (3 doelgooiers, 3 middelspelers and 3 verdedigers). Hierdie spelers mag tydens die spel nooit in 'n ander afdeling grond raak, op die binnelyne trap en ook nie die bal oor 'n binnelyn ontvang nie.

Die bal word van speler tot speler deur die lug aangespeel en dit word slegs met die binnekant van die hande en voorarm hanteer. Die speler wat die bal aanspeel, mag nie daarmee vorentoe, sywaarts of agtertoe beweeg, van 'n fopaangee gebruik maak of dit vir langer as twee (2) sekondes vashou nie.

Punte word aangeteken deur die bal van bo af deur die doelring te gooi. 'n Doelgooier mag in die doelafdeling van enige plek buite die doelsirkel poog om 'n doel te gooi wat twee (2) punte tel wanneer dit slaag. Die bal moet met al twee hande (van onder na bo) gegooi word. Wanneer 'n doelgooier probeer om 'n doel te gooi, word vyf (5) sekondes toegelaat vandat hy die bal ontvang het. Wanneer 'n speler gestraf word, kry enigeen van die opponerende doelgooiers die geleentheid om ongehinderd te probeer om 'n strafdoel te gooi vanaf enige posisie buite die doelsirkel en so 'n doel tel twee (2) punte en moet binne drie (3) sekondes gegooi word. 'n Doelgooier kan 'n (3) driepuntstrafdoel aanteken deur van agter die strafdoelstreep te poog.

Spelers mag probeer om die bal te bemeester, nadat dit die opponent se hande verlaat het. Spelers mag egter nie die bal uit die opponente se hande gryp of klap nie. Spelers mag nie hul opponente vashou, wegdruk of op enige manier verhinder om te beweeg of die bal aan te speel nie en geen opsetlike kontak mag gemaak word nie. Twee (2) spelers van dieselfde span mag nie gelyktydig aan die bal raak nie. Dit is 'n fout as die bal regoor 'n afdeling gaan sonder dat 'n speler in daardie afdeling daaraan raak.

Wanneer spelers van albei spanne gelyktydig 'n fout maak, word dit 'n dubbelfout genoem. Dan word die bal by die middelsirkel tussen enige twee opponerende middelspelers opgegooi, wat die bal met die afkom mag klap of vang. Twee opponerende spelers in die middelblok staan met hul voete net buitekant die middelsirkel, terwyl die res van die spelers in hul onderskeie afdelings staan waar hulle wil.

## SUMMARY OF THE GAME

The South African game ringball is played by two opposing teams consisting of nine (9) players on each side, on a court divided into three sections. Three (3) players of each team play in each section (3 goal shooters, 3 centre players and 3 defenders). These players may at no time during play touch ground in an adjacent section, step on or receive the ball over the lines separating the sections.

The ball is passed through the air from player to player and is controlled with the inside of the hands and forearms. In passing the ball, a player may not move forward, sideways or backwards, feint a pass or be in possession of the ball for longer than two (2) seconds in an attempt to pass the ball.

To score points, the ball must fall through the goal ring from the top. A goal shooter may attempt to score a goal from any position in the goal section outside the circle. A successful attempt counts two (2) points. When shooting a goal, both hands must be used (from below in an upwards direction). A goal attempt must be taken within five (5) seconds from receiving the ball. When a penalty has been awarded, any opposing goal shooter can attempt to shoot a goal from any position outside the goal circle. A penalty counts two (2) points from any position outside the goal circle and must be attempted within three (3) seconds. A goal shooter can attempt to score a (3) three-point penalty from behind the penalty line within three (3) seconds.

Players may try to gain possession of the ball, after it has left the opponent's hands. A player is not allowed to tap or snatch a ball from the opponent's hands. Players are not allowed to hold, push away, deliberately make contact or obstruct their opponents in any manner to prevent them from moving or passing the ball. Two players of the same team may not touch or hold the ball simultaneously. It is an infringement if the ball crosses the section without being touched by a player in that section.

When players of both teams commit a transgression simultaneously, it is called a double fault. The referee then tosses the ball up at the centre circle between any two opposing centre players, who may hit or catch the ball on the descend. They stand with their feet outside the middle circle, while the rest of the players take up any position in their sections.

'n Wedstryd bestaan uit twee speelhelftes van 25 minute elk, met 'n rustyd van drie (3) minute tussen in. Aan die begin van 'n wedstryd, na halftyd, of nadat 'n doel behaal is, neem die spelers posisie in soos op die tekening aangedui. Die afgooier staan in die halfsirkel met die gesig in die rigting van sy eie doelpaal. Wanneer die fluitjie blaas, moet die bal binne twee (2) sekondes, na een van die vlerke aangespeel word. Die bal mag nie na 'n ander afdeling aangespeel word voordat dit vir 'n vlerk gegooi is nie.

Wanneer die bal by die speelveld uitgaan, word dit ingegooi op die plek waar dit uitgegaan het deur enige opponent van die speler in daardie blok wat, laaste daaraan geraak het binne die veld.

Die span met die hoogste aantal punte wanneer die speelyd verstreke is, is die wenner. Spelers word soos volg genommer:

- Lyndoele 1
- Kantdoele 2 & 3
- Afgooi 4
- Vlerke 5 & 6
- Lynverdediger 7
- Kantverdedigers 8 & 9

NB: Spelers se nommers moet ooreenstem met hulle posisies soos aangetoon op die baanuitleg hieronder. Spelers mag nie sonder 'n nommer speel nie.

Die spel word deur albei geslagte afsonderlik gespeel. Oud en jonk neem daaraan deel en dit is 'n gesinsport by uitnemendheid. Dit is 'n spel wat vernuf en vaardigheid vereis, waarby krag en geweld nie mag voorkom nie. Samespel tussen spelers is die grootste kenmerk van die spel en dus is ringbal 'n ware spansport.

A match consists of two halves of 25 (twenty-five) minutes each with an interval of three (3) minutes. At the start of the game, after half-time or after each successful goal, the players must take up position as shown on the sketch. The centre player stands in the halfcircle facing his own goalpost. At the blow of the whistle, the ball must be passed to one of the wings within two (2) seconds. It is an infringement when the ball is passed into another section without passing it to a wing first.

When the ball goes out of play by crossing any of the outside lines, the opponent of the player who last touched the ball, puts it into play at the spot where it has left the court.

The team with the highest score at the end of the match is the winner. Players are numbered as follows:

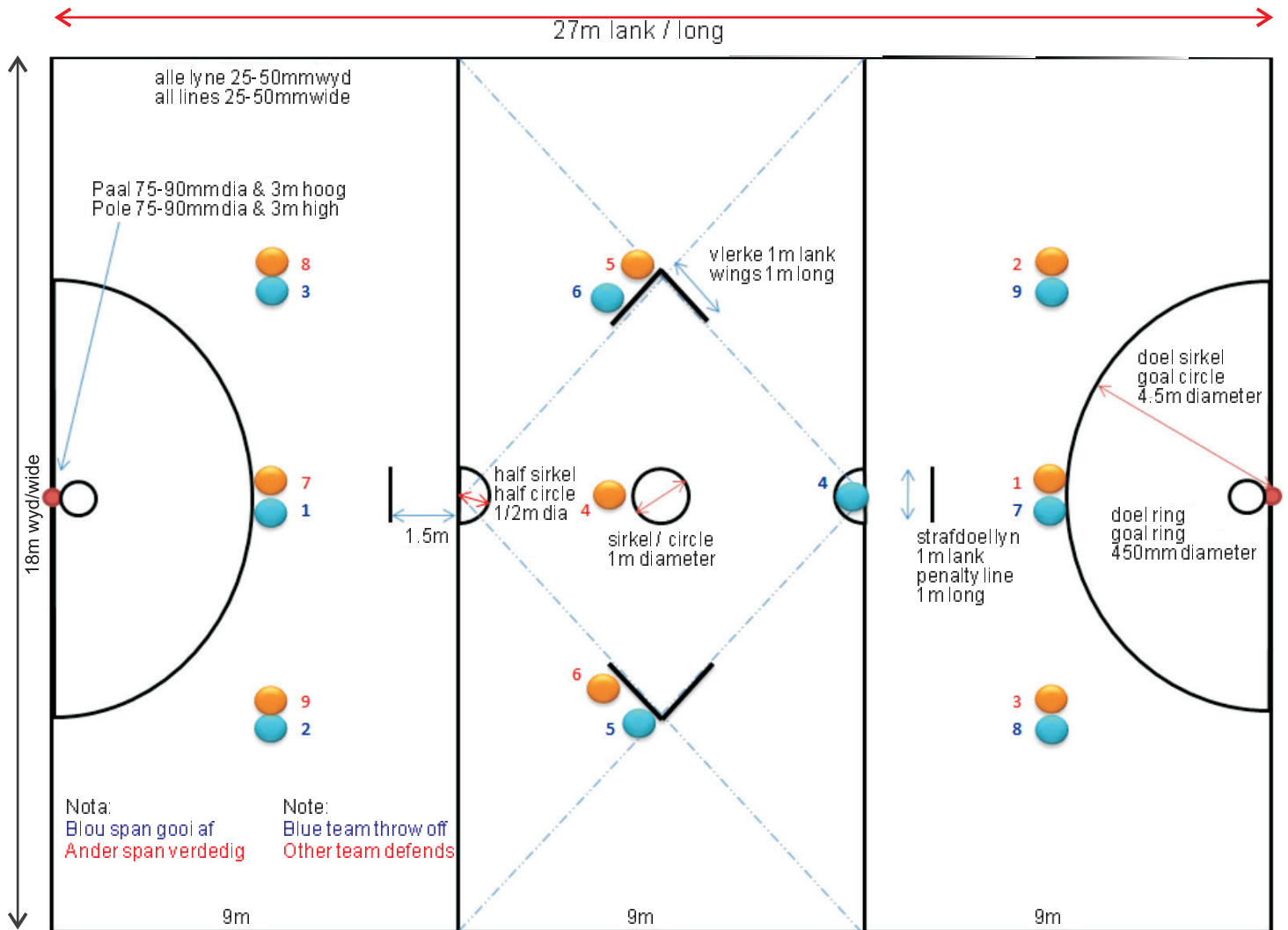
- Line shooter 1
- Side shooters 2 & 3
- Centre 4
- Wings 5 & 6
- Line defender 7
- Side defenders 8 & 9

PS: The players' numbers should correspond with their positions as indicated on the diagram below. Players are not allowed to play without numbers.

Players of both sexes play ringball, but a game is only played between teams of the same sex. This game is suitable for young and old alike and is an excellent family sport. The game requires talent and skill where force and rough play are not tolerated. Teamwork is an essential characteristic of the game and ringball is therefore really a team sport.

POSISIE WAT SPELERS INNEEM BY DIE AANVANG  
VAN DIE WEDSTRYD EN NADAT 'N DOEL  
AANGETEKENIS

THE POSITIONS PLAYERS NEED TO TAKE AT THE  
START OF THE GAME AND AFTER EACH  
SUCCESSFUL GOAL



## RINGBALTERMINOLOGIE

### AFDELING

Gedeelte van die baan, vanaf een doelpaal na die ander doelpaal, in die lengte van die veld, in drie afdelings verdeel.

### BINNELYNE

Die lyne wat die speelveld in verskillende afdelings verdeel.

### BUITELYNE

Die kantlyne rondom die speelveld.

### DOELSIRKEL

Die halvesirkel in die doelafdeling, buitekant van waar die doelgooier poog om 'n doel aan te teken.

### MIDDELSIRKEL

Die sirkel in die middelafdeling, waaragter die opponente- se afgooier staan wanneer die bal afgegooi word, of wanneer die bal opgegooi word vir 'n dubbelfout.

### HALFSIRKEL

Die halvesirkel in die middelafdeling, waarin die afgooier staan wanneer die bal afgegooi word.

### VLERKE

Die reghoeke (of "V") waarby die middelspelers staan met afgooi van die bal. Die spelers wat in hierdie posisie speel, word ook vlerke genoem.

### DOEL

'n Geslaagde doelgooi poging tel twee (2) punte.

### STRAFGOOI

'n Strafgooi word toegestaan in alle gevalle waar opsetlike, ontoelaatbare spel, doelbewuste obstruksie, gekruide taal of swak dissipline voorkom (tel twee (2) punte).

### STRAFGOOISTREEP

Kort streep in die doelblok (1 m lank en 1½ m vanaf die middellyn) waaragter die doel kan staan om te poog vir 'n 3-puntstrafgooi.

### VELDWEN

Om 'n meer gunstiger posisie op die speelveld te bewerkstellig, deur albei voete te verskuif.

### DUBBELFOUT

Wanneer spelers van opponerende spanne gelyktydig 'n fout begaan.

## RINGBALL TERMINOLOGY

### SECTION

Portion of the court between the two (2) goalposts, divided into three (3) sections.

### INSIDE LINES

The lines dividing the court in three different sections.

### OUTSIDE LINES

The boundary lines around the court.

### GOAL CIRCLES

The half-circle in the goal section, outside which the goal shooter attempts to score a goal.

### CENTRE CIRCLE

The circle in the centre section, behind which the opposing centre player takes up position at the throw-off, and from where the ball is tossed up for a double fault.

### HALF CIRCLE

The half-circle, in the centre section, in which the centre player stands to start the game.

### WINGS

The rectangles (or "V") where the centre players stand at the start of the game. These players are also referred to as wings.

### GOAL

A successful attempt at goal counts two (2) points.

### PENALTY GOAL

Is awarded for inadmissible, deliberate foul play, intentional obstruction, foul language, or ill-discipline. (counts two (2) points)

### PENALTY LINE

The short line in the goal section (1 m in length and 1½ m from the middle inside line from where the goal shooter can attempt to score a three 3-point penalty goal, standing behind this line.

### GAIN GROUND

To gain a more favourable position on the court, by moving both feet.

### DOUBLE FAULT

When two opposing players simultaneously transgress a rule.



### **DIREKTE VOORDEEL**

Wanneer 'n fout begaan word en 'n opponent ontvang die bal direk daarna om aan te speel of 'n doelpoging aan te wend.

### **AFGOOI**

Wanneer die spel begin word, gooi die afgooier die bal na een van die vlerke met die blaas van die fluitjie.

### **INGOOI**

Wanneer die bal van buite die speelveld deur 'n speler in spel geplaas word.

### **OPGOOI**

Wanneer die bal tussen twee opponente in die lug opgegooi word.

### **VRYGOOI**

Wanneer 'n speler 'n fout van mindere belang maak kry die opponente die bal om ongehinderd aan te speel vanaf die plek waar die fout begaan is.

### **FOPAANGEE**

Wanneer 'n speler maak asof hy die bal aanspeel, maar dit nie doen nie.

### **OBSTRUKSIE**

Wanneer 'n speler 'n opponent doelbewus verhinder om die bal te bemeester, aan te speel, of vrylik te beweeg.

### **DISKWALIFIKASIE**

Wanneer 'n speler deur die skeidsregter vir ongeoorloofde fout, ruwe spel, gekruide taal of swak dissipline van die speelveld afgestuur word.

### **VOORARM**

Binnkant van die arm tussen die hand en elmboog.

### **UIT SPEL**

Wanneer die spel uit spel uitgegaan het, bv. nadat 'n doel behaal is, wanneer die bal buite die speelveld is, of met 'n ernstige besering.

### **VRYWILLIGE RUILING**

Ruiling van spelers, wat ter eniger tyd in die wedstryd gedoen kan word, wanneer die bal buite spel is.

### **DIRECT ADVANTAGE**

When an infringement occurs and an opponent receives the ball directly thereafter and continues play or attempts to score a goal.

### **THROW-OFF**

At the start of the game, the centre player passes the ball to one of the wing players at the starting whistle.

### **PUT IN**

When the ball is put into play from outside the court by a player.

### **A TOSS-UP**

When the ball is tossed up between two opponents.

### **FREE PASS**

When a minor infringement occurs, the opponents receive the ball to play on unobstructed from the spot where the infringement occurred.

### **FEINT PASS**

When a player pretends to pass the ball and then does not pass it.

### **OBSTRUCTION**

When a player deliberately prevents an opposing player from playing the ball, receiving it or moving freely.

### **DISQUALIFICATION**

When a player is sent off by the referee for an inadmissible offence, rough play, foul language or ill-discipline.

### **FOREARM**

Inside arm between the hand and the elbow.

### **OUT OF PLAY**

When the game is interrupted, e.g. the ball goes out of play, after a successful goal, or goes outside the court boundaries or when a player is seriously injured.

### **VOLUNTARY SUBSTITUTION**

Changing of players can be made at any time during the match when the ball is out of play.

