

RULES: SOCCER

START OF GAME

Confirm same number of players on each team.

Toss coin to decide who kicks off, opposite team will then kick off at half time.

KICKOFF

All opposing team to be outside the centre circle until ball is in play.

- Only the player kicking off and 1 other player on the attacking allowed inside the circle.
- Ball is in play as soon as Player has moved it.

Player taking the kick is not allowed to touch it again until another player has touched it if rule infringed the opposing team has an indirect free kick. A goal can be scored from kick off.

HAND BALL

Involves a deliberate act of player contacting the ball with his hand or arm (fingertips to shoulder). *Referee must take the following into consideration:*

- The movement of the hand toward the ball (not the ball toward the hand)
- The distance between the opponent and the ball (unexpected ball, no time to move away)
- Has it interfered with the direction of flight?

OFFSIDE

To be in an offside position a player must be nearer his opponent's goal line than the ball and the second last opponent however this does not make him offside unless he:

- Has touched the ball
- Is interfering with play or an opponent
- Is deliberately distracting or obstructing the goalie's view
- Gaining an advantage by being in that position

There are no offside offences for a corner kick, throw in or goal kicks.

DIRECT FREE KICK

- All opposing players to be at least 10mtrs back
- Goal can be scored directly from the kick without ball touching another player

Awarded when a player with careless, reckless or excessive force.

1. Kicks, trips or pushes an opponent
2. Jumps into an opponent
3. Violently or dangerously charges an opponent or charges an opponent from behind.
4. Strikes an opponent with the hand, arm or elbow
5. Holds an opponent's body or clothing
6. Plays the ball deliberately with the hand or arm
7. The kicker may not touch the ball again until it has touched another player

A Penalty kick is awarded if any of the above offences are committed by a player inside his own penalty box.

INDIRECT FREE KICK

- All opposing players to be at least 10 metres back
- Another player must touch the ball first before a goal can be scored

Awarded when a player –

1. Is offside
2. Obstructs an opponent by deliberately blocking their path instead of playing the ball
3. Conducts themselves in an unsporting manner
4. Charges an opponent when the ball is more than 1 step away
5. Prevents the goalkeeper from releasing the ball with his hands
 - If an indirect free kick is kicked directly into the opponents without touching another player a goal kick is awarded
 - The kicker may not touch the ball again until it has touched another player

GOALKEEPER/KICK

- May use their hands to field a ball if played to him from his own team unintentionally
- May use their hands to field a ball that has been intentionally headed or kneeled to him from his own team
- May NOT use their hands to field a ball that has been deliberately kicked to him from his own team
- May punt the ball from within the penalty box if saved before crossing the goal line
- If ball crosses the goal line goal kicks must be taken off the ground within the goal box
- Goalkeeper may not use their hands outside the penalty box
- At a goal kick the opposing team must be outside the penalty box
- It must be kicked beyond the penalty box and the player who makes the goal kick may not touch it again until another player has
- May not touch the ball with his hands again after he has released from his possession until it has touched another player

THROW IN:

- Player throwing in must have both feet touching the ground at moment of release
- Feet must be on or behind the line at moment of release
- Ball must be thrown over the head using both hands
- All opponents must be at least 2 meters away
- After throwing in the thrower may not touch the ball again until it has touched another player
- A goal cannot be scored directly from a throw in.
- If any of these rules broken the opposing team throws in.

SHOULDER CHARGE

This is the only body contact allowed. It occurs when 2 players press shoulders while attempting to gain possession of the ball. Players must be within playing distance of the ball and have at least 1 foot on the ground. Hands and elbows not to be used. The ball is not out of play until it has completely crossed over the line either on the ground or in the air.

OUT OF PLAY

The ball is not out of play until it has completely crossed over the line either on the ground or in the air.

SLIDE TACKLE

It is very important that when you commit to a slide tackle that you “play the ball.” This means that your foot makes contact with the ball before any part of your body makes contact with the opposing player. The rules state that any inadvertent contact after the ball has been played does not constitute a foul.

- May not be made from behind the attacking player
- May not tackle with “studs or sprigs up”. This means sliding into the tackle with the sprigs leading the tackle which could injure the attacking player.

Sanction for tackle offenses is a direct free kick

RULES: NETBALL

GS (Goal Shooter) To score goals and to work in and around the circle with the G

GA (Goal Attack) To feed and work with GS and to score goals

WA (Wing Attack) To feed the circle players and give them shooting opportunities

C (Centre) To take the Centre Pass and to link the defense and the attack

WD (Wing Defense) To look for intercepts and to prevent the opposition WA from feeding the circle

GD (Goal Defense) To win the ball and reduce the effectiveness of the GA

GK (Goalkeeper) To work with the GD & to prevent the shooters from scoring goals

The game starts and finishes on the umpires' whistle.

