

SUPBALL CENTRAL COAST RULES

NON-CONTACT VERSION

MATCH FORMAT

- Matches are played between two teams of five heading in opposite directions
- A goal is scored by hitting the SUPBALL goal buoys with the match ball
- A match consists of two 15-minute halves. Teams swap directions at half time
- There is no boundary to a SUPBALL field, but the goals are placed approximately 30 metres apart. The object of the game is to stay as close to the goals as possible. The referee will stop the game and throw the ball into the centre to restart if players are deemed to be paddling into dangerous areas.
- Defending players are only allowed to be 3 metres behind the goal buoy they are defending

SUPBALL RULES

- All players must wear a leg rope
- The safety and welfare of all players is paramount - please respect other players and look out for their welfare. Any player can call, and must call "stop the game" if they see another player in danger
- Please remember this is a **friendly competition** - overly aggressive play will not be tolerated
- If you have a problem with another player, you can bring the matter up with the referee or refer it to a committee of the team's captains or elected representative of each team
- Any player who takes matters into their own hands by resorting to violence or abusive behaviour can and will be banned from the competition
- Once a player is in possession of the ball they must stop paddling
- A player who is not kneeling or standing on their board is deemed out of play until they get back on their board. Without kneeling or standing on their board, they are not allowed to interfere with the ball or with other players
- Prone paddling is only allowed if retrieving a lost paddle. Any one prone paddling is out of play until they get to their knees or stand
- Once a goal is scored two quick whistles will be sounded by the referee. The team that scored the goal must paddle around their defensive goal buoy in order to be considered onside. Until they have done this they must not interfere with the ball or other players.
- No paddle-to-paddle or paddle-to-board contact is allowed
- No board-to-board contact is allowed, any player ramming another board with their board will be given a penalty
- No player is allowed to hog the goal at any point in the game
- Only one player from each team may play at a loose ball at any one time, if a third player comes in they will be penalised.
- Once a player is securely in possession of the ball, by either having their hand on it or by having the ball securely held against the side of their board with their paddle, no other player is allowed to steal the ball

- A player in possession of the ball has only 3 seconds to pass the ball. If they do not pass the ball within 3 seconds, the referee will blow his whistle and the player must give the ball to the closest opposing player
- Any player who breaks a rule other than a held ball, the referee will blow their whistle at them and they will be required to do a penalty lap of the field rounding both goal buoys heading in the direction the referee indicates. During their penalty lap they must stay out wide so as not to obstruct other players in any way. If they fail to do this, they can be removed from the game for 5 minutes. All other game play will continue and only this player is deemed offside until they finish their penalty lap
- The referee has the right to remove any player who continuously breaks the rules and his team will be short a player for the rest of the game
- Teams can have unlimited reserves enter the game at any time, however, they can only enter the game on the same board as the player they are replacing. This exchange must be done well away from the field of play and the player entering the game must have their leg rope properly attached before entering the game
- Teams who are not ready to play at their allocated time will forfeit the game

TACTICS / STRATEGY

- You may play the ball with your hands or paddle
- If unmarked, a short pass ahead of yourself is a good way to move up the field with the ball legally, but this can only be done once in a row
- It is a good idea to have at least one full-back marking your defensive goal so that they can quickly round it and defend while the rest of the team is paddling back on side after scoring a goal