**PLAASVERVANGER**

'n Speler wat 'n beseerde, siek of medespeler gedurende die wedstryd vervang.

**TELLINGHOUER**

'n Persoon verantwoordelik om die telling op die spankaart aan te teken van alle geslaagde doelpogings gedurende die wedstryd.

**BALBEHEER**

As 'n speler die bal vashou of so hanteer dat hy die bal kan aanspeel.

**KONTAK**

Wanneer 'n speler op enige opsetlike manier aan sy opponent raak om sodoende vrylike beweging of balbeheer te verhoed.

**SUBSTITUTE**

A player who replaces an injured or sick player, or a teammate in the course of the game.

**SCOREKEEPER**

A person responsible for recording the score on the scorecard of all the successful goals during the match.

**BALL CONTROL**

When a player holds onto the ball or controls it in such a way as to pass it on.

**CONTACT**

When a player deliberately touches an opponent in any way that restricts free movement or ball handling.

## WEDSTRYD SPELREËLS

### SPEELVEREISTES

#### A. DIE SPEELVELD

- A.1 Die baan is 27m x 18m groot en word in drie (3) gelyke afdelings (9m x 18m) oor die lengte verdeel. In die middel van elk van die kort sye (teenaan die buitelyne) staan die twee doelpale. Aan die bopunt van elke doelpaal is 'n staalring met 'n radius van 450 mm, presies 3 m van die grond af. Die strafgooistreep (1m in lengte) word 1½m van die middellyn af, regoor die middelhalfsirkel, in die doelblok aangebring. Vanaf die doelpaal word by albei pale 'n halfsirkel (die doelsirkel) met 4,5m straal getrek en die twee betrokke gebiede word die doelafdelings genoem, terwyl die middelste gebied die middelafdeling genoem word. In die middel van die middelafdeling word 'n sirkel van 1m in deursnee aangebring, en in die middel van die twee (2) binnelyne, word twee (2) halfsirkels aangebring, elk met 'n deursnee van 1m. Aan weerskante word twee (2) V-lyne aangebring met bene van 1m elk, waarna verwys word as die "V" of vlerke.
- A.2 Weervaste, gras- of grondbane, of aangepaste netbalbane, kan gebruik word. Die oppervlakte van die veld moet gelyk wees. Grondbane moet grasvry en stewig gebind wees. Weervaste bane moet glyvry wees. Netbalbane kan ook gebruik word met geringe aanpassings. (Aanduidings van hoe netbalbane aangepas kan word verskyn op die laaste bladsy van hierdie reëlboek.)
- A.3 Langs die omtrek van die veld, mag daar binne 1.5m geen hindernisse soos ligpale, mure, keermure, drade, stoele, of trappies wees nie – (kyk ook reël H.1).
- A.4 Alle lyne op die speelveld moet wit of geel wees, duidelik gemerk en 25mm tot 50mm breed wees.
- A.5 Die doelpale moet ronde staalpype van 75-90mm in deursnee wees, wat 3m hoog bo die grond is. Die doelpaal moet in die middel van die 18m buitelyne (die doellyn) regop vasstaan. Die binnegrens van die buitelyne, moet 'n raaklyn met die binnekant van die doelpaal vorm.
- A.6 Die doelring aan die bopunt van die doelpaal, moet van 'n stewige, gladde, ronde staal, met 'n maksimum dikte van 16mm en 'n binnedeursnee van 450mm wees. Plat staalringe word nie toegelaat nie. Dit moet horisontaal (waterpas) en gelyk met die bopunt van die paal stewig geheg word en moenie opwip as die bal daarop val nie. Doelringe moet wit of silwer geverf wees.

## MATCH GAME RULES

### PLAYING REQUIREMENTS

#### A. THE COURT

- A.1 The court is 27m x 18m in size and is divided into three (3) equal sections (9m x 18m) in the length. The two (2) goalposts are in the middle of each short side of the court against the outside line. Each goalpost has a steel ring of 450mm in diameter attached at the top, exactly 3m from the ground. The penalty line is a short line in the goal section of 1m in length and 1½ m from the middle inside line directly in line with the middle half-circles. With the goalpost as pivot, a half-circle (the goal circle) with a radius of 4.5 m is drawn. The two relevant sections are called the goal sections and the middle is called the centre section. Exactly in the middle of the centre section, a circle of 1m diameter is drawn, and in the middle of the two (2) inside lines, two (2) half-circles with a diameter of 1m each are drawn. On either side of the centre circle, two V-lines are drawn with legs of 1m long, which are referred to as the "V" or wings. See the diagram on page 2 for the dimensions and size of the court, and the position of the goalposts.
- A.2 All-weather, gravel or grass courts, or adapted netball courts may be used. The surface of the court must be even. Gravel courts must be free of grass and must be well compacted. Slip-free all-weather courts are recommended. Netball courts can be used with minor adjustments (see directions to make the changes on the last page of this rule book.)
- A.3 There should be no obstacles such as trees, light poles, walls, fences, wires, chairs or steps along the sides of the court for a distance of 1.5m (also refer to rule H.1).
- A.4 All lines must be clearly marked in white or yellow and the width of these lines should be between 25mm and 50mm.
- A.5 The goalposts must be of circular steel pipes with a diameter of 75–90mm, and 3m above the ground. The goalposts must be in a vertical position in the middle of the 18m outside line, the goal line. The inside edge of the goalpost must form a tangent with the inside edge of the line.
- A.6 The goal ring on top of the goalpost, must be of a sturdy round metal bar of maximum 16mm thickness, with an inside diameter of 450mm. Flat steel rings are not allowed. The goal ring must be horizontally fixed (level) to the top of the goalpost and should not tilt up when the ball bounces on the ring. Goal rings must be painted white or silver.

A.7 Doelnette moet behoorlik en korrek aan die doelring vasgemaak word en moet groot genoeg wees om 'n nommer 5 bal deur te laat. Wit of geel nylonnette word aanbeveel (nette wat te klein is, veroorsaak dat die bal uitgeskiet word).

## B. DIE BAL

B.1 Die bal moet rond en van sintetiese materiaal of leer wees. Rubberballe is nie toelaatbaar nie. (Leerbal wat nat is en dié wat te styf gepomp word, rek. Leerbal wat te pap is, rek langs die nate.)

B.2 All ander spanne speel met 'n nommer 5 bal met 'n omtrek van tussen 69 en 71cm en 'n massa van ongeveer 450 gram. (Balle met loshangende riempies of knoppe word nie toegelaat nie).

B.3 Alle o/9-, o/11- en o/13-spanne speel met 'n nommer 4 bal met 'n omtrek van 64cm.

## C. DIE SPELERS

C.1 'n Ringbalspan bestaan uit nege (9) spelers, naamlik drie (3) doelgooiers, drie (3) middelspelers en drie (3) verdedigers. Hoogstens drie (3) spelers van dieselfde span mag in 'n afdeling speel.

C.2 Minstens agt (8) spelers van 'n span moet aan die begin van 'n wedstryd teenwoordig wees. Wanneer 'n span nie voltallig is nie, word 'n speler wat laat opdaag, met die medewete van die skeidsregter, toegelaat om aan die spel deel te neem nadat die bal uit spel is. Nadat spel reeds met agt (8) of nege (9) spelers begin het, mag daar nie verder met sewe (7) en minder spelers gespeel word nie, bv. indien twee spelers van dieselfde span gediskwalifiseer is tydens die wedstryd. Die gediskwalifiseerde spelers se span verbeur dan die wedstrydpunte en die opponerende span wen die wedstryd.

C.3 Geen speler mag sonder die skeidsregter se toestemming die speelveld verlaat nie. Indien 'n speler oortree, kry die opponente 'n vrygooi binne die veld waar die oortreding plaasgevind het. Voordeel moet ook in ag geneem word.

C.4 Hoogstens drie (3) spelers van 'n span mag ter eniger tyd deur plaasvervangers vervang word. 'n Plaasvervanger mag slegs nadat die bal uit spel is en met die medewete van die skeidsregter aan die spel deelneem.

A.7 The nets must be correctly fixed to the goal ring and must be big enough to allow a number 5 ball to pass through. White or yellow nylon nets are recommended. (Nets that are too small may result in balls bouncing back out.)

## B. THE BALL

B.1 A ball made of leather or synthetic material should be used. Rubber balls are not permitted. (Wet leather balls and balls that are inflated too hard stretch; leather balls that are under inflated stretch at their seams.)

B.2 All teams play with a number 5 ball, with a circumference of between 69 and 71cm and a mass of approximately 450gm. (Balls with loose laces or uneven surfaces are not allowed.)

B.3 The u/9, u/11 and u/13 teams play with a number 4 ball, with a circumference of 64cm.

## C. THE PLAYERS

C.1 A ringball team consists of nine (9) players –three (3) goal shooters, three (3) centre players and three (3) defenders. Only three players of a team are allowed in each section.

C.2 At least eight (8) players of a team must be present at the start of a game. When a team is incomplete, a player who arrives late, is allowed to join the game only when the ball is out of play and with the permission of the referee. No team is allowed to play with seven (7) or fewer players after the game started with eight (8) or nine (9) players, e.g. in the event of two (2) players of the same team being disqualified during the match. The team with the disqualified players concedes the game points and the opposing team wins the match.

C.3 No player is allowed to leave the court without the permission of the referee. Where a player transgresses the rule, the opponents will be awarded a free pass inside the court at the place where the infringement took place. Advantage must still be considered.

C.4 A maximum of three (3) players of a team may be substituted at any time during the match. The substitution player may only join the team, when the ball is out of play and with the permission of the referee.

- C.5 Indien 'n speler weens siekte of besering nie verder kan speel nie, mag 'n plaasvervanger sy plek dadelik inneem en die spel gaan voort. Gediskwalifiseerde spelers mag nie deur 'n plaasvervanger vervang word nie.
- C.6 Indien die speler slegs behandeling ontvang en hy weer wil terugkeer, kan geen plaasvervanger sy plek in neem nie. Die span gaan voort met agt (8) spelers, totdat die speler gereed is om terug te keer en sy plek in te neem om verder te speel.
- C.7 Indien al drie (3) plaasvervangers reeds gebruik is, mag een van die oorspronklike spelers weer aan die spel deelneem. 'n Beseerde speler wat genoegsaam herstel het, mag weer op eie risiko aan die wedstryd deelneem, met 'n besering. Geen nuwe plaasvervangers mag gebruik word nie.
- C.8 Beseringstyd van twee (2) minute word op die baan toegelaat. In die geval van 'n ernstige besering, moet tyd toegelaat word vir die speler om behandeling op die baan te ontvang en/of van die baan verwyder te word. Hierdie tyd word geneem en by die betrokke speelhalfe gevoeg.
- C.9 Indien 'n speler 'n besering van enige aard opdoen waar bloeding voorkom, moet die betrokke speler die speelveld dadelik verlaat en kan 'n plaasvervanger sy plek inneem. Sodra die bloeding gestelp is, mag die speler weer sy plek inneem. Nadat vyf (5) minute verloop het en die speler nog nie teruggekeer het nie, gaan die plaasvervanger met die spel voort.

#### D. DIE SKEIDSREGTER

- D.1 'n Neutrale, gekwalifiseerde persoon moet tydens wedstryde as skeidsregter optree.
- D.2 Die skeidsregter moet die reëls streng toepas en sy beslissing is finaal. Sy verantwoordelikhede behels, onder andere:
- a) om die reëls van die spel eenvormig toe te pas
  - b) om toe te sien dat die wedstryd ordelik verloop en om onreëlmatighede te beperk
  - c) om die spel te laat vlot
  - d) om seker te maak dat die toestand van die speelveld en die bal geskik is vir speeldoeleindes na beraadslaging met spanbestuurders
  - e) spanbestuurders moet defekte by die skeidsregter aanmeld

- C.5 In the event of a sick or injured player, unable to continue play, a substitute may immediately take up his place. A disqualified player may not be substituted.
- C.6 If the injured player only receives treatment and is to return to continue play, no substitution player may take his position. Play continues with the team consisting of eight (8) players, until he is ready to return to his position to continue play.
- C.7 In the event of all three (3) substitutes already participating, any of the original players may return to the game when there is an injury. An injured player, if sufficiently recovered, may return at own risk. No new substitutes may be used.
- C.8 Injury time of two (2) minutes is allowed on court. In the event of a serious injury, time must be granted for the player to receive medical treatment on court or to be removed. Injury time shall be added to the relevant half.
- C.9 In the event of a player having any type of injury where bleeding occurs, the player must leave the court immediately and can be substituted. As soon as the bleeding has stopped, the player may re-join with the permission of the referee. In the event of the player not returning within five minutes, the substitute shall continue with the game.

#### D. THE REFEREE

- D.1 A neutral, qualified person should officiate at matches as referee.
- D.2 The referee shall enforce the rules and his decision is final. The referee's responsibility comprises, inter alia:
- a) to enforce the rules of the game uniformly
  - b) to ensure that the match progresses orderly and to obviate irregularities
  - c) to promote the fluency of the match
  - d) to ensure that the court and the ball are suitable for play after consulting with the team managers
  - e) team managers must report defects to the referee.



- D.3 Die skeidsregter blaas die fluitjie slegs:
- a) wanneer die spel begin of eindig
  - b) nadat 'n doel aangeteken is
  - c) wanneer 'n fout van enige aard begaan is
  - d) wanneer die bal uit die speelveld gaan
- D.4 Slegs die skeidsregter is verantwoordelik vir die telling en na beraadslaging met die tellinghouers oor die telling, is sy beslissing finaal.
- D.5 Die skeidsregter moet die tyd met die lynregter kontroleer gedurende die wedstryd.
- D.6 Die skeidsregter moet die telling ook gedurende rustyd kontroleer. Indien daar 'n verskil tussen die tellings van al drie (skeidsregter en twee (2) tellinghouers) is, word die skeidsregter se telling aanvaar. Waar die twee (2) tellinghouers se tellings dieselfde is, word hulle telling na beraadslaging aanvaar.
- D.7 Daar kan slegs op grond van onbekwaamheid en/of bevooroordeelheid en/of eensydigheid teen 'n skeidsregter geappelleer word. Enige appèl of beswaar moet in ooreenstemming met die beheerliggaam se grondwet en volgens die neergelegde voorskrifte aangeteken word.

## E. DIE TYD

- E.1 'n Wedstryd bestaan uit twee helftes van 25 (vyf-en-twintig) minute elk met 'n rustyd van drie (3) minute. Spanne ruil kante met rustyd.
- E.2 In geval van gelykop uitslag by uitklopwedstryde waar 'n beslissing bereik moet word, moet die skeidsregter opnuut loot en twee (2) tydperke van vyf (5) minute ekstra speelyd aan elke kant sonder rustyd gespeel word. As geen beslissing daarna bereik is nie, moet die skeidsregter die bal opskiet in die middel sirkel en die eerste span wat punte aanteken, word aangewys as die wenner. As uitspeel weens swak sigbaarheid, reën of andersins nie moontlik is nie, berus die beslissing by die betrokke beheerliggaam. Indien rustyd reeds verstreke is en spel vir die tweede helfte reeds 'n aanvang geneem het, sal die wedstryd as gespeel beskou word en die telling op daardie tydstip, as die finale telling aanvaar word.
- E.3 Die tyd vir oponthoud as gevolg van beserings gedurende die wedstryd moet by die betrokke speel helfte gevoeg word. (Wanneer 'n sirene gebruik word om die wedstryde te beheer, sal die kompetisievoorskrifte ten opsigte van beseringstyd gebruik word.)

- D.3 The referee blows the whistle only:
- a) to start or end the match
  - b) after a goal was scored
  - c) when any infringement of a rule occurs
  - d) when the ball goes out of play.
- D.4 The referee is ultimately responsible for the score and, after consultation with the score keepers concerning the score, the referee's decision is final.
- D.5 The referee must verify the time with the linesman during the match.
- D.6 The referee must verify the score during the interval. In the event where all three (referee and two score keepers) scores differ, the referee's score shall be accepted. When the scores of the two (2) score keepers are the same, their score shall be accepted after consultation.
- D.7 An appeal against a referee can only be lodged on the grounds of incompetence and/or for any prejudice against and/or favouritism towards a particular team. Any appeal or objection must be lodged in accordance with the controlling body's constitution as well as the prescribed instructions.