Centre Passes are taken alternatively by the Centre after a goal is scored.

Umpires control the game through umpiring to their right with the court divided across the centre circle. Each umpire controls their half of the court and also controls the whole of the sideline on their side of the court. The ball is awarded to opposition for throw-in when ball has left the court. Throw-ins take place where the ball left the court with one foot close to the line.

A goal is one point.

CENTRE PASS

The centre passes are taken alternatively by the Centre for each team after a goal has been scored. All players must start in their designated goal thirds prior to the umpires' whistle being blown. The two centres are in the centre third.

The centre must be wholly inside the Centre Circle for the Centre Pass to proceed.

The centre must obey the footwork rule after the whistle has been blown.

The opposing centre can stand anywhere within the Centre Third of the court, providing she is 3M from the other Centre and is free to move.

FREE PASS:

A free pass is awarded for infringements related to court play, e.g.: stepping, replayed ball, over a-third, held ball, short pass, breaking, offside

A free pass is taken by the opposition on the spot where the infringement took place.

A shooter cannot shoot for goal from a free pass.

STEPPING

A player must NOT re-ground the first foot to land on the court before releasing the ball. A player also may not drag or slide the landed foot, but it is OK for a player to lift her grounded foot provided she releases the ball BEFORE re-grounding that foot.

REPLAYED BALL

When the ball is considered to be in control of the player but is then bounced or fumbled to gain better control or when shooter shoots for goal and ball goes straight up in the air and comes down without any contact with the goal or another player.

OVER-A-THIRD

When ball is thrown through a complete third of the court without being touched by any player.

HELD BALL

Ball held by player for more than three seconds.

SHORT PASS

a throw or pass less than 3 feet/1m and is the same width as the centre circle

BREAKING

If a player enters the Centre third before the whistle is blown for the centre pass. The pass is to be taken by the opposing team where the infringement occurred.

OFFSIDE

When any part of a player's body touches the ground in an area of the court where that player cannot go.

PENALTY PASS

A penalty pass is awarded for infringements relating to Obstruction and Contact. The player who caused the infringement must stand beside the player who has been awarded the penalty pass. A shooter CAN shoot for goal from a penalty pass if in the goal circle.

OUT

When the ball goes over the outside lines, OR a person's feet touches the line.

OBSTRUCTION

Defender must be .9m (3ft) from player with ball - this is measured from the grounded foot of the player with the ball to the nearest foot of the defender.

CONTACT

No contact either accidentally or deliberately is allowed to interfere with an opponent's play.

RULES: TOUCH RUGBY

GENERAL

- The ref will call the touches (1, 2, 3 etc.). Where the ref cannot see the touch, it will be the attacker to say if he felt it.
- A try is scored when the ball is pressed over the try line except when it is kicked on the fifth touch. (See kicking rules)
- Six touches before a hand over
- Refs call on all incidents. If ref doesn't call it, it's not an incident. Continue play.

ATTACKING

- If you're touched with the ball, you must place the ball between your legs where you're touched. Ball must not roll more than one metre or be knocked during this process.
- Dummy half then picks up the ball. The Dummy half cannot score. If he's touched it is a hand over to the other team.

HAND OVER INCIDENTS

- Touch pass
- Sixth touch
- Lost ball or uncontrolled ball
- Forward pass
- Ball or player goes out
- Ball rolls more than one metre or is knocked after player is touched
- Ball is not placed between legs after a touch
- Dummy is touched while in possession of ball

STARTS AFTER INCIDENTS

- Start of game – kick that must go forward a minimum of ten metres
- When you receive possession after an incident by the other team, restart with a “tap & run” or a “tap & pass”

DEFENDING

- Must be back five metres on touches. Refs call if advantage can be played if a defender is not back five. You may not run forward until the Dummy half has touched the ball
- On a Start after an incident, defenders must be back ten metres and not advance until the tap

OFFSIDE

- If you are not back five metres (ten on Starts) you are offside. Attacker can ignore a touch by an offside player subject to the ref's call
- Defenders can touch an attacker as soon as they have retreated to the five-metre mark

KICKING

- Ball can be kicked on the fifth touch only
- Ball must go more than ten metres
- Attackers can catch the ball on the full and if so, they are back to zero touches. They can play immediate advantage.
- If attackers are within five metres of the try line, ball must only go over the try line, but is not required to go ten metres.
- If an attacker catches the ball on the full over the try line, this is an immediate try. They do not need to press the ball on the ground.
- If the ball touches the ground after a kick, the attackers have lost possession. They can press to the ball to put it out of play and prevent the defenders taking the advantage.
- The defending team can pick up the ball off the ground and take advantage from a kick.

