



**MATBALL RULES**

1. Game

* The length of the games will be determined by the number of matches to be played
* There will be no half time
* Game starts with a pass out of the centre circle
* A toss of a coin between team captains and the referee will determine which team starts with the ball
* Play continues until there is a stoppage (see Rule 4).

2. Players

* A squad of up to 10 players – 5 boys and 5 girls.
* There are 6 players per team on court at any one time.
* Ensure that teams on court remain mixed – 3 boys and 3 girls.
* Substitutes can only be made in the event of an injury.

3. Goals

* A goal is scored when the ball is caught by the target player standing on the mat, providing this player is within the boundary of the mat at the moment of catching and immediately afterwards.

If momentum carries them off the mat, the goal will be disallowed.

* When a goal is scored, the last player to touch the ball on the scoring side becomes the new catcher standing on the mat.
* When a goal is scored the game is restarted from the baseline
* Players cannot score directly from a **free pass**, or sideline restart or directly from the centre circle.
* Players can only score when in the opponents half of the court. If a player scores by throwing the ball from their own half, a **free throw** will be awarded to the opposition.

4. Stoppages

* Player cannot travel when in possession of the ball (**free pass**).
* Contact with the opposition is a foul (**free pass**).
* A player holding the ball for longer than 3 seconds **(free pass**).
* Player slapping or snatching the ball out of an opponents hands (**free pass**).
* Ball out of bounds (**sideline or baseline pass**).
* If an attacker steps on the mat (**baseline pass**).
* If a defender steps on the mat (**centre circle penalty**).
* If a player scores by throwing the ball from their own half (**baseline pass**).
* At a free pass (including sideline / baseline pass) opponents must stand 1 metre back from the thrower.