## E. THE TIME

- E.1 A match consists of two periods of twenty-five (25) minutes with a time interval of three (3) minutes. The teams change ends at half-time.
- E.2 In the event of a tie in knockout competitions where a definite result must be reached, the referee must conduct a new toss and two (2) periods of five (5) minutes extra time is played with no half-time. If a definite result is still not reached, the referee must conduct a toss-up at the centre circle and the first team to score a goal, will be the winner. When extended playoff time is not possible because of bad light, rain or any other cause, the controlling body responsible for the competition shall be responsible for the decision. If the half-time interval was taken and the second half has already started, the match shall be taken as played and the score at that time shall stand as the final score.
- E.3 The time for stoppages due to injuries during a match should be added to the specific half of play. (For competitions where a siren is used to control the time for the matches, the competition rules should include rules concerning injury time.)

- E.4 Enige opsetlike vertraging van tyd is strafbaar met 'n strafgooi. Die volgende geld in hierdie geval:
- a) Tyd neem om reg te staan vir die volgende afgooi
  - b) Vervanging van spelers met vrywillige ruilings of beserings
  - c) Met ingooi van die bal by die buitelyne
  - d) Vir die aantrek van skoene, klere, ens.
  - e) Weggooi van die bal
- E.5 Wanneer die tyd verstreke is, word 'n wedstryd nie beëindig voordat die bal eers uit spel is of 'n doel behaal is nie.
- E.6 Wanneer die tyd verstreke is en 'n strafdoelpoging slaag, kry die span nie weer 'n afgooi nie.

**F. TELLING**

- F.1 'n Doel tel twee (2) punte.
- F.2 'n Strafdool tel twee (2) punte. 'n Doelgooier mag van enige plek in die doelfeld buite die doelsirkel poog om 'n strafdoel aan te teken, wat by 'n eerste opsetlike oortreding toegestaan word.
- F.3 'n Verdere strafdoel wat twee (2) punte tel, word toegestaan met die tweede geval van ontoelaatbare spel en die speler wat oortree het ontvang 'n geel kaart.
- F.4 Indien dieselfde speler steeds met ontoelaatbare spel voortgaan, word 'n verdere strafdoel toegeken. Die speler wat oortree het ontvang 'n rooi kaart en word vir vyf (5) minute gediskwalifiseer (kyk ook reëls 9.1.1 en 9.1.2, met betrekking tot geel en rooi kaarte en diskwalifikasie).
- F.5 Indien die speler poog om die strafdoel aan te teken van agter die strafdoelstreep en die poging slaag, tel die strafdoel drie (3) punte. Dit is die doelgooier se eie keuse om van agter die strafdoelstreep te poog vir die moontlike drie (3) punte vir die strafgooi.
- F.6 Na 'n geslaagde strafdoelpoging kry die span wat die strafdoel aangeteken het, weer die bal om af te gooi.
- F.7 Die skeidsregter kan 'n waarskuwing, 'n geel kaart of 'n rooi kaart aan 'n speler toeken selfs nadat 'n twee (2)-punt doel aangeteken is.

- E.4 Any intentional time wasting is penalised with a penalty. The following is considered as time wasting:
- a) Taking time to get ready for the restart of the game
  - b) Changing of players in the event of injury or voluntary substitution
  - c) Throwing in of the ball at the outside lines
  - d) Changing of shoes, clothes, etc.
  - e) Tossing away the ball
- E.5 When time of play has expired, the game can only be ended as soon as the ball goes out of play or when a goal is scored.
- E.6 When a penalty goal is successful and the time has expired, the team will not get another throw-off.

**F. THE SCORE**

- F.1 Two (2) points are scored from a successful goal.
- F.2 Two (2) points are scored from a successful penalty goal. A goal shooter may attempt a penalty goal from any position outside the goal circle, when it is awarded at the first deliberate offence.
- F.3 At the second occurrence of inadmissible play, another penalty of two (2) points is awarded and the offending player is yellow-carded.
- F.4 When the same player continues with inadmissible play, another penalty is awarded. The offending player is red-carded and disqualified for five (5) minutes. (refer to rules 9.1.1 and 9.1.2, concerning yellow and red cards and disqualification).
- F.5 If the goal shooter attempts the penalty from behind the penalty line and is successful, three (3) points are awarded. It is the goal shooter's own choice to attempt from behind the penalty line for a possible three (3)-point penalty.
- F.6 After all successful penalty attempts, the team who scored a penalty, will retain the ball to start with throw-off.
- F.7 A warning, a yellow card or a red card can be awarded by the referee even after a two (2)-point goal has been scored.

**G. BEAMPTES BY WEDSTRYDE**

- G.1 'n Skeidsregter soos deur die skeidsregtersvereniging aangewys.
- G.2 Twee verantwoordelike tellinghouers – een van elke span wat hulle by die skeidsregter moet aanmeld. Spankaarte hoef nie geruil te word nie. Die tellinghouers moet afsonderlik telling hou.
- G.3 'n Lynregter. Die skeidsregter moet van 'n lynregter met 'n vlag gebruik maak. Die lynregter is die skeidsregter behulpsaam aan die oorkant van die veld, deur aan te dui wanneer en waar die bal aan daardie kant uit die speelveld is. Hy dui dus aan watter span die bal waar moet ingooi.
- G.4 Die lynregter moet die skeidsregter behulpsaam wees om die tyd te kontroleer.

**H. TOESKOUERS**

- H.1 Toeskouers moet 1m vanaf die buitelyne van die speelveld bly.
- H.2 Spanbestuurders moet aan die teenoorgestelde kant van die skeidsregter stelling inneem en 1 m vanaf die buitelyne van die speelveld bly.
- H.3 Toeskouers mag nie 'n doelgooier hinder om 'n doel te gooi nie.
- H.4 Die skeidsregter kan enige lid van die beherende liggaam versoek om enige toeskouer of beampte wat hulle wangedra tydens die wedstryd, te laat verwyder. Die skeidsregter kan die wedstryd staak totdat die betrokke persoon verwyder is.

**G. OFFICIALS PRESENT AT THE MATCH**

- G.1 The referee, as appointed by the referee's association.
- G.2 Two responsible score keepers – one from each team who must present themselves to the referee just before the start of play. Team scorecards do not have to be exchanged. The score keepers keep score independently.
- G.3 A Linesman. The referee shall be assisted by a linesman with a flag. He assists the referee on the opposite side of the court by indicating when and where the ball is out of play. He shall thus indicate where and which team has to put the ball into play.
- G.4 The linesman must also assist the referee with time keeping.

**H. SPECTATORS**

- H.1 Spectators must remain at least one (1) meter away from the outside lines of the court.
- H.2 Team managers must take up position on the opposite side from where the referee moves and must stay at least one (1) meter from the outside lines of the court.
- H.3 Spectators are not allowed to interfere while a goal shooter attempts to score a goal.
- H.4 The referee is entitled to request any member of the controlling body to remove any spectator or official that misbehaves during the match. The referee can stop the game until such time that the person in question has been removed.



## 1. POSISIE VAN SPELERS OP DIE VELD

- 1.1 Voor die aanvang van die spel word daar geloot. Die span wat die loot wen, kies die eerste afgooi of die doelpaal. As span A eerste die paal kies, gooi span B eerste af. Vir die tweede helfte ruil die spanne kante en span A gooi af.
- 1.2 Aan die begin van die spel, na rustyd en na elke doel neem die spelers hul plekke in soos op die tekening aangedui, dit wil sê, die afgooier se spanmaats staan aan sy linkerkant. Die afgooier staan in die halfsirkel met die gesig in die rigting van sy eie doelpaal. Sy opponent staan teenoor hom net agter die middelsirkel.
- 1.3 Met die afgooi moet die doelgooiers en verdedigers in lyn staan, wat feitlik 'n raaklyn met die doelsirkel vorm. Die kantdoele en kantverdedigers staan regoor die vlerke en die lyndoel en lynverdediger regoor die afgooier (kyk diagram op bladsy 3).
- 1.4 Die spelers by die vlerke moet elkeen met een voet voor staan by die punte van die V-lyn en die ander voet agtertoe, weg van die lyn af, sodat die toon van die agterste voet ten minste agter (nie regagter) die hak van die voorste voet is. Die spelers mag nie op of oor die lyn trap nie en moet reghoekig staan met die lyn van die "V" reg voor hulle.
- 1.5 Indien die spelers by die vlerke nie regstaan nie, waarsku die skeidsregter die spelers "staan reg" waarna die fluitjie geblaas word. Indien die speler nie regskuif nie, blaas die skeidsregter die fluitjie 'n tweede keer en ken 'n vrygooi toe teen die speler wat verkeerd gestaan het. Die skeidsregter kan nie 'n speler penaliseer as hy verkeerd of op die lyn staan voordat hy die fluitjie geblaas het nie.
- 1.6 Die spankaptein en die spanbestuurder het die reg om die posisie van spelers op die veld ter eniger tyd te verander slegs wanneer die bal nie in spel is nie. As die verskuiwing tussen afdelings plaasvind, moet die kaptein of spanbestuurder die skeidsregter daarvan in kennis stel.
- 1.7 Wanneer 'n speler gediskwalifiseer is, mag daar met die medewete van die skeidsregter, verskuiwings in die span op die veld aangebring word.

## 2. AFGOOIENVERLOOP VAN SPEL

- 2.1 Tensy anders gemeld, is alle ongedwonge foute met 'n vrygooi strafbaar.

## 1. POSITIONS OF PLAYERS ON THE COURT

- 1.1 Before the start of play, a coin toss is taken and the winner of the toss selects either to start the game or to have the better goalpost side first. If team A selects the goalpost, team B will start the game. For the second half, the teams change ends and team A will start the game.
- 1.2 At the start of play, after half-time and after each successful goal attempt, the players take up their positions as shown on the diagram, i.e. the centre player's teammates stand on his left-hand side. The centre player stands in the half-circle, facing his goalpost. The opposition centre player takes his position opposite him, behind the centre circle.
- 1.3 At the start of play, the goal shooters and defenders must stand in line, more or less forming a tangent with the goal circle. The side goal shooters and side defenders stand in line with the wings and the line goal shooters and line defenders stand in line with the centre players. (See the diagram on page 3),
- 1.4 The wing ("V") players must stand with one foot at the ends of the "V" and with the other foot placed backwards, with the toe of the one foot at least behind the heel of the other foot (not directly in-line). The players may not step on or over the lines and their shoulders must be parallel with the V-lines.
- 1.5 The warning "stand correctly" must be given every time and if players do not correct their positions before the whistle blows, the referee blows his whistle a second time and awards a free pass to the opponent on the place where the infringement took place. The referee cannot penalise a player if he stands incorrectly or on the line before the whistle has blown.
- 1.6 The captain and the team manager is allowed to change players from one position to another, only when the ball is out of play. However, if the players have to change from one section to another, the captain or team manager must inform the referee of the change he wishes to make.
- 1.7 When a player has been disqualified, player changes may be made on court with the permission of the referee.

## 2. THE THROW-OFF AND PROGRESS OF THE GAME

- 2.1 Unless otherwise mentioned, all unforced infringements are penalised with a free pass.

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| <p>2.2 Die bal moet van speler tot speler deur die lug aangespeel word en mag nie gerol, neergesit of met die vuus geslaan word nie.</p> <p>2.3 Die bal mag nie met die agterkant van die hand of 'n gebalde vuus geslaan word nie.</p> <p>2.4 'n Speler het twee (2) sekondes om die bal van speler na speler aan te speel. Indien die speler langer neem, word 'n vrygooi aan die opponente toegeken.</p> <p>2.5 Twee (2) spelers van dieselfde span mag nie gelyktydig aan die bal raak nie; dit sluit aangee van die bal in.</p> <p>2.6 'n Speler mag nie van 'n fopaangee ("mik") gebruik maak nie, anders word 'n vrygooi toegestaan. 'n Deurlopende, onafgebroke beweging met verandering van rigting word nie as 'n fop aangee beskou nie.</p> <p>2.7 As die bal ontvang word, mag dit geen deel van die liggaam, behalwe die binnekant van die hande of voorarm raak nie, anders word 'n vrygooi aan die opponente toegeken.</p> <p>2.8 Die spel word begin deur die afgooier wat die bal na die vlerke aanspeel nadat die skeidsregter die fluitjie geblaas het.</p> <p>2.9 Die afgooier mag nie oor of op die halvesirkel trap voordat die bal sy hande verlaat het nie, 'n vrygooi word toegeken. Indien die afgooier se voete te groot is, mag hy met sy voete voor oor die halvesirkel staan, soos ooreengekom met die skeidsregter, en met die kennisname van opponente se spanbestuurder.</p> <p>2.10 Indien die afgooier met sy voet agter oor die middellyn trap, is dit 'n fout. Indien die afgooier se hande oor die middellyn swaai, is dit nie 'n fout nie.</p> <p>2.11 Indien die bal uit die hande agter oor die lyn val, is dit 'n fout. Wanneer 'n opponente doel direk in besit van die bal kom, word direkte voordeel toegelaat, anders word 'n vrygooi toegeken aan die opponente, vanwaar die bal oorspronklik gespeel is (vergelyk ook Reël 10 – direkte voordeel).</p> <p>2.12 Indien die bal met die afgooi oor die middelafdeling in die doelblok in gegooi word sonder dat enige middelspeler daaraan raak, word 'n vrygooi aan die opponente toegeken.</p> <p>2.13 As die bal by die afgooi in die middelafdeling by die kantlyne uit die veld gaan sonder dat enige middelspeler daaraan raak, begin die opponente die spel.</p> | <p>2.2 The ball must be passed through the air from player to player. Deliberate rolling or placing of the ball anywhere on the court or hitting with a fist during play is not allowed.</p> <p>2.3 The ball may not be hit with the backhand or a clenched fist.</p> <p>2.4 A player has two (2) seconds to pass the ball to his teammate. If he takes longer to pass the ball, a free pass is awarded to the opponents.</p> <p>2.5 Two (2) players of the same team may not touch the ball simultaneously; including when passing the ball.</p> <p>2.6 It is an infringement when a player feints a pass during play and a free pass is awarded. A fluent movement with a change of direction is not regarded as feinting a pass.</p> <p>2.7 When receiving the ball, the ball may not touch any part of the body except the inner hands or forearms. For this infringement, a free pass is awarded to the opponents.</p> <p>2.8 The game is started with a throw-off by the centre player passing the ball to a teammate in the centre section, after the referee blows his whistle.</p> <p>2.9 A free pass penalty is awarded to the opposition if the centre player steps onto or out of the half-circle before the ball has left his hands. In the event that the centre player's feet are too big to fit into the half-circle, his feet may stand on or over the front line of the centre half-circle, as agreed with the referee and acknowledged by the opponent team manager.</p> <p>2.10 The centre player's feet may not touch the inside line or step on or over the line. When a player's hands swing over the inside lines when passing the ball, it is not an infringement.</p> <p>2.11 It is an infringement if the ball falls backwards over the inside line. In the event of an opponent goal shooter gaining the ball from this infringement, direct advantage is allowed; otherwise, a free pass is awarded to the opponents on the place where the ball was last played. (Compare rule 10 – direct advantage.)</p> <p>2.12 It is an infringement when the ball is played into the goal section at the throw-off without any player in the centre section touching it, a free pass is awarded to the opponents.</p> <p>2.13 When the ball goes out of play in the centre section at the outside lines at the throw-off without any player in the centre section touching it, the opposing centre player is awarded the throw-off.</p> |
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- 2.14 Indien die speler met die bal val, met die onopsetlike toedoen van 'n opponent, moet hy geleentheid gegun word om op te staan of sy balans te herwin en dan binne twee (2) sekondes van die bal ontslae te raak.
- 2.15 As 'n speler opsetlik, met aggressiwiteit, die bal teen 'n opponent gooi of druk, is dit strafbaar met 'n direkte rooi kaart en 'n strafgooi. Aanhoudende obstruktiewe spel kan lei tot die aggressiewe optrede deur die speler.
- 2.16 'n Speler wat in besit van die bal is, mag nie daarmee loop of hardloop en daardeur veld wen nie, behalwe wanneer dit onvermydelik is. 'n Vrygooi word aan die opponente toegeken. (Die bewys van 'n poging om van vol spoed tot stilstand te kom, is dat die treë kleiner word.)
- 2.17 'n Speler mag nie die bal opsetlik wegklap, neergooi, bons of in die lug opgooi om daardeur veld of tyd te wen nie.
- 2.18 'n Speler mag nie die bal opsetlik uit die opponent se hande gryp of klap nadat hy dit bekom het nie.
- 2.19 As enige speler binne armlengte van sy opponent die bal in verdediging wegklap en daardeur bevoordeel word, word dit nie as opsetlik beskou nie. Indien die bal herhaaldelik in verdediging teen die grond geklap word, word dit nie as veldwen beskou nie.
- 2.20 Om voldoende beheer oor 'n bal te verkry, mag 'n speler dit een (1) keer teen die grond slaan of klap (kyk reël 2.19 met verwysing na "in verdediging").