CHARGE DOWN

If the defending team successfully charges down a kick, the ball is open for either team to take possession and play the advantage. Whatever team gains possession of the ball can begin to attack with the touch count back to one. The attackers can press the ball to put it out of play to prevent the defenders from taking advantage, but ball is awarded to the defending team.

TAKING ADVANTAGE

If the ball is in neither team's possession, but the attackers have lost possession due to an incident, the defenders may take advantage automatically. If the attackers press the ball, this puts it out of play and the defenders must start on the whistle by rolling ball back between the legs to the dummy.

RULES: VOLLEYBALL

TO SCORE A POINT

- A team scores a point by successfully landing the ball on the opponent's court; when the opposing team commits a fault; and when the opposing team receives a penalty.

RALLY AND COMPLETED RALLY

- A rally is a sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which result in the award of a point.
- If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and it must serve next.

TO WIN A SET

- A set is won by the team which first scores 21 points with a minimum lead of two points. In the case of a 20-20 tie, the play is continued until a two-point lead is achieved.

TO WIN THE MATCH

- The match is won by the team that wins three sets. In the case of a 2-2 tie, the deciding 5th set is played to 15 points with a minimum lead of 2 points.

DEFAULT AND INCOMPLETE TEAM

- If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-21 for each set. A team that, without justifiable reason, does not appear on the playing court on time, is declared in default.
- A team that is declared incomplete for the set or for the match, loses the set or the match.

THE TOSS

- Before the match, the 1st referee carries out a toss to decide upon the first service and the sides of the court in the first set. The toss is taken in the presence of the two team captains. The winner of the toss chooses either the right to serve or to receive the service or the side of the court. And the loser takes the remaining choice.

TEAM STARTING LINE-UP

- There must always be six players per team in play. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set. The players who are not in the starting line-up of a set are the substitutes for that set.

PLAYER POSITIONS

- At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order. The three players along the net are front-row players and the other three are back-row players. After the service hit, the players may move around and occupy any position on their court and the free zone.

ROTATION

- The rotational order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set. When the receiving team has gained the right to serve, its players rotate one position clockwise.

BALL IN PLAY

- The ball is in play from the moment of the hit of the service authorized by the 1st referee.

BALL OUT OF PLAY

- The ball is out of play at the moment of the fault, which is whistled by one of the referees, in the absence of a fault, at the moment of the whistle.

BALL IN

- The ball is "in" if, at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines.

BALL OUT

- The ball is "out" when all parts of the ball which contact the floor are completely outside the boundary lines; it touches an object outside the court, the ceiling or a person out of play; the ball touches the antennae, ropes, posts or the net itself outside the side-bands; it crosses the vertical plane of the net either partially or totally outside the crossing space; and it crosses completely below the lower space, under the net. Touching the roof or any other obstacle makes it OUT and loss of point NOT a replay for interference.

BALL AT THE NET

- The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net.
- While crossing the net, the ball may touch it. A ball driven into the net may be recovered within the limits of the three-team hits. If the ball rips the mesh of the net or tears it down, the rally is canceled and replayed.

PLAYING THE BALL

- Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond its own free zone.

HIT

- A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of “FOUR HITS”.
- Characteristics of the Hit – the ball may touch any part of the body. It must not be caught and/or thrown. It can rebound in any direction. The ball may touch various parts of the body, provided that the contacts take place simultaneously.

CONTACTS

- A player may not hit the ball two times consecutively. Two or three players may touch the ball at the same moment. When two (or three) team-mates touch the ball simultaneously, it is counted as two (or three) hits. If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.
- When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side.

PLAYER AT THE NET

- In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent’s play before or during the latter’s attack hit. It is also permitted to penetrate into the opponent’s space under the net, provided that this does not interfere with the opponent’s play. Players may penetrate into the opponent’s free zone provided that they do not interfere with the opponent’s play. A player may enter the opponent’s court after the ball goes out of play.
- Players may touch the post, ropes, or any other object outside the antennae, including the net itself – provided that it does not interfere with the play.