### 3. BINNELYNE

- 3.1 Alle binnelynoortredings is met 'n vrygooi strafbaar.
- 3.2 Die bal mag ook nie oor die binnelyne ontvang word nie. Vrygooi waar die bal ontvang is.
- 3.3 Vrygooi word aan die opponente toegeken, wanneer 'n speler van 'n span wat in beheer is van die bal, gelyktydig in twee afdelings grond raak.
- 3.4 As 'n speler in besit is van die bal en deur die toedoen van 'n opponent op of oor 'n binnelyn trap, is dit nie 'n fout nie. Blyk 'n oorstamp opsetlik te wees, tel dit as 'n fout teen die persoon wat gestamp het en word 'n strafgooi toegeken.

- 2.14 In the event that a player in possession of the ball unintentionally falls due to interference by the opponent, he is allowed to get up or regain his balance and then pass the ball within two (2) seconds.
- 2.15 When a player deliberately and aggressively throws or pushes the ball against an opponent, he is penalised with a direct red card and a penalty. Continuous obstructive play may lead to a player reacting aggressively.
- 2.16 If a player in possession of the ball deliberately runs or moves forward to gain ground, except when completely unavoidable, a free pass is awarded to the opponents. (A decrease in the size of the steps will prove that the player is attempting to stop moving).
- 2.17 A player may not deliberately hit the ball away, throw it down, bounce it or toss it up to gain ground or time.
- 2.18 A player may not deliberately snatch or hit the ball out of the opponent's hands after he has gained control of it.
- 2.19 It is not an infringement when a player, within arm's length away from his opponent, hits away the ball in defence and inadvertently gains advantage. If the player bounces the ball repeatedly in defence, it is not deemed to be winning ground.
- 2.20 In his attempt to gain control of the ball the player may bounce the ball only once (1) on the ground. (see rule 2.19 with reference to "in defence").

### 3. INSIDE LINES

- 3.1 All inside line infringements are penalised with a free pass.
- 3.2 It is not allowable to receive the ball over the inside lines and this is penalised with a free pass on the place where ball was caught.
- 3.3 If the team is in control of the ball, no team player may step on or over the inside lines or touch ground in two sections at the same time. This is penalised with a free pass to the opponents.
- 3.4 It is not an infringement when a player, in control of the ball, steps on or over the line, due to an act by an opponent. If it is determined that the player was deliberately pushed over the line, the player who pushed him is penalised with a penalty.

3.5 Dit is 'n fout as die bal oor enige afdeling gespeel word sonder dat 'n speler daaraan raak. Indien die bal deur 'n verdediger oor die middelafdeling na die doelblok gespeel word sonder dat 'n middelspeler daaraan raak, word die bal teruggebring na die plek van waar dit gespeel is en die vrygooi word aan die opponente doel gegee, om of aan te speel of 'n doelpoging waar te neem. Direkte voordeel moet in sulke situasies voorkeur geniet – indien die opponente doele die bal bemeester, is dit direkte voordeel vir die opponente en gaan spel voort (vergelyk Reël 10).

#### 4. BUITELYNE

4.1 As die bal gedurende die spel uit die veld gaan, kry enige opponent van die speler wat laaste daaraan geraak of dit uitgespeel het, in die betrokke afdeling waar die bal uitgaan, die bal om in te gooi.

4.2 Die bal is uit die veld, as dit buite die speelgebied of op die buitelyn grond raak, of 'n persoon of 'n voorwerp buite die speelveld raak.

4.3 Wanneer die speler wat die bal by die buitelyn ingooi, mik of langer as twee (2) sekondes neem om in te gooi, kry een van die opponente in die betrokke afdeling die bal om in te gooi.

4.4 Indien 'n speler binne die speelveld, die bal oor die buitelyn ontvang tydens spel, voordat die bal buite die veld grond raak, of oor die buitelyn aanspeel, is die bal nie uit nie.

4.5 Indien 'n speler binne die baan by die paal gereed staan om die bal na 'n doelpoging te bemeester en die bal wip op die paal na buite en die speler spring uit die veld en vang die bal, sonder dat die bal die grond, 'n persoon of 'n voorwerp raak, word die bal deur die opponente ingegooi. Indien die bal die grond, 'n persoon of 'n voorwerp geraak het, gooi die verdedigers die bal by die paal in.

4.6 Geen speler in enige afdeling kan by die buitelyn uitspring en die bal vang om aan te speel voordat dit grondraak nie; die opponent kry dan die bal om in te gooi, want speler het die bal uit spel geneem.

4.7 Die speler wat die bal by die buitelyn ingooi, mag nie op of oor die buitelyn trap voordat die bal die hande verlaat het nie, anders gooi die opponente spelers die bal in. Hande, voete en lyf mag oor die buitelyn swaai met die ingooi, maar die bal moet die hande verlaat het voordat die speler terugstap in die speelveld in.

3.5 It is an infringement when the ball is played across any section without any player touching it. When the defender passes the ball across the centre section into the goal section without a centre player touching the ball, the ball is taken back to the place it has been played from and a free pass is awarded to the opposing shooter, they may either attempt to score a goal or continue play. Direct advantage takes preference in these situations – if the opposing team's goal shooter gains the ball, it is deemed direct advantage. (refer to Rule 10).

#### 4. OUTSIDE LINES (BOUNDARIES)

4.1 When the ball goes out of play, the throw-in is awarded to any player of the opposing team, in the specific section it has been touched in last.

4.2 The ball is out of play if it bounces outside of the court, touches an outside line or an object or person next to the court.

4.3 When a player feints a pass at the throw-in or takes longer than two (2) seconds to throw in, an opponent player in the specific section is awarded the throw-in.

4.4 When a player catches the ball over the outside line during play, before the ball touches the ground, or plays the ball over the outside line, the ball is not considered to be out of play.

4.5 In the event of a player taking up position at the goalpost inside the court during an attempt at goal, to gain possession of the ball and the ball bounces on the goalpost going out of play and the player jumps out and gains possession of it before it touches the ground, a person or an object, the opponent must put the ball into play. If the ball goes out of play and touches the ground, a person or an object the defenders put the ball into play at the goalposts.

4.6 No player in any section may jump out of the playing field to catch the ball in order to continue play, before the ball touched the ground; the opponents are awarded the throw-in, because the player took the ball out of play.

4.7 The player who throws in the ball may not step on or over the outside line until the ball has left his hands; otherwise, the opponents get the ball to throw in. Hands, feet and body may swing across the outside line, but the player may not step into the court before the ball has left his hands.



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| <p>4.8 Indien 'n speler verhoed dat die bal oor die buitelyn gaan en dit terugklap, is dit strafbaar met 'n vrygooi binne die baan, op die plek waar die bal geklap is.</p> <p>4.9 Met die ingooi van die bal mag 'n ander speler nie die bal oor die buitelyn ontvang of raak nie. Die bal word weer op die oorspronklike plek ingegooi, deur dieselfde speler.</p> <p>4.10 As die bal gedurende die spel teen die doelpaal raak en dit spring veld in, is dit nie uit nie en die spel gaan voort.</p> <p>4.11 'n Speler wat deur die onopsetlike toedoen van die opponente buite die speelveld grond raak, word teruggebring binne die speelveld en spel gaan voort.</p> <p>4.12 Die speler wat ingooi, moet net buite die buitelyn staan, op die plek waar die skeidsregter aantoon dat die bal uit die veld is. Wanneer dit aan die oorkant van die veld gebeur, mag die skeidsregter hom in sy beslissing deur die lynregter laat lei.</p> <p>4.13 Indien die speler op die verkeerde plek ingooi, herroep die skeidsregter die ingooi en gooi dieselfde speler weer by die aangeduide plek in. Die spel is aan die gang sodra die speler regstaan om die bal in te gooi. Die ingooi moet binne twee (2) sekondes gedoen word.</p> <p>4.14 Wanneer 'n speler die bal ingooi, maar dit bly buite die veld, met ander woorde, dit sny op geen stadium die buitelyn nie, moet dit weer deur dieselfde speler, vanaf dieselfde plek ingegooi word.</p> <p>4.15 Wanneer die bal by die doelpaal uitgaan, dui die skeidsregter die plek aan waar ingegooi moet word.</p> <p>4.16 Wanneer die bal by die paal ingegooi word en dit word teen die paal gegooi en dit spring veld uit, kry 'n opponente die bal om in te gooi. Indien die bal veld in spring, mag die ingooier nie die bal onmiddelik weer hanteer nie.</p> <p>4.17 Die bal mag om die doelpaal ingegooi word nadat 'n doelpoging onsuksesvol was. Indien enige speler die bal by die paal wen tydens 'n onsuksesvolle doelpoging sonder dat die speler of bal die grond raak, of die speler aan die paal raak of op die lyn trap nie, mag die bal om die paal die veld ingespeel word.</p> <p>4.18 Die bal mag nie in spel van binne die veld om die doelpaal gegooi word nie; 'n vrygooi word aan die opponente toegeken waar die bal die veld verlaat het.</p> | <p>4.8 When a player tries to prevent the ball from going out of play and hits it back into play, a free pass is awarded against him, inside the playing field where the ball was hit.</p> <p>4.9 At the throw-in, no player is allowed to receive or touch the ball over the outside line. The same player has to throw the ball in again at the original position.</p> <p>4.10 The ball is not out of play when it touches the goalpost and bounces back into the playing field, and play may continue.</p> <p>4.11 A player who is pushed out of play unintentionally by any opponent, should be allowed to move back into the playing field to continue play.</p> <p>4.12 The player throwing in the ball has to stand just outside the line at the position indicated by the referee, where the ball went out of play. When it occurs on the other side of the court, the referee may rely on the linesman for assistance.</p> <p>4.13 When the player throws in at the wrong place, the referee recalls the throw-in and indicates the correct spot for the same player to throw in. Play starts once the player has taken up position at the line and is ready to throw the ball in. The throw-in has to be completed within two (2) seconds.</p> <p>4.14 When a player throws in the ball from the outside line and it does not cross the line, therefore stays outside the playing field, the same player shall have the opportunity to throw in the ball from the same spot.</p> <p>4.15 When the ball goes out of play at the goalpost, the referee shall indicate where the throw-in has to be taken.</p> <p>4.16 Should the ball be thrown against the goalpost at the throw-in and it goes out of play, an opponent is awarded the throw-in. If the ball bounces into the court, the player who attempted the throw-in is not allowed to play the ball immediately.</p> <p>4.17 A player may throw in the ball around the goalpost after an unsuccessful goal attempt. If any player gains the ball at the goalpost after an unsuccessful goal attempt, without the player or the ball going to ground outside the playing field, or the player touching the goalpost, or stepping on the outside line, the player may play the ball around the goalpost into the playing field.</p> <p>4.18 While in play, the ball may not be played around the goalpost from inside the playing field: a free pass will be awarded to the opponents on the place where the ball left the playing field.</p> |
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**5. DOELGOOI**

- 5.1 'n Doelgooier mag van enige plek in die doelafdeling buite die doelsirkel poog om 'n doel te gooi. Die res van die spelers in die doelafdeling kan op enige plek staan, solank daar nie obstruksie teenoor die doelgooier plaasvind nie.
- 5.2 'n Doelgooier mag vyf (5) sekondes neem om 'n 2-puntdoel te gooi vandat die bal ontvang is totdat die bal die hande verlaat het; dit wil sê, om om te draai, reg te staan, te korrel en te gooi, mag nie langer as vyf (5) sekondes in beslag neem nie.
- 5.3 'n Doelgooier mag ook die bal uitgee indien hy nie wil poog om 'n doel aan te teken nie. Die bal moet dan binne twee (2) sekondes uitgegee word. Indien dit nie moontlik is nie, moet die doelgooier dan binne die volgende drie (3) sekondes die doelpoging voltooi.
- 5.4 Die doelgooier kry drie (3) sekondes om 'n strafdoel waar te neem, dit wil sê, vandat hy regstaan, totdat die bal die hande verlaat.
- 5.5 Vir die doelpoging moet die bal met al twee hande (van onder na bo) gegooi word.
- 5.6 Wanneer die doelgooier op die doelsirkel staan met die doelpoging, is dit strafbaar met 'n vrygooi. Die skeidsregter moet dus die fluitjie blaas sodra die doelgooier reg staan om te gooi, maar voordat gegooi word. As die bal die doelgooier se hande verlaat voordat die fluitjie blaas en die doelpoging slaag, word daardie doel buite rekening gelaat en 'n vrygooi word nog steeds aan die opponente toegeken.
- 5.7 As die bal in beweging gevang word, sonder dat die doelgooier binne of op die doelsirkel trap en hy land daarbuite en probeer doel gooi, is dit nie 'n fout nie.
- 5.8 'n Doelgooier wat buite die doelsirkel staan, mag 'n bal wat in die doelsirkel grond raak en dan uitspring, vang en probeer doelgooi.
- 5.9 'n Doelgooier wat buite die sirkel staan, mag die bal eenkeer binne die sirkel teen die grond hop om dit te beheer en dan probeer om 'n doel te gooi.
- 5.10 'n Doelgooier wat op die doelsirkellyn of binne die doelsirkel trap, die bal uitklap en dit weer buite vang, mag nie self probeer doelgooi nie, ook nie wanneer hy die bal in verdediging wegklap nie. Dit word as veld wen beskou en is strafbaar met 'n vrygooi.
- 5.11 Die doelgooier mag nie 'n rollende bal uit die sirkel optel wanneer hy buite staan en poog om te doel nie. 'n Vrygooi word aan die opponente toegeken.

**5. GOAL SCORING**

- 5.1 A goal shooter may attempt to score a goal from any place in the goal section outside the goal circle. The other players in that section may take up positions anywhere, provided they do not obstruct the goal shooter.
- 5.2 A goal shooter may take five (5) seconds to attempt to score a two (2)-point goal, from receiving the ball to it leaving his hands; this includes from the time the ball is received, the pivoting, aiming and throwing of the ball may not take longer than five (5) seconds.
- 5.3 A goal shooter may pass the ball on if he does not want to attempt to shoot a goal. The ball must be passed on within two (2) seconds. If not possible, he must complete the goal attempt within the next three (3) seconds.
- 5.4 The goal shooter must attempt a penalty goal within three (3) seconds, i.e. from the time of taking position, until the ball leaves his hands.
- 5.5 To try to score a goal, the ball must be thrown with two (2) hands (from below upwards).
- 5.6 When a goal shooter stands on the goal circle with a goal attempt, a free pass is awarded to the opponents. The referee should blow his whistle as soon as the goal shooter takes up position, but before the player shoot for goal. Should the ball leave the goal shooter's hands before the whistle goes and the ball goes through the net, the goal is disallowed. A free pass is still awarded to the opponents.
- 5.7 It is not an infringement if a goal shooter catches the ball in motion, without stepping inside or on the goal circle and lands outside the goal circle, he may attempt to score a goal.
- 5.8 A goal shooter standing outside the goal circle is allowed to attempt for a goal after he caught the ball that bounced from inside the goal circle.
- 5.9 A goal shooter standing outside the circle is allowed to bounce the ball once inside the circle to gain control and then attempt to shoot a goal.
- 5.10 A goal shooter, who taps the ball out of the goal circle and steps on or inside the goal circle and gains the ball outside the goal circle, may not attempt to score a goal himself. This applies even if the ball was tap out of the goal circle in defence. This is considered gaining ground and is penalised with a free pass.
- 5.11 A goal shooter may not pick up a ball rolling inside the goal circle while standing outside the circle and attempt to shoot a goal; a free pass is awarded to the opponent on the place where the goal shooter picked up the ball.

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| <p>5.12 Nadat 'n doelgooier die bal gevang het, mag hy omdraai om 'n doel te gooi. Die doelgooier mag albei die voete beweeg om gemaklik te staan, mits hy nie daardeur veld wen nie. ('n Beweging vorentoe, agtertoe en sywaarts is ook veld wen.)</p> <p>5.13 'n Doel word toegeken wanneer die bal reeds 50% of meer deur die ring geval het. Indien die net die bal uitskiet nadat die bal deur die ring geval het, word die doel toegeken.</p> <p>5.14 Wanneer die verdediger die bal terug deur die ring klap, word die doel toegeken.</p> <p>5.15 'n Verdediger mag nie 'n bal wat moontlik sou slaag, voor die ring wegklap nie. Die bal word aan die doel teruggegee om weer 'n doelpoging aan te wend.</p> <p>5.16 Die doelgooier mag nie deur die opponente of toeskouers gehinder word wanneer hy poog om 'n doel te gooi nie. Wanneer die doelgooier gehinder word en die doelpoging misluk, kan hy weer vanaf dieselfde plek 'n doel probeer gooi. Dieselfde geld wanneer die opponente die paal skud of die net ruk/pluk, sodat die doelpoging misluk.</p> <p>5.17 Dit geld ook met 'n strafdoelpoging. Met die geslaagde strafdoel word die punte toegeken en die doelgooier se span behou die afgooi.</p> <p>5.18 As 'n doelgooier poog om 'n doel te gooi, maar die poging misluk en die bal gaan by die veld uit sonder dat iemand daaraan raak, moet 'n verdediger die bal van buite af ingooi.</p> <p>5.19 Wanneer die bal na 'n doelpoging op die paal bly lê, word die bal van buite af ingegooi deur die verdedigers.</p> <p>5.20 As die span gestraf word, mag 'n opponente doelgooier ongehinderd probeer om vanaf enige plek in die doelafdeling, buite die doelsirkel, 'n strafdoel te gooi.</p> <p>5.21 'n Doelgooier mag direk vanaf 'n vrygooi doel gooi, of hy kan na 'n spanmaat aanspeel.</p> <p>5.22 Gedurende 'n doelpoging mag geen speler onder die paal met die hande bokant die skouers staan nie.</p> <p>5.23 Indien die verdediger oortree en die doelpoging misluk, kry die doel die bal terug om weer te poog om doel te gooi, dit is sy direkte voordeel.</p> <p>5.24 Indien die doel oortree, kry die verdediger 'n vrygooi onder die paal.</p> <p>5.25 Indien albei opponente met hande bo skouers onder paal staan, sal 'n dubbelfoutbeslissing geneem word.</p> | <p>5.12 A goal shooter is allowed to turn around after catching the ball in his attempt to score a goal. Both feet may be moved, provided that no ground is gained (Moving forwards, backwards and sideways is also deemed as gaining ground).</p> <p>5.13 A goal is scored once the ball has fallen 50% or more through the ring. If the net shoots the ball out after it has gone through the ring, the goal is awarded.</p> <p>5.14 If a defender taps the ball back through the ring, the goal is awarded.</p> <p>5.15 A defender is not allowed to tap the ball that is deemed a successful goal, away from the ring. The ball will be handed back to the shooter to attempt for goal again.</p> <p>5.16 No opponent or spectator may interfere with the goal shooter while attempting to score a goal. Should this occur and the attempt is unsuccessful, the ball is returned to the goal shooter for another attempt. This is also the case where an opponent shakes the goalpost and/or pulls/shakes the net and the goal shooter's fails to score in his attempt.</p> <p>5.17 This also applies to the penalty goal. Once the penalty goal is successful, the score is awarded and the goal shooter's team restarts the game.</p> <p>5.18 When the goal shooter attempts to score a goal, but is unsuccessful and no player touches the ball before it goes out of play, the defender puts in the ball at the goalpost.</p> <p>5.19 When the ball comes to rest on top of the goalpost, the defender must put the ball in.</p> <p>5.20 For an infringement, the opposing team's goal shooter may attempt to score a penalty goal, without any hindrance, from any place in the goal section outside the goal circle.</p> <p>5.21 When a goal shooter is awarded a free pass, he may attempt to shoot a goal or pass to a teammate.</p> <p>5.22 While the goal attempt is taking place, no player may stand with their hands above their shoulders.</p> <p>5.23 If the defender transgresses and the goal is unsuccessful, the ball is returned to the goal shooter to re-attempt; this is direct advantage.</p> <p>5.24 If a goal shooter transgresses, the defender is awarded a free pass under the goalpost.</p> <p>5.25 When both opponents stand with their hands above their shoulders, a double fault will be taken.</p> |
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## 6. OPGOOI VAN BAL

- 6.1 As twee opponente die bal gelyktydig in spel vang, gooi die skeidsregter die bal op tussen die betrokke twee spelers op daardie plek.
- 6.2 As die skeidsregter nie kan beslis wie die bal laaste by die buitelyn geraak of uitgespeel het nie, word die bal binne die veld 1.5 m van die buitelyn deur die skeidsregter tussen enige twee opponerende spelers in die afdeling opgegooi, regoor die plek waar dit uitgegaan het.
- 6.3 As die skeidsregter nie kan vasstel wat gebeur het nie, word die bal tussen enige twee opponerende spelers by daardie plek in die afdeling opgegooi.
- 6.4 As die bal die skeidsregter raak, word dit op daardie bepaalde plek in die veld tussen enige twee opponerende spelers in die betrokke afdeling opgegooi.
- 6.5 As die bal op 'n binnelyn gaan lê, moet dit opgegooi word 1.5 m vanaf en regoor die plek waar dit bly lê het, in die afdeling waarvandaan die bal gespeel is.
- 6.6 Wanneer die bal opgegooi word, mag dit met die afkom geklap of gevang word. Die bal is in spel die oomblik as dit die skeidsregter se hande verlaat. Dis stafbaar met 'n vrygooi indien die bal met die opgaan gevang of geklap word.
- 6.7 Met die opgooi van die bal tussen twee opponerende spelers moet dit ten minste hoër as die langste speler se vertikaal uitgestrekte arm trek.
- 6.8 As die bal na 'n opgooi direk uit die speelveld of oor 'n afdeling geklap word, moet die skeidsregter weer die bal op dieselfde plek opgooi.
- 6.9 Met die opgooi van die bal moet spelers sonder enige hulp spring in 'n poging om die bal te bekom; medespelers of die skeidsregter mag nie gebruik word om hoër te spring om die bal te bemeester nie.

## 7. DUBBELFOUT

- 7.1 Met 'n dubbelfout, staan enige twee opponerende middelspelers buite die middelsirkel en kyk in die rigting van hul eie doelpaal, terwyl die bal tussen hulle opgegooi word.
- 7.2 Die res van die spelers mag enige posisie in hulle afdelings inneem.
- 7.3 Die spelers mag nie oor of op die sirkellyn trap voordat die bal die skeidsregter se hande verlaat het nie.

## 6. TOSSING UP OF THE BALL

- 6.1 The referee will toss up the ball between the two opposing players who caught the ball simultaneously in play, on the spot where they caught it.
- 6.2 If the referee is undecided about which player touched the ball last before going out of play, he tosses up the ball in the section between any two opposing players, 1,5m from the outside line, directly in line with the spot where the ball went out of play.
- 6.3 In the event of the referee not being able to determine what actually happened, the ball is tossed up at the specific spot between any two opponents of the section.
- 6.4 In the event of the ball touching the referee, the ball is tossed up between any two opponents at the spot where the ball touched him in the relevant section.
- 6.5 When the ball comes to a stop on one of the inside lines, the referee tosses up the ball between any two opponents in that section, 1,5m from and directly in line with the spot from where the ball was played.
- 6.6 The player can tap or catch the ball when it comes down at the toss-up. The ball is in play immediately after it left the referee's hands. A free pass is awarded against the player who catches or taps the ball on the way up.
- 6.7 The ball must be tossed up higher than the vertically outstretched arm of the tallest player.
- 6.8 When the ball is tapped directly out of play or across a section, the referee tosses up the ball again at the same spot.
- 6.9 During the toss-up, players must jump without any assistance in their attempt to gain the ball; teammates or the referee may not be used in order to jump higher to gain the ball.

## 7. THE DOUBLE FAULT

- 7.1 For a double fault, any two centre opponents stand outside the centre circle, each facing in the direction of his goalpost, while the ball is tossed up between them.
- 7.2 The rest of the players may take up any position in their sections.
- 7.3 The players may not step on or over the centre circle line, until the ball has left the referee's hands.



7.4 As die bal op enige plek uit die veld geklap word sonder dat een van die ander spelers daaraan raak, moet die skeidsregter die bal weer in die middel opgooi.

7.5 Indien die bal regoor die enige afdeling geklap word sonder dat iemand daaraan raak, moet die bal weer opgegooi word.

## 8. OBSTRUKSIE

8.1 Alle gevalle van obstruksie is met 'n strafgooi strafbaar.

8.2 Met die eerste ontoelaatbare oortreding word die speler mondelings gewaarsku en 'n strafgooi word toegestaan.

- Enige verdere ontoelaatbare spel deur dieselfde speler word met 'n geel kaart aangedui en 'n strafgooi word toegeken.
- Met die derde soortgelyke oortreding, word 'n rooikaart en 'n strafgooi toegeken en die speler word vir vyf (5) minute gediskwalifiseer (van die veld gestuur).
- 'n Tweede rooi kaart word direk na die eerste rooi kaart toegeken indien die speler na sy terugkeer steeds met ontoelaatbare spel voortgaan.
- Met die tweede rooi kaart in dieselfde wedstryd word die speler vir die res van die wedstryd gediskwalifiseer. Geen plaasvervanger mag sy plek inneem nie.

8.3 Obstruksie word gepleeg wanneer, by die afgooi van die bal, die opponent gepootjie, of met die liggaam of hande weggedruk of vasgehou word sodat hy nie vryelik kan beweeg nie. 'n Strafdool word gegee aan die opponente van die speler wat die obstruksie gepleeg het. (Vlerke pleeg soms obstruksie deur hul voete so te plaas dat die opponente nie ongehinderd kan beweeg by die afgooi nie.)

8.4 As die bal by die afgooi as gevolg van obstruksie deur die opponente uit die veld gaan, moet die afgooier se span nie gestraf word nie, die span wat die obstruksie gepleeg het word gestraf. Indien dit nie opsetlike obstruksie is nie, behoort die span wat afgegooi het weer die geleentheid gegee word om die bal af te gooi.

8.5 Terugdruk, wegdruk, afdruk, vashou, elmoë gebruik, been voorsteek en teen die doelpaal vasdruk, of eie spanmaat in die opponent vasstamp, is obstruksie en word ook gestraf. **Dit geld ook wanneer twee of meer spelers van dieselfde span aan mekaar vashou, met die nadruklike oogmerk om die opponente te benadeel.**

7.4 If the ball is tapped out of play without any player touching it, the referee will repeat the toss-up in the centre section.

7.5 In the event of the ball being tapped directly out of play across the any section without being touched by any player, the referee will repeat the toss-up.

## 8. OBSTRUCTION

8.1 All cases of obstruction are penalised with a penalty goal.

8.2 With the first inadmissible play, the player is warned verbally and a penalty goal is awarded to the opposing team.

- Should there be any further inadmissible play by the same player, he is awarded a yellow card and a penalty goal.
- If the same player is penalised for the third time, a red card and a penalty goal are awarded and the player is disqualified for five (5) minutes (sent off).
- A second red card is awarded if the player continues with inadmissible and deliberate foul play after the player returns from disqualification.
- With the second red card in the same match, such a player is disqualified for the remainder of the match. No substitute player may take his place.

8.3 Obstruction occurs if, at the throw-off, any opponent is tripped, pushed away with the body or hands, held onto, or hampered in any way. A penalty goal is awarded to the opponents of the player who has committed the obstruction. (The wings sometimes commit obstruction by placing their feet in such a manner that the opponents cannot move freely at the start of play.)

8.4 When the ball goes out of play at the throw-off as a result of obstruction by the opponent, the centre player's team is not penalised. A penalty is awarded against the team that caused the obstruction. When the obstruction is not intentional, the team that started play should be awarded the throw-off again.

8.5 Obstruction occurs when a player is held onto, pushed away, pushed backwards, pushed downwards, hit with elbows, tripped, pushed against the goalpost, or own teammate pushed against the opponent. A penalty is awarded for this inadmissible play. **This also applies when two or more team members hold onto each other with the direct intention of obstructing the opponents.**

- 8.6 Geen speler mag die een wat die bal het, opsetlik verhinder om dit aan te speel nie. Die speler word gehinder as 'n opponent voor of vas teen hom bly staan nadat die bal bemeester is, sodat die speler nie die bal vrylik kan aanspeel nie. Hand druk op, of voor die bal hou, is ook ontoelaatbaar.
- 8.7 Obstruksie word ook gepleeg as 'n opponent die arms omhoog hou of voor 'n speler opspring voordat die bal sy hande verlaat het, sodat dit nie ongehinderd aangespeel kan word nie.
- 8.8 Indien 'n speler voor 'n opponente speler verbyhardloop net voor die bal aangespeel word, of onder die aanspelende speler se arm deurhardloop, word dit ook as obstruksie beskou.
- 8.9 As obstruksie nie opsetlik is nie, maar dit eerder die gevolg is van 'n poging van 'n opponent om die bal te bemeester, moet die speler wat die bal in besit het, geleentheid gegee word om sy balans te herwin, of om op te staan as hy deur die toedoen van 'n opponent geval het, of om die opponent wat teen die speler aanleun of oor hom lê, uit die pad te help en daarna die bal aan te speel. Die speler word in hierdie geval nie gestraf as hy die bal vir langer as 2 (twee) sekondes vashou voordat hy dit aanspeel nie, omdat hy onopsetlik verhinder is om dit te doen.
- 8.10 'n Speler mag nie sy opponent vashou of moedswillig wegdruk of terugdruk nie. Geen speler mag deur ontoelaatbare spel verhinder word om die bal te bemeester nie. Dit sluit ook in wanneer 'n speler opsetlik 'n opponent onderstebolop of teen hom vashardloop. 'n Speler mag ook nie in 'n ander afdeling, waar die bal op daardie oomblik nie in spel is nie, deur ontoelaatbare speelmetodes benadeel word nie. Geen opsetlike kontak mag gemaak word nie.
- 8.11 As die bal van buite af ingegooi word, mag die opponente nie vashou, wegdruk, vaskeer of voet voorsteek om sodoende die spelers van die aanvallende span te verhinder om die bal te bemeester nie. Die obstruksie vind binne die speelveld plaas en sodra die ingooier regstaan, is die spel aan die gang.
- 8.12 Dit is ook obstruksie as 'n speler wat nader hardloop, binne 'n armlengte van die opponent met sy rug na die bal verdedig en vir die opponent kyk en sodoende opsetlik die opponent se bewegings beperk. 'n Speler wat stilstaan mag ook nie binne 'n armlengte van die persoon met sy gesig na opponent verdedig nie.
- 8.6 No player may deliberately obstruct the person in possession of the ball, to pass it on. A player is hampered after he has gained possession of the ball, if the opponent stands in such a position that he cannot pass the ball freely. Holding a hand on or just in front of the ball is also deemed as inadmissible play.
- 8.7 Obstruction is also committed if an opponent holds his arms in the air or jumps up in front of the opponent, preventing the player from passing the ball freely.
- 8.8 It is deemed obstruction when an opponent runs past the player or runs past under his arm just before the ball is passed on.
- 8.9 In the event of accidental obstruction by an opponent justly trying to intercept the ball, the player in possession of the ball shall be allowed time to regain balance, or to stand up if he fell as a result of his opponent's play or the opponent leaning on or over him, before continuing play. Consequently, in these circumstances, the player is not penalised for being in possession of the ball for longer than two (2) seconds before passing it on.
- 8.10 No player may deliberately push away, push backwards or hold onto an opponent. No player may be obstructed by inadmissible play when trying to gain possession of the ball. This includes a player that deliberately runs or walks into the opponent. A player in another section is not allowed to commit illegal play, impeding his opponent, when the ball is not in play in that section. No deliberate contact is allowed.
- 8.11 When the ball is thrown in from the outside line, opposing players may not in any way obstruct the attacking team from gaining the ball by pushing away, holding or tripping them. The obstruction takes place inside the playing field and as soon as the player is ready to throw in the ball, the game is deemed to have re-started.
- 8.12 Obstruction also occurs when a player is within an arm's length of the opponent, running towards his opponent with his back turned to the ball, deliberately impeding the opponent's movement. A player standing still is not allowed to defend with his back turned to the ball facing his opponent, within an arm's length.

8.13 Obstruksie word gepleeg teenoor die doelgooier wanneer 'n verdediger:

- te naby aan die doelgooier staan om hom sodoende verhinder, of
- sy normale bewegings belemmer word, of
- sy uitsig belemmer deur te naby aan die doel te staan in lyn met die doelpaal, of
- beweeg terwyl die doelgooier besig is met sy doelpoging, of
- probeer om die konsentrasie van die doelgooier te versteur, hetsy deur posisie, woord of bewegings, of
- met hande bokant die skouers by die paal staan, of
- op enige ander wyse opsetlik probeer voorkom dat 'n doelpoging slaag.

8.14 Die doelgooier moet binne die vasgestelde tyd poog om 'n doel te gooi. Wanneer obstruksie gedurende die doelpoging gepleeg word en die doelpoging misluk, word die doelgooier weer die geleentheid gegee om vanaf dieselfde plek ongehinderd te probeer om 'n doel te gooi.