FAULTS IN PLAYING THE BALL

- Four Hits – a team hits the ball four times before returning it.
- Assisted Hit – a player takes support from a team-mate or any structure/object in order to hit the ball within the playing area.
- Catch – the ball is caught and/or thrown; it does not rebound from the hit.
- Double Contact – a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

SERVICE

- The service is the act of putting the ball into play, by the back-right player, placed in the service zone. The players must follow the service order recorded on the line-up sheet. The first service of the first set, as well as that of the deciding 5th set, is executed by the team determined by the toss. The other sets will be started with the service of the team that did not serve first in the previous set.

BLOCKING

- Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block, but now of the contact with the ball, a part of the body must be higher than the top of the net.
- In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponent’s play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.
- A block contact does not count as a team hit. The first hit after the block may be executed by any player, including the one who has touched the ball during the block. To block an opponent’s service is forbidden.

INTERRUPTIONS

- Time-Outs – requests must be made by showing the corresponding hand signal when the ball is out of play and before the whistle for service. All requested time-outs last for 30 seconds.
- Substitutions – an act by which a player enters the game to occupy the position of another player, who must leave the court at that moment.

RULES: TEE BALL

PLAYERS AND EQUIPMENT

One of the reasons behind Tee-Ball's popularity is its simplicity and the fact that it needs relatively little equipment to play. Teams are made up of between 5 and 7 players, although more can be played by agreement and all players should wear suitable training shoes. When batting, each player is required to wear a suitable safety helmet and wear gloves.

The bats used should be between 25 and 26 inches long and the balls are special Tee-Ball ones, very similar to regulation baseballs but made to be softer to help minimize the risk of injuries.

RULES OF TEE BALL

Rules: Rules may vary from Association to Association, so it is important that you also obtain a copy of your local association rules. The rules listed here are recommended by Softball New Zealand in order to keep the game simple and allow for children aged between 5 to 8 years to enjoy the game in a non-competitive environment.

- Base Distance: 10 metres.
- The home plate shall be placed immediately behind the hitting tee so that runners do not collide with the tee, fielders or the ball.
- A safety base (an extra base placed on the outside of 1st base) will be used so that runners do not collide with the 1st base fielder.
- T-Ball is a mixed gender game, particularly suitable for 5- to 8-year-old children. A team will consist of a minimum of 7 and a maximum of 12 players.
- Every player present shall be placed on the field for a minimum of a batting & fielding innings each during the course of a game.
- Use fielding positions to determine your batting order. The order will be Pitcher, Catcher, 1st base, 2nd base, 3rd base, shortstop, left field, centre field and right field.
- It is OK to have one extra outfielder. This player will occupy the position following right field in the batting order.
Players must rotate positions in order to learn different positions. Ensure that boys do not dominate key positions.
- There are no specific rules regarding bat throwing. However, encourage batters to drop the bat, rather than fling it once they have hit the ball off the tee.
- Stay on the base until the ball has been hit (no stealing)
- Deliberate short hits (bunting) are not allowed.
- If a team is short of players, then they can "borrow" players from the opposition if necessary to balance the number of players in each team (optional).
- There shall be a minimum of four (4) infielders, and they must stay on the infield area.
- Pitchers & catchers are not considered infielders. There shall be a minimum of 3 outfielders, but there is provision to add another outfielder.
- Coloured markers or small cones can be used to indicate fielding positions (optional).
- A coach and up to two helpers may take the field and assist the defensive team.
- A coach and up to two helpers may take the field to assist the base runners.
- There will only be "swing & miss" strikes – foul balls will not be counted as strikes.
- Three swings and misses and the batter is out.
- A ball is deemed "dead" if it does not roll more than 1 metre following a miss-hit. The child gets another chance to hit. Base runners cannot advance on a "dead ball".
- Following a hit, once control of the ball has been maintained (usually within the framework of the infield) play will be deemed suspended at the call of the umpire.
- To encourage pitching, the fielding pitcher will pitch one ball per new batter. The ball is then placed on the tee to be hit. The pitching distance is flexible as long as the fielder is at a safe distance once the ball is ready to be hit off the tee.
- All infield players throw the ball to 1st base, or they can tag someone off base. The ball becomes "dead" once this play has been made.
- All outfielders throw the ball to 2nd base. The ball becomes "dead" once this play has been made.
- Tagging up does not apply in T-Ball. Once a catch has been made, the ball becomes "dead" and base runners must return to the base they started at.
- To increase the speed of the game, have a coach catcher (or parent catcher) available to assist the catcher with stopping the ball. The catcher is still responsible for any defensive plays in that area.
- The ball becomes "dead" once it has passed 5 metres beyond any base line on the diamond
- Playing time will be one hour or three complete innings, at the discretion of both coaches.