8.15 Indien obstruksie deur opponente direk voor die doelpoging gepleeg word en die doel slaag, word sodanige speler gewaarsku of gediskwalifiseer, afhangende van die ernstigheid van die oortreding. Daar word nie weer dadelik 'n strafdoel teen die oortreder toegeken nie.

8.16 Wanneer 'n speler die bal ontvang en hy word opsetlik uit die speelgebied gedwing, word dit as obstruksie beskou. Wanneer obstruksie nie opsetlik is nie, kry die speler geleentheid om terug te kom in die speelgebied in en ongehinderd aan te speel. Indien die ontoelaatbare optrede aanhoudend voorkom, is dit strafbaar met 'n strafgooi.

8.17 'n Speler mag ook nie van ontoelaatbare speelmetodes gebruik maak soos bv. om aan die paal te gryp of daarvandaan weg te swaai nie. Die doelpaal mag ook nie gebruik word om opsetlik 'n opponent af te skud nie.

8.18 Tensy 'n verdediger in spel uit die veld gedwing word en buite die speelveld moet staan tydens 'n doelpoging, gaan die spel voort. Dit is egter 'n fout om opsetlik buite die speelveld te beweeg tydens die spel. 'n Vrygooi word toegeken binne die veld op die plek waar die speler die veld verlaat het.

8.13 A goal shooter is obstructed when a defender:

- stands too close to the goal shooter and hinders him in this way, or
- interferes with his normal movements, or
- obscures his view by standing too close to the goal shooter in line with the goalpost, or
- moves while the goal shooter is attempting to shoot a goal, or
- attempts to distract his concentration by his position, movements or talking, or
- stands with hands above the shoulders at the goalpost, or
- stands in any way to deliberately try to prevent the goal-shooting attempt from being successful.

8.14 A goal shooter must attempt to score a goal within the specified time. If a goal shooter is obstructed during an attempt to shoot a goal and the attempt fails, he is granted another opportunity from the same spot, to attempt to score a goal without any further interference.

8.15 When obstructive play by the opposing player occurs just before a goal shooter attempts to shoot a goal and the attempt is successful, the player is warned or disqualified, depending on the seriousness of the infringement. In this instance, no penalty is awarded directly after the successful goal attempt.

8.16 Obstruction also occurs if a player who is in possession of the ball, is deliberately forced out of play. If the obstruction is accidental, the player is allowed to return to play and continue unhindered. If a player continues with this inadmissible play, a penalty is awarded against him.

8.17 A player may not make use of inadmissible methods of play, e.g. to hold onto the goalpost or swing away from it. The goalpost may not be used to shake off an opponent deliberately.

8.18 If a defender is forced out of the playing field during play and he has to stand outside the boundary during the attempt for goal, play continues. However, it is an infringement to deliberately move outside the playing field during play. A free pass is awarded inside the playing field at the spot where the player left the court.

8.19 Wanneer die bal klaar onder beheer is, mag 'n speler dit nie weer teen die grond klap, uit die veld beweeg, terugkom in die speelveld en self weer die bal speel nie. Dit word as tydwen beskou.

## 9. DISKWALIFIKASIE

9.1 Nadat 'n speler reeds gewaarsku is en 'n geel kaart ontvang het, word die speler vir die volgende oortredings vir 'n volle vyf (5) minute van die veld gestuur met 'n rooi kaart gestuur, waarna hy weer mag terugkeer:

9.1.1 Vir herhaaldelike opsetlike en vermydelike ruwe spel of obstruktiwe spel

9.1.2 Vir herhaaldelike onbetaamlike gedrag, taal en steurende gebare, sowel as terugpraat met die skeidsregter

9.2 As 'n speler vir die tweede keer in dieselfde wedstryd gediskwalifiseer word, mag hy nie terugkeer nie en die skeidsregter moet die aangeleentheid op die agterkant van die spankaart uiteensit en sodoende aan die betrokke beheerliggaam rapporteer.

9.3 Geen plaasvervanger mag die plek van 'n speler inneem wat gediskwalifiseer is nie.

9.4 Met die eerste ernstige, onbetaamlike, opsetlike, ruwe, gevaarlike spel, kru taal, gedrag en steurende gebare word die speler onmiddellik vir die res van die wedstryd gediskwalifiseer met 'n direkte rooi kaart. Hierdie aangeleentheid moet onmiddellik na afloop van die wedstryd by die betrokke beheerliggaam gerapporteer word deur op die agterkant van die spankaart aan te dui waarvoor die rooi kaart toegeken is.

## 10. DIREKTE VOORDEEL

10.1 As die bal by die afgooi na 'n ander afdeling oorgaan sonder dat 'n middelspeler daaraan raak, is dit 'n fout. Indien opponente doel die bal kry, gaan die spel voort, anders word 'n vrygooi toegeken aan die opponent, waar die oortreding begaan is.

10.2 As 'n speler 'n oortreding begaan, maar 'n opponent kom tog in besit van die bal om sodoende 'n gewone doel te probeer gooi of om aan te speel, word hierdie oortreding verontagsaam, dit word as **direkte voordeel** bestempel. Wanneer die opponente geen onmiddellike voordeel uit die fout kan behaal nie, roep die skeidsregter "voordeel" wanneer die fout in die doelblok plaasvind. (**Direkte voordeel** deur die aanvallende span is hier van belang en nie posisie nie).

8.19 When the ball is under control, a player is not allowed to bounce the ball on the ground, move out of the playing field, return back into the court and play the ball again. This is considered as gaining time.

## 9. DISQUALIFICATION

9.1 Once a player who received a warning and was awarded a yellow card commits an infringement again, he will be disqualified for five (5) minutes for the following infringements and may then return to play:

9.1.1 Continuous deliberate and avoidable rough play or obstructive play

9.1.2 Continuous objectionable behaviour, language or offensive gestures, as well as back-chatting the referee

9.2 In the event of a player being disqualified for a second time during the match, such a player is not allowed to return to the game again and the referee shall submit a report on the matter to the responsible controlling body on the back of the team scorecard.

9.3 No disqualified player may be substituted.

9.4 With the first seriously improper, deliberately rough, dangerous play, crude language and offensive gestures, the player receives a direct red card and is disqualified immediately for the duration of the match. This matter must be reported to the responsible controlling body immediately after the match by indicating in detail on the back of the team scorecard the reason why the red card was awarded.

## 10. DIRECT ADVANTAGE

10.1 It is an infringement if the ball goes into another section during throw-off without any centre player touching it. If the opposing goal shooter obtains the ball, play can continue, otherwise a free pass is awarded to the opponent on the spot where the infringement occurred.

10.2 An infringement by a player is disregarded in the event of the opponent gaining possession of the ball and has the opportunity to either attempt to shoot a goal or pass on the ball. This is regarded as **direct advantage**. The referee will call "advantage" when the infringement takes place in the goal section, but if it is clear that the opponent is not gaining any immediate advantage, the whistle is blown. (**Direct advantage** to the attacking team is of importance, not the position).

10.3 Wanneer die oortreding in die doelblok plaasvind, roep die skeidsregter “voordeel”.

10.4 Direkte voordeel geld oor die hele veld.

10.3 When the infringement takes place in the goal section, the referee will call “advantage”.

10.4 Direct advantage applies across the entire playing field.

**PROEFREËLS**

**TRIAL RULES**

<b>Proefreëlnommer Trial rule number</b>	<b>Voorgestelde of veranderde beskrywing Description of the suggested rule or change in rule</b>	<b>Voorgestel Suggested</b>	<b>Datum aanvaar AJV Date accepted AGM</b>	<b>Datum waarop reël- boek verander is Date trial rules changed</b>
P.1				
P.2				
P.3				
P.4				
P.5				



## **BINNENSHUISE RINGBAL SPELREËLS**

### **1. ALGEMENE REËLS**

- 1.1 Slegs enkele reëls is aangepas vir die binnenshuise weergawe van ringbal.
- 1.2 Alle ander reëls is steeds van toepassing soos vir buitemuurse ringbal.

### **2. DIE SPAN**

- 2.1 Vyftien (15) spelers per span word geregistreer wat vir die duur van die kompetisie gebruik word.
- 2.2 Slegs twaalf (12) spelers mag per kompetisie dag gebruik word.

### **3. GEBRUIK VAN PLAASVERVANGERS**

- 3.1 Tydens die wedstryde neem alle plaasvervangers plek in buite die nette langs die baan.
- 3.2 'n Vrywillige plaasvervangerruiling, kan slegs tydens rustyd gemaak word.
- 3.3 Geen beseringstyd word toegelaat nie. Indien 'n speler beseer word, verlaat hy dadelik die veld en die plaasvervanger neem sy plek in.
- 3.4 Indien die speler slegs behandeling ontvang en hy weer wil terugkeer, kan geen plaasvervanger sy plek inneem nie. Die span gaan voort met 8 spelers totdat hy gereed is om aan te gaan met die spel.

### **4. BEAMPTES TYDENS DIE WEDSTRYD**

- 4.1 'n Skeidsregter soos deur die RingbalSA Skeidsregtersverenigingbestuur aangewys.
- 4.2 'n Lynregter soos deur die RingbalSA Skeidsregtersverenigingbestuur aangewys. Die persoon moet ook 'n gekwalifiseerde skeidsregter wees.
- 4.3 Die amptelike tydhouer wat ook die telling op die telbord aandui soos gedurende die wedstryd deur die skeidsregter aangedui word.
- 4.4 Twee tellinghouers wat na afloop van die wedstryd die telkaarte aan die skeidsregter oorhandig vir ondertekening deur die skeidsregter en die spanbestuurders. Die skeidsregter se telling is finaal na beraadslaging met tellinghouers.

### **5. ONGEORLOOFDE SPEL**

- 5.1 Die lynregter moet die skeidsregter bystaan om lynfoute uit te wys en watter span moet ingooi, asook onnodige doelbewuste, ongeoorloofde, opsetlike, ontoelaatbare, gevaarlike of ruwe spel uit te wys, deur die vlag horisontaal uit te steek, indien die skeidsregter dit nie raakgesien het nie.

## **INDOOR RINGBALL PLAYING RULES**

### **1. GENERAL RULES**

- 1.1 Only a couple of rules have been changed for the indoor version of ringball.
- 1.2 All the other standard rules for outdoor ringball are still applicable.

### **2. THE TEAM**

- 2.1 Fifteen (15) players per team are registered to be used for the duration of the competition.
- 2.2 Only twelve (12) players may participate per competition day.

### **3. UTILISATION OF SUBSTITUTIONS**

- 3.1 During the match, all the substitutions take up seats outside the nets, alongside the court.
- 3.2 The voluntary substitution of a player may only be made during the half-time break.
- 3.3 No injury time is allowed. When a player is injured, he must leave the court immediately and the substitution player takes up his place.
- 3.4 If the injured player only receives treatment and will return to continue play, no substitution player may take his place. Play continues with his team consisting of eight (8) players until he is ready to continue play.

### **4. OFFICIALS DURING THE MATCH**

- 4.1 A referee appointed by the RingballSA Referee's Association management.
- 4.2 A linesman appointed by the RingballSA Referee's Association management. This person has to be a qualified referee.
- 4.3 The official timekeeper must also indicate the score on the scoreboard during the match as indicated by the referee.
- 4.4 Two (2) score keepers who hand the team scorecards to the referee for signature by both team managers and the referee after the match. The referee's score is final, after consultation with the scorekeepers.

### **5. UNACCEPTABLE PLAY**

- 5.1 The linesman must assist the referee by pointing out line transgressions and indicate which team should take the throw in as well as any unnecessary, deliberately unacceptable, or deliberate dangerous and rough play not noticed by the referee by holding the flag horizontally to attract his attention.

## AKSIE BINNENSHUISE RINGBAL SPELREÛLS

Reëlwyisigings ten opsigte van ringbal – aangepas vir binnenshuise toestande.

Let daarop dat alle ander reëls steeds van toepassing is soos vir buitemuurse ringbal.

### SPEELVEREISTES

#### A. DIE SPEELVELD

- A.1 Bestaande standaard binnenshuise (aksie) krieket-/netbalbaan word gebruik.
- A.2 Binnenshuise sintetiese baan met oppervlakte 28m x 10m verdeel in drie (3) blokke van 10m x 9.3m.
- A.3 Die volgende veranderings mag aangebring word:
  - A.3.1 'n Sirkel van 50cm in deursnee reg onder die doelpaal, asook in die middelafdeling, reg in die middel tussen die twee middellyne (sien diagram hieronder).
  - A.3.2 Twee (2) halvesirkels van 50cm in deursnee, een teen elke middellyn, in die middel van die baan.
  - A.3.3 Straflyn: Wit lyn van 50cm lank, 1.5m vanaf die middellyn in elke doelblok, in die middel van die baan.

## ACTION INDOOR RINGBALL (AIR) PLAYING RULES

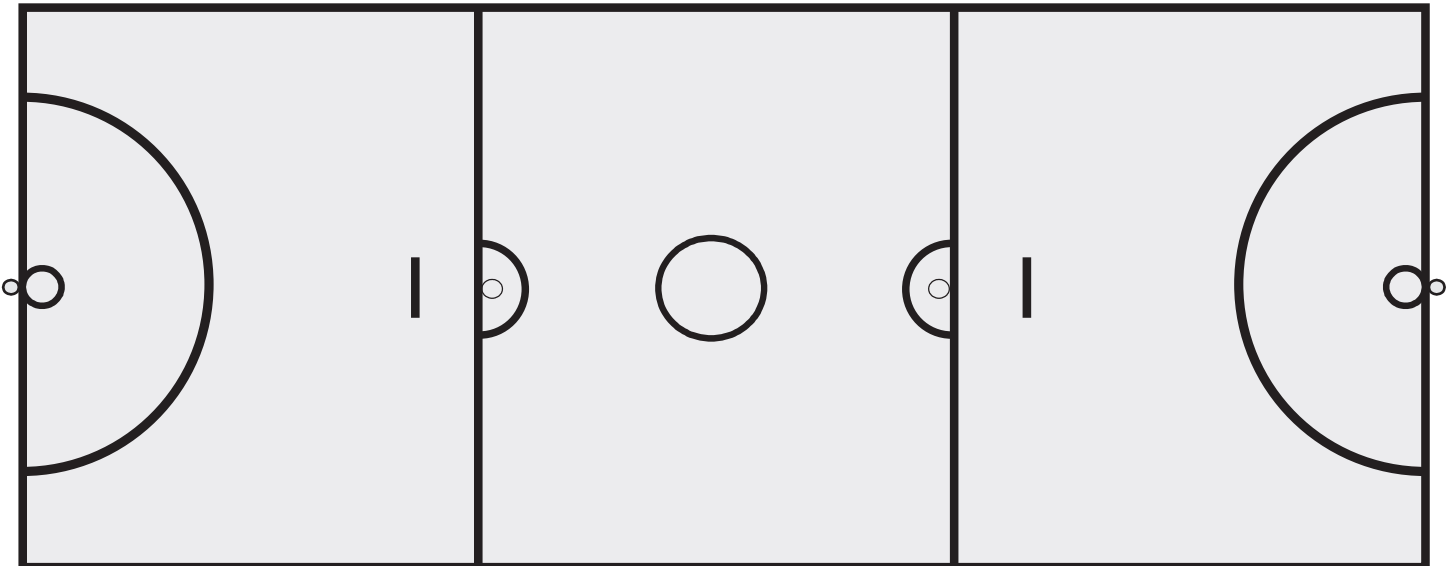
Rule changes for ringball – adapted for indoor action circumstances

Note that all the other rules for outdoor ringball are still applicable in this shortened version.

### PLAYING REQUIREMENTS

#### A. THE COURT

- A.1 Standard indoor (action) cricket/netball courts are used.
- A.2 The indoor synthetic floor area of 28m x 10m is divided into three (3) sections of 10m x 9.3m each.
- A.3 Make the following changes for action ringball:
  - A.3.1 A circle with a diameter of 50 cm directly under the goalpost and in the centre section between the inside lines (see diagram below).
  - A.3.2 Two (2) half-circles with a diameter of 50cm against each middle line in the centre of the court.
  - A.3.3 Penalty goal line. A white line of 50 cm long and 1.5m from the inside line in each goal section, in the centre of the court.



#### B. DIE NET

- B.1 Die arena se reëls rondom die nette moet ten alle tye gehoorsaam word.
- B.2 Die net mag op geen manier deur 'n speler gebruik word nie. Misbruik van die net is strafbaar met 'n vrygooi. (Bv.: die speler trap op die net met ontvangs van die bal, verloor balans of gebruik die net vir momentum, waar die bal in spel is).

#### B. THE NET

- B.1 The arena's rules regarding the nets must be obeyed at all times.
- B.2 The net may in no way be used by a player. A free pass is awarded to the opponent for abuse of the net (e.g.: the player steps on the net when receiving the ball or loses his balance, or uses the net in momentum where the ball is in play).

- B.3 Wanneer die bal enige net op enige stadium raak en in watter rigting ookal beweeg, mag die speler wat die bal beheer het, nie direk weer die bal bemeester en aanspeel nie.
- B.4 Indien dit wel gebeur, sal die opponerende span 'n vrygooi kry en aanspeel op die plek waar die bal die net geraak het.
- B.5 Wanneer die bal in verdediging teen die net geklap word, mag dieselfde speler nie weer die bal direk hanteer nie.
- B.6 Die net mag egter gebruik word om die bal na 'n spanmaat aan te speel.
- B.7 Die bal mag nie van die middelblok af direk teen die net agter die doelpaal gegooi word voordat 'n doel dit vang nie. Dit mag ook nie eers teen 'n kant net gegooi word en vandaar teen die agterste net wip voordat dit deur 'n doel gevang word nie. Dit is oor die doel afdeling en die opponerende span moet aanspeel op die plek vanwaar die bal gegooi is.
- B.8 Indien die bal teen die agterste net gegooi of geklap word, mag dit nie direk in die middelblok gevang word nie.

#### C. WEDSTRYDBEAMPTES

- C.1 'n Skeidsregter soos deur die skeidsregtersvereniging of beherende liggaam aangewys.
- C.2 Twee (2) tellinghouers – een (1) van elke span wat saam met die skeidsregter telling hou.
- C.3 Die skeidsregter blaas die fluitjie slegs:
- wanneer die spel begin of eindig
  - nadat 'n doel aangeteken is
  - wanneer 'n fout van enige aard begaan is.

#### D. SAMESTELLING VAN SPANNE

- D.1 Spanne bestaan uit maksimum van nege (9) spelers waarvan ses (6) gelyktydig op die baan moet wees.
- D.2 Daar sal twaalf (12) spelers vir 'n kompetisie geregistreer word.
- D.3 Daar mag nie met vier (4) of minder spelers aan 'n wedstryd deelgeneem word nie.
- D.4 Gemengde spanne kan bestaan uit mans en dames waarvan daar nooit meer as drie (3) van een geslag gelyktydig aan 'n wedstryd mag deelneem nie.
- D.5 Daar moet ten alle tye twee (2) verdedigers op die veld wees.

- B.3 When the ball touches the net at any stage and moves in any direction, the player who controlled the ball may not obtain the ball directly from the net and pass it on.
- B.4 When this happens, the opposing team is awarded a free pass at the spot where the ball touched the net.
- B.5 When the ball is tapped into the net in defence, the same player may not immediately play the ball again.
- B.6 However, the net maybe used to pass the ball to a teammate.
- B.7 The ball may not be played directly into the back net behind the goalpost from the centre section before a shooter gains the ball. It may also not be played into the side net and from there bounce against the back net, before the shooter gains the ball. This is playing the ball across the goal section and the opposing team plays at the position from where the ball was played.
- B.8 When the ball is thrown or tapped against the back net it may not be caught in the centre section.

#### C. MATCH OFFICIALS

- C.1 A referee appointed by the referee's association or the governing body.
- C.2 Two (2) scorekeepers – one (1) from each team to keep score with the referee.
- C.3 The referee blows the whistle only:
- to start or end the match
  - after a goal was scored
  - when any infringement of a rule occurs.

#### D. COMPOSITION OF TEAMS

- D.1 A team consists of a maximum of nine (9) players, six (6) of which has to be on court simultaneous during the match.
- D.2 There will be twelve (12) players registered for a competition
- D.3 No team is allowed to play with four (4) or less players during the match.
- D.4 Mixed teams may consist of men and ladies of which there may not be more than three (3) players of the same sex simultaneously participating in a match.
- D.5 There must be two (2) defenders on the court at all times.



**E. PLAASVERVANGERS**

- E.1 Daar mag slegs van drie (3) plaasvervangers gebruik gemaak word gedurende die wedstryd.
- E.2 Ruilings mag slegs tydens beserings en half tyd maak word.

**F. KLEREDRAG**

- F.1 Alle spelers sal in eenvormige speelklere geklee wees soos voorgeskryf word in die RingbalSA Grondwet en Regulasies tot die Grondwet.

**G. TYD**

- G.1 Die wedstryd word in twee-en-dertig (32) minute afgehandel.
- G.2 Die twee helftes duur elke vyftien (15) minute.
- G.3 Rustyd tussen die twee helftes is twee (2) minute.
- G.4 Geen beseringstyd word toegelaat nie. Indien 'n speler beseer word, verlaat hy dadelik die baan en die plaasvervanger neem sy plek in.
- G.5 Wanneer die tyd verstreke is, word die spel dadelik gestaak.

**SPELREËLS**

**1. AFGOOI VIR BEGIN VAN WEDSTRYD**

- 1.1 Die span wat die loot gewen het, sal afgooi vanaf die halvesirkel in die middelafdeling, naaste aan sy verdediger afdeling.
- 1.2 Die opponente afgooi staan binne-in die middelsirkel, totdat die fluitjie geblaas het.
- 1.3 Die ander twee (2) middelspelers kan enige plek in die middelafdeling staan, daar is dus geen vlerke nie.
- 1.4 Die res van die spelers mag op enige plek in hul afdelings staan tydens die afgooi.

**2. AFGOOI NADAT 'N DOEL AANGETEKEN IS**

- 2.1 Enige opponente verdediger mag vanaf die sirkel binne die doelsirkel, reg onder die doelpaal, die spel begin direk na 'n doel poging geslaag het. Hierdie speler hoef nie te wag vir die fluitjie vanaf die skeidsregter nie.

**E. SUBSTITUTIONS**

- E.1 Only three (3) substitutions may be made during the match.
- E.2 The substitution may only be made during half-time or when an injury has occurred.

**F. TEAM APPAREL**

- F.1 All players must be dressed uniformly as prescribed by the RingballSA Constitution and Regulations to the Constitution.

**G. TIME**

- G.1 The duration of a match is thirty-two (32) minutes.
- G.2 It is divided into two halves of fifteen (15) minutes each.
- G.3 Half-time consists of two (2) minutes
- G.4 There is no injury time. In the case of an injury, the injured player must leave the court immediately and a substitution must take the player's place.
- G.5 Once the time has expired, the game is ended immediately.

**PLAYING RULES**

**1. THROW-OFF AT THE START OF THE GAME**

- 1.1 The team that wins the toss will start the game from the half-circle in the middle nearest to their defender section.
- 1.2 The opponent's centre player stands inside the middle circle until the whistle is blown.
- 1.3 The other two (2) middle players can take up any position in the centre section, therefore there are no wings.
- 1.4 The rest of the team may take up any position in their respective sections.

**2. THROW-OFF AFTER A SUCCESSFUL GOAL**

- 2.1 Any opposing defender may restart the game from the circle inside the goal circle right underneath the goal post after the opponents have scored a goal. The defender does not have to wait for the referee's whistle to restart the game.

- 2.2 Voordat so 'n afgooi mag plaasvind, moet enige een van die opponerende doele tydens die afgooi binne die doelsirkel, teen agterste net, stilstaan en mag nie deelneem aan die begin van die spel nie.
- 2.3 Die bal mag egter nie van die afgooi direk na die middelafdeling aangespeel word nie. Die opponente doel mag nie onnodig tyd mors om binne die doelsirkel in te beweeg nie.
- 2.4 Die afgooi moet egter plaasvind binne die toegelate twee (2) sekondes vandat die verdediger die bal onder beheer het.
- 2.5 Indien die skeidsregter van mening is dat enige speler doelbewus tyd mors na die aanteken van 'n doel, kan hy die speler waarsku. 'n Strafgooi word toegeken indien tydmors met die afgooi herhaaldelik voorkom.

### 3. BAL BUITE SPEL

- 3.1 Die bal is slegs buite spel, wanneer die skeidsregter aandui dat rustyd of die einde van die wedstryd aangebreek het, of met 'n besering.

### 4. DOELPOGING

- 4.1 'n Doelgooier mag vyf (5) sekondes neem om 'n twee (2)-puntdoel te gooi, vandat die bal ontvang is, totdat die bal die hande verlaat het.
- 4.2 Wanneer 'n doelspeler poog om doel te gooi, mag hy nie die bal eers teen die net agter die doelpaal gooi om dan vanaf die net deur die doelring val, om sodoende 'n doel aan te teken nie.
- 4.3 Bal mag egter op die ring wip, teen die net spat en dan deur die doelring val.

### 5. ALGEMENE SPEL

- 5.1 'n Speler het slegs twee (2) sekondes vir die aanspeel van die bal.
- 5.2 Die volgende oortredinge is strafbaar met 'n vrygooi aan die opponerende speler, op die plek waar die fout begaan is:
- 5.3 Loop met die bal, fopaangee (mik), bal teen die lyf vang, bal vang vanaf die net nadat dieselfde persoon dit teen die net gespeel het, vir langer as twee (2) sekondes met die bal staan.
- 5.4 Raak aan enige binnelyn of net, ontvang die bal oor enige binnelyn, trap op die doelsirkellyn terwyl poog om doel te gooi.

- 2.2 Before such throw-off can take place, any one of the opposing shooters must take up position inside the goal circle, against the back net and may not take part in the restart of the game.

- 2.3 However, the ball may not be passed directly to the centre section at the throw-off. The opponents' shooter may not waste time moving into the goal circle after a goal was scored.

- 2.4 The throw-off has to take place within the two (2)-second timeframe once the defender has control of the ball.

- 2.5 If the referee is of the opinion that the opponents' shooter is purposely wasting time when moving into the goal circle, he can warn the players. When the transgression is repeated, a penalty goal is awarded to the opposition.

### 3. BALL OUT OF PLAY

- 3.1 The ball is only out of play when the referee indicates half-time or the end of the game, or with an injury.

### 4. GOAL ATTEMPT

- 4.1 The goal shooter may take five (5) seconds to attempt to score a two (2)-point goal from the time he catches the ball until it leaves his hands.
- 4.2 When a player attempts to score a goal, he may not throw the ball against the back net to let it fall through the goal ring from there in order to score a goal in this manner.
- 4.3 The ball may bounce on the ring, then against the net and then through the ring for a goal.

### 5. GENERAL PLAY

- 5.1 A player is allowed two (2) seconds to pass the ball.
- 5.2 For any of the following infringements a free pass is awarded to the opposing team on the place where the infringement took place:
- 5.3 Running with the ball, feinting a pass, catching the ball against the body, catching the ball off the net after the same person has played it against the net, being in possession of the ball longer than two (2) seconds.
- 5.4 Touching the net where ball is in play, or standing on any inside lines, catching the ball over any of the inside lines, standing on the goal circle when attempting for goal.

5.5 Bal vanaf 'n afgooi na 'n suksesvolle doelpoging direk na middel afdeling aanspeel, bal direk oor enige afdeling speel sonder dat enige speler in daardie afdeling die bal hanteer het, met 'n afgooi die bal vanaf die middelafdeling direk na die doelafdeling speel, met die aanvang van wedstryd of na halftyd.

5.6 Die bal moet in elke blok deur ten minste een speler hanteer word. Met ander woorde, die bal mag nie vanaf die verdedigerblok direk na die doelblok gegooi word sonder dat 'n middelspeler die bal hanteer het nie.

## 6. STRAFGOOI

6.1 'n Strafgooi word aan die opponente toegeken wanneer 'n speler vir ontoelaatbare gedrag en spel gestraf word deur die skeidsregter.

6.2 Die speler wat die strafgooipoging neem, het die keuse om doel te gooi vanaf enige plek buite die doelsirkel vir twee (2) punte.

6.3 Indien die speler egter verkies om vanaf die strafdoelstreep te gooi, sal 'n suksesvolle poging drie (3) punte tel.

6.4 Na 'n suksesvolle strafdoelpoging, kry dieselfde span nie weer 'n afgooi nie.

6.5 Indien 'n speler opsetlik teen die net gestamp word, is dit strafbaar met 'n strafgooi teen die speler wat gestamp het.

## 7. DISKWALIFIKASIE

7.1 Alle onnodige/doelbewuste obstruksie, vuilspel, onnodige kontak, ruwe spel, kru taal en/of ander optrede wat volgens die skeidsregter ontoelaatbaar is, is strafbaar met 'n waarskuwing en 'n strafgooi.

7.2 Vir die tweede soortgelyke oortreding sal die speler 'n geel kaart ontvang en 'n strafgooi word aan die opponent toegeken.

Indien 'n speler wat reeds 'n geel kaart ontvang het, volhou met die ongeoorloofde of ontoelaatbare spel, kan die skeidsregter vir die speler 'n rooi kaart gee en vir drie minute van die baan af stuur. Indien die betrokke speler volhou met die ongeoorloofde of ontoelaatbare spel kan die skeidsregter weer vir die speler 'n rooi kaart gee en vir die res van die wedstryd van die baan afstuur.

7.3 Indien 'n speler van die baan afgestuur word, moet die span voorsiening maak dat daar ten alle tye twee (2) spelers in die verdedigerblok is.

5.5 Passing the ball directly to the centre section after a successful goal attempt, passing the ball over any section without any player in that section touching the ball, playing the ball directly from the centre section, to the goal section, when the ball is put into play at the start of the game and after half-time.

5.6 The ball must be handled by at least one player in every section during play. The ball may, therefore, not be passed from the defender section to the goal section without any centre player touching it.

## 6. PENALTY GOAL

6.1 The referee awards a penalty to the opposing team when a player makes use of unacceptable attitude or play.

6.2 The player attempting a penalty goal has the choice to attempt to score from any point outside the goal circle for two (2) points.

6.3 If the player selects to attempt the penalty goal from the penalty line, a successful attempt counts three (3) points.

6.4 After the successful penalty goal attempt, the same team will not have the throw-off.

6.5 If a player is deliberately pushed into the net, it is penalised with a penalty.

## 7. DISQUALIFICATION

7.1 All unnecessary/purposeful obstruction, foul play, unnecessary contact, rough play, bad language and/or any action which is deemed inadmissible according to the referee, is penalised with a warning and a penalty goal.

7.2 For the second similar transgression, the player will be awarded a yellow card and a penalty will be awarded to the opponent.

If the player who already received a yellow card carries on with inadmissible or unacceptable play, the referee can award the player a red card and send him off for three minutes. If the player carries on with the inadmissible or unacceptable play, the referee will award the transgressing player a red card and send him off for the rest of the match.

7.3 If a player has been sent off, the team has to ensure that there are two (2) players in the defender section at all times.

**ALGEMENE WEDSTRYDVERPLIGTINGE**

- 1. VERANTWOORDELIKHEDE VAN DIE RINGBALSA UITVOERENDE EN SKEIDSREGTERSVERENIGINGBESTUUR, ASOOK DIE LIGGAAM IN BEHEER SE BESTUUR**
- 1.1 Die RingbalSA Uitvoerende Bestuur bepaal die datum, tyd en plek vir alle nasionale kompetisies en al die wedstryde betrokke.
- 1.2 Die RingbalSA Uitvoerende Bestuur bepaal jaarliks in watter kompetisie 'n span deelneem.
- 1.3 Die Skeidsregtersverenigingbestuur wys 'n skeidsregter aan wat 'n bepaalde wedstryd sal hanteer.
- 1.4 Reëlings betreffende pers, radio en televisie staan onder die beheer van die uitvoerende bestuur van RingbalSA.
- 2. VERANTWOORDELIKHEDE VAN FEDERASIES / DISTRIKTE**
- 2.1 Alle spelers en beamptes moet amptelik by 'n distrik en federasie affilieer. Distrikte / federasies moet toesien dat die bepalings en vertolking van die grondwet oor vrystelling streng nagekom word.
- 2.2 Spanne bly ten volle onder die jurisdiksie van hul distrik / federasie wat moet toesien dat wedstrydbepalings nagekom word.
- 2.3 Bane van skole en/of klubs word beskou as ten volle onder die beheer van die betrokke distrik.
- 2.4 Geen alkoholiese drank of opkickers mag voor of tydens 'n wedstryd geneem word nie. Skeidsregters meld sulke gevalle dadelik by die betrokke beherende liggaam aan vir verdere stappe. Skeidsregters mag geen optrede self neem nie.
- 2.5 Alle fasiliteite en moontlike hulp moet aan verteenwoordigers van die pers, radio en televisie verleen word.
- 2.6 Die voorgeskrewe spaninskrywingsfooie is deur die distrik / federasie betaalbaar aan RingbalSA.
- 2.7 Distrikte / federasies moet hul verteenwoordigende spanne van spankaarte vir wedstryde voorsien, waar dit nie deur RingbalSA verskaf is nie.

**GENERAL MATCH OBLIGATIONS**

- 1. RESPONSIBILITIES OF THE RINGBALLSA EXECUTIVE AND THE REFEREES' ASSOCIATION COMMITTEE, AS WELL AS THE CONTROLLING BODY**
- 1.1 The executive committee determines the date, time and venue for all national competitions and all the respective matches to be played.
- 1.2 The executive committee annually decides in which particular competition a team will be participating.
- 1.3 The referees' association management appoints a referee for a particular match.
- 1.4 The RingballSA Executive Committee controls all arrangements concerning the press, radio and television.
- 2. RESPONSIBILITIES OF FEDERATIONS / DISTRICTS**
- 2.1 All players and officials must be officially registered with a district and federation. It is incumbent on districts/federations to ensure that the stipulations and interpretations of the constitution concerning exemption are strictly adhered to.
- 2.2 Teams will remain fully under the jurisdiction of their respective district / federation at all times who must ensure that all match fixtures are strictly adhered to.
- 2.3 Schools and/or club's courts are regarded as entirely under the control of the respective districts.
- 2.4 No alcohol or drugs may be used before or during any match. Referees to report such cases immediately to the responsible controlling body's executive committee for further steps. Referees may not take action themselves.
- 2.5 All facilities and possible assistance should be made available to the representatives of the press, radio and television.
- 2.6 The prescribed team entrance fees are to be paid to RingballSA by the district/ federation.
- 2.7 A district/federation must provide their representative teams with team cards for matches, where it has not been made available by RingballSA.

**3. VERANTWOORDELIKHEDE VAN DEELNEMENDE SPANNE**

- 3.1 Wedstryde moet volgens die RingbalSA spelreëls gespeel word.
- 3.2 'n Span wat 'n wedstrydbepaling nie kan nakom nie en gevolglik punte afstaan, moet die Adjunk-Visepresident: Organisasie (of die betrokke beherende liggaam waar van toepassing) en ook daarna die ander span, onverwyld daarvan in kennis stel.
- 3.3 'n Span moet self sy eie bal vir wedstryde verskaf en is geregtig om een speelhelte met sy eie bal te speel. Slegs voorgeskrewe balle mag gebruik word. Waar moontlik sal die verantwoordelike beherende liggaam se bestuur balle vir kompetisies voorsien.
- 3.4 Bekwame tellinghouers moet voor die aanvang van 'n wedstryd by die skeidsregter aanmeld, om hom te help om telling te hou. Spankaarte moet voor die wedstryd volledig ingevul en aan die skeidsregter oorhandig word.
- 3.5 Die spanbestuurder is verantwoordelik om toe te sien dat die volgende plaasvind:
- 3.6 Alle spelers van 'n span moet in eenvormige spandrag aan wedstryde deelneem. Waar kleure van opponerende spanne moeilik onderskeibaar is, moet 'n duidelike onderskeidingsteken of -kleure deur een van die twee spanne gedra word.
- 3.7 Kleredrag moet volgens die bepalings van RingbalSA se grondwet wees.
- 3.8 Voorwerpe soos horlosies, harderandpette en juwele wat moontlik beserings kan veroorsaak, mag nie gedra word nie, en enkel- en kniestutte moet behoorlik met breë pleisters of verbande bedek wees indien die opponent beseer kan word.
- 3.9 Juwele wat nie afgehaal kan word nie, moet ook bedek word.
- 3.10 Alle spelers moet 'n duidelik sigbare nommer op die rug dra.
- 3.11 Spelers se naels moet kort geknip wees sodat opponente nie gekrap word wanneer na die bal gegryp word nie.
- 3.12 Klagtes moet deur die betrokke distrik / federasie onder die beherende liggaam se aandag gebring word. In geval van 'n appèl moet dit skriftelik, tesame met die voorgeskrewe appèlfooï, binne die voorgeskrywe tydperk by die beherende liggaam ingehandig word.

**3. RESPONSIBILITIES OF PARTICIPATING TEAMS TOWARDS THE CONTROLLING BODY**

- 3.1 Matches will be played according to the RingballSA rules.
- 3.2 Teams that are unable to play a particular match and therefore forfeit league point must notify the RingballSA Deputy Vice-president: Organisation (or the relevant controlling body where applicable) as well as the opposing team immediately.
- 3.3 Teams must provide balls for matches and are therefore allowed to play one half of the match with their own ball. Only prescribed balls may be used. Where possible the responsible controlling body will supply balls for competitions.
- 3.4 Competent score keepers must report to the referee before the start of the match, in order to assist the referee in keeping the score. Team cards must be completed and handed to the referee prior to the start of the match for verification.
- 3.5 The team manager is responsible to ensure that the following will take place
- 3.6 All players of a team must be dressed uniformly in their approved team colours. Where the colours of the teams are difficult to distinguish between teams, the members of one of the teams must wear something distinctive or colours to assist the referee in his task.
- 3.7 Playing apparel and shoes must be according to the rules as prescribed by the RingballSA Constitution.
- 3.8 Items that could cause injuries, like watches, peak caps and jewellery may not be worn during play and ankle and knee braces must be covered with bandages or plasters if the opponent could be injured.
- 3.9 Jewellery that cannot be removed must also be covered.
- 3.10 All players have to wear a clearly visible number on the back.
- 3.11 Fingernails must be short enough so that the opponents are not scratched when attempting to grab the ball.
- 3.12 The particular district/federation must bring all complaints to the attention of the responsible controlling body. In the event of an appeal, it must be in writing within the prescribed time frame and accompanied by the prescribed appeal fee handed to the responsible controlling body.



3.13 'n Span is verantwoordelik vir sy eie vervoer- en ander onkoste en die beherende liggaam aanvaar geen aanspreeklikheid vir enige onkoste aangegaan of ongerief gely nie.

3.14 Spelers neem op eie risiko aan die wedstryde deel en geen eise teen enige persoon of instansie wat ontstaan as gevolg van beserings tydens, voor of na 'n wedstryd, of as gevolg van beserings tydens met vervoer van of na die speelveld, kan oorweeg word nie.

#### 4. VERANTWOORDELIKHEDE VAN TUISSPANNE

4.1 Die tuisdistrik/-federasie moet toesien dat bane in 'n behoorlik speelbare toestand is.

4.2 Die tuisdistrik/-federasie moet toesien dat geen neerhalende op- of aanmerkings deur enige iemand op die skeidsregter of spelers gemaak word nie en moet behoorlik beheer oor toeskouers uitoefen.

4.3 Gekwalifiseerde noodhulppersoneel moet by die wedstryde teenwoordig wees.

4.4 Deelnemende spanne moet 'n bekwame lynregter aanwys indien die skeidsregtersvereniging nie alreeds 'n persoon in daardie hoedanigheid aangewys het nie.

#### 5. VERANTWOORDELIKHEDE VAN BESOEKENDE SPANNE

5.1 Besoekende spanne moet vooraf by die tuisspan vasstel presies waar die bane geleë is.

5.2 Voordat die besoekende span vertrek, moet die spanbestuurder by die tuisspan vasstel of weersomstandighede geskik is om te speel.

5.3 Voor aanvang van 'n wedstryd moet die spanbestuurder vasstel of bane, ens. in orde is. Enige defekte moet onder die skeidsregter se aandag gebring word.

#### 6. VERANTWOORDELIKHEDE VAN SKEIDSREGTERS

6.1 Slegs die skeidsregter is in volle beheer van die wedstryd. Hy moet in die skeidsregtersvereniging se voorgeskrewe sportdrag optree.

6.2 Klagtes en onreëlmatighede moet skriftelik deur die skeidsregter onder die skeidsregtersverenigingbestuur se aandag gebring word.

3.13 Teams are responsible for own transport and any other costs. The controlling body will accept no liability for any costs incurred, or inconvenience suffered.

3.14 Players take part in matches at their own risk and no claims whatsoever can be lodged against any person or party arising from injuries sustained during, before or after a match or during the journey to and from a match.

#### 4. RESPONSIBILITIES OF HOME TEAMS

4.1 The home district/federation has to ensure that the courts are in a suitable playing condition.

4.2 The home district/federation must ensure that no offensive remarks or comments are made by anyone about the referee or players and must exercise proper control over spectators.

4.3 Qualified first-aid personnel must be available at all matches.

4.4 Participating teams must appoint a capable linesman if the responsible referees' controlling body has not made such an appointment.

#### 5. RESPONSIBILITIES OF VISITING TEAMS

5.1 Visiting teams must consult with the home team in advance as to where the courts are situated.

5.2 The manager of the visiting team must consult with the home team as to the prevalent weather conditions to determine whether play will be possible prior to leaving for any away match.

5.3 Prior to the match, the team manager must make sure that the courts are in proper playing order. Any defects must be reported to the referee.

#### 6. RESPONSIBILITIES OF REFEREES

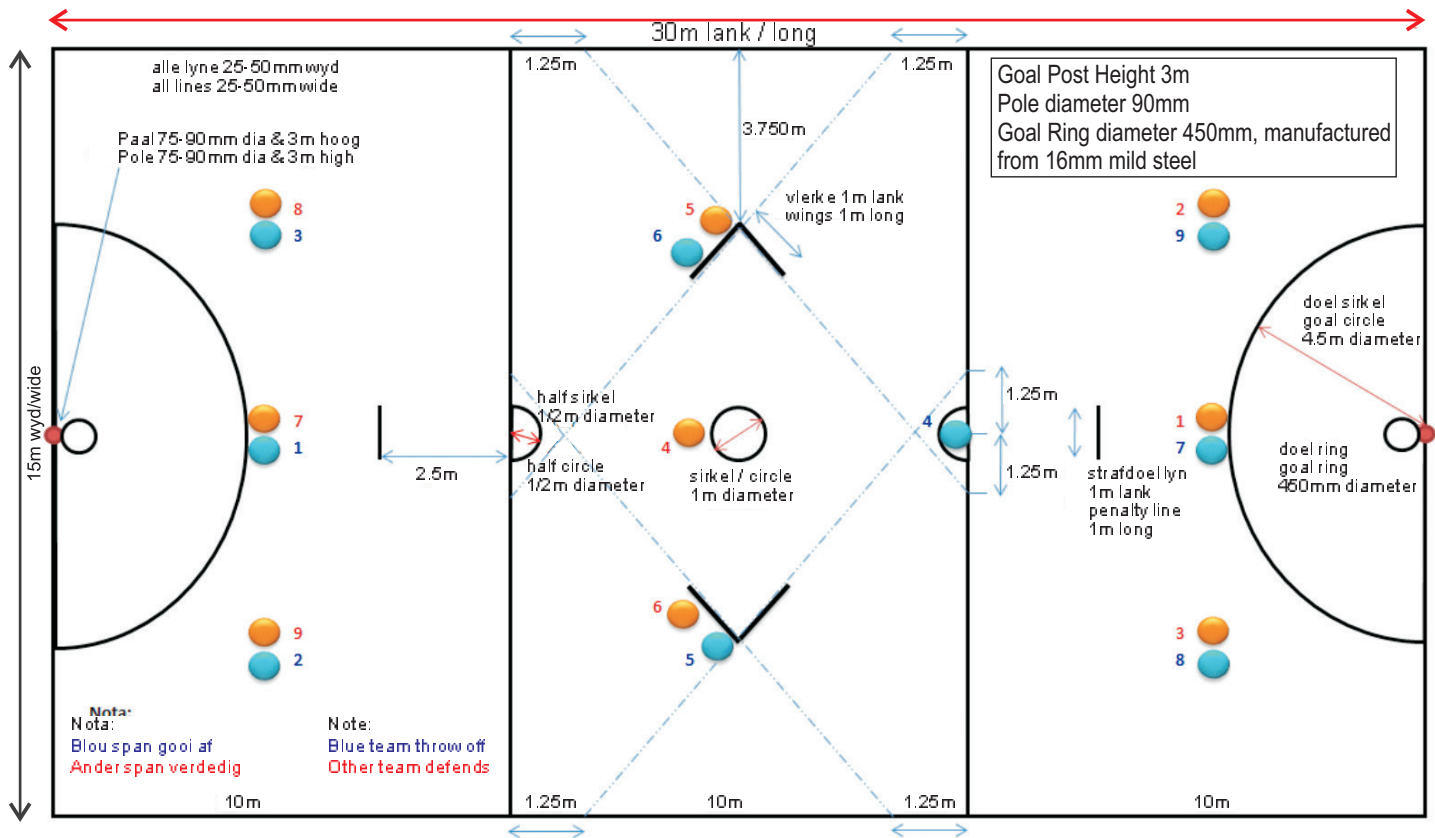
6.1 Only the referee is in full control of the match. He must be dressed in the prescribed sportswear of the responsible referees' controlling body.

6.2 The referee must bring any complaints and irregularities to the attention of the responsible referees' control body in writing.

- |   |  |
|---|--|
| 6.3 Die skeidsregter besluit watter baan vir 'n bepaalde wedstryd gebruik sal word as dit nie reeds deur die beherende liggaam bepaal is nie.   | 6.3 The referee decides which court will be used for a particular match, if the responsible controlling body has not made the allocation.  |
| 6.4 Doelgooi-oefening voor 'n wedstryd of tydens rustyd is toelaatbaar.   | 6.4 Goal shooting practice before a match or during half-time is permitted.  |
| 6.5 Indien die skeidsregter oortuig is dat 'n wedstryd weens weersomstandighede nie gespeel kan word of kan voortgaan nie, sal sodanige wedstryd as nie gespeel beskou word nie en by 'n latere geleentheid oorgespeel word.  | 6.5 In the event of the referee being convinced that the match cannot take place or cannot continue as a result of weather conditions, such match will be regarded as not played and will be replayed at a later stage.  |
| 6.6 Indien 'n wedstryd na half tyd om een of ander rede gestaak moet word, sal so 'n wedstryd as gespeel beskou word en die span met die meeste punte sal as die wenner aangewys word.  | 6.6 When it is necessary to abandon a match because of whatsoever reason after half-time, the match shall be deemed completed and the team with the highest score shall be the winner.   |
| 6.7 Slegs die spanbestuurder mag gedurende 'n oponthoud of met rustyd op die baan kom.  | 6.7 Only the team manager is allowed on court during the interval or stoppages.  |
| 6.8 Die spanbestuurder moet aandui dat die spankaart korrek is en dit saam met die skeidsregter onderteken. Laasgenoemde moet toesien dat die korrekte tellings op albei kaarte ingevul is en die kaarte so spoedig moontlik aan die betrokke beherende liggaam besorg word.                  | 6.8 The team manager must certify the team card as correct and sign it with the referee. The referee is to ensure that both team cards reflect the correct score and that the signed cards are submitted to the responsible controlling body without delay after the game. |
| 6.9 Alle oortredings en waarskuwings moet agterop die telkaart aangedui word en aan die skeidsregtersverenigingbestuur gerapporteer word. Sodanige oortredings word in 'n register aangeteken vir moontlike dissiplinêre optrede deur die verantwoordelike beherende liggaam teen die speler. | 6.9 All offences and warnings have to be noted on the back of the scorecard and submitted to the responsible referees' controlling body. These offences will be noted in a register for possible disciplinary steps to be taken by the responsible controlling body.       |

OMSKAKELING VAN 'N STANDAARD  
NETBALBAAN NA RINGBALBAAN

DIRECTIONS TO CHANGE A STANDARD NETBALL  
COURT TO A RINGBALL COURT



1. Ringbal kan met sukses op 'n standaard netbalbaan gespeel word.
2. Om dit te doen, moet daar slegs 'n paar veranderinge op die standaard netbalbaan aangebring word en die ringbalspeler sal tuis voel daarop.
3. Die tekening hierbo dui al die veranderinge aan wat aangebring moet.
4. Die stippellyne dui die denkbeeldige lyne aan en die soliede lyne dui aan watter lyne op die baan geverf of geteken moet word. Indien die veranderinge nie permanent aangebring kan word nie, kan bordkryt gebruik word.

1. Ringball can be played on a standard netball court.
2. For this, you need to make a few changes on the standard netball court to get it ready for the ringball player to feel at home.
3. The sketch above indicates all the adjustments that have to be made.
4. The dotted lines indicate the imaginary lines and solid lines indicate those lines that need to be painted or drawn on the court. If the changes cannot be made permanent, chalk can be used.



NOTAS

NOTES