



BEACH KORFBALL RULES

with effect from 1 NOVEMBER 2016

BEACH KORFBALL PLAYING RULES

INTRODUCTION

Beach korfball is an attractive, highly strenuous and competitive korfball variant. It is aimed to be played on the beach, or other sandy surface, which can be outdoor but also indoor. These rules are based on the last officially published IKF Playing Rules & Guidance Notes but modified as necessary. Some of the rules in the official rules of korfball do not apply to this variant of the sport. Where this is the case it is shown in the appendix. In addition, this has necessitated some clauses in §3.6 to be renumbered.

Whenever the word "he" or "him" is used it should be understood that this could be "she" or "her".

As the field is not divided into two halves, for the purposes of these rules a player of the team in possession of the ball is considered to be an attacker.

Note: Another alternative is playing beach-korfball in one zone with one korf.

Section 1: Field and Equipment

1.1 Playing area

The "playing area" shall be deemed to be the field of play together with its border area and the benches (if allowed by competition regulations in accordance with §1.1 c below).

a Field of play

The dimensions of the field of play is one zone 10 x 20 m with 2 synthetic korfs, positioned at an equal distance from each side line and 4 m from the end line (see drawing below).

b Border area

The borders are marked with highly contrasting lines or other special markers.

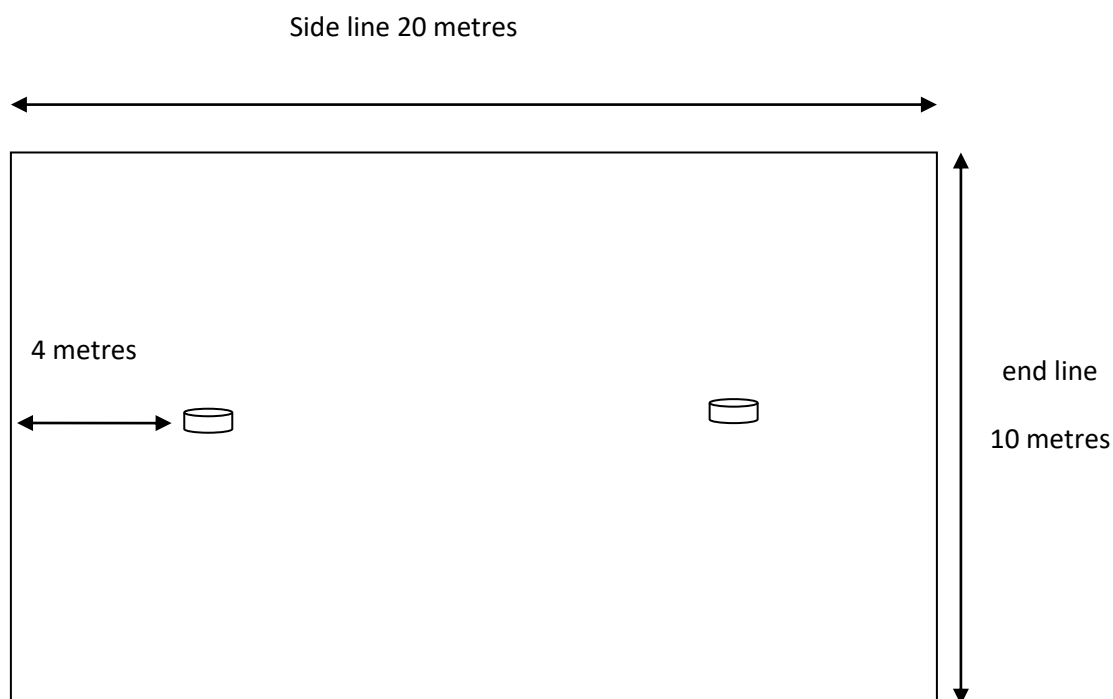
If a stadium-format is used side-walls may be used for the boundary lines. The walls must be sufficiently high as to not be dangerous to a player.

c Bench

Substitute players shall sit on a bench situated level with the post that the team is defending and 2 m from the side line.

1.2 Markings

The field of play is clearly marked out with highly contrasting lines: - at least 3.0 cm lines or other special markers with a method of fixing to the ground which cannot cause any injury to any player.



The centre of the post is placed 4 metres from each end line.

There will be no penalty spot marker but a virtual spot shall be 2.50 m in front of each post (see §3.10 for the taking of a free shot). This can be marked by a cone placed outside the pitch.

1.3 Posts

Posts with an external diameter of 4.5 - 8.0 cm are fixed perpendicularly in or on the ground at each end at a point situated midway between the two side lines and with the centre of the post 4.00 m from the end line.

Posts may be fixed to a sufficiently, heavy and large metal plate. The base plate must be completely flat and at least 80 cm in diameter, covered with at least 5 cm of sand, so players cannot be injured.

1.4 Korfs

A korf is fitted to each post. The korf must face towards the centre of the field and all of its top edge must be 3.50 m above the ground. The korfs must be cylindrical without a bottom; they should be 23.5 - 25.0 cm high and have an inner diameter of 39.0 - 41.0 cm on the upper side and 40.0 - 42.0 cm on the bottom side. The rim (top edge) of the korf shall have a width of 2.0 - 3.0 cm.

The korfs should be made of an approved synthetic material (see IKF Korf Regulations). They must be similar and must be in a strong red or another contrasting colour.

The method of fixing the korfs to the post must satisfy the following conditions:

- no movement of the korf with respect to the post is permitted
- the post must not protrude above the korf

Competition rules may allow advertising on the korfs. Such advertising must comply with the IKF Korf Regulations.

1.5 Ball

Korfball is played with a round number 5 ball of a type that has been approved by the IKF. The ball shall be at least two-coloured. Its circumference should be 68.0 - 70.5 cm and the weight of the ball must be in the range 445 g to 475 g inclusive. The ball must be inflated to the prescribed pressure indicated on it.

A coloured outer casing is understood to be a ball on which a pattern is printed in a colour other than the basic colour of the ball. This pattern must be so symmetrical that the ball, whilst turning, does not lose the visual effect of actually being round.

1.6 Equipment of players and officials

The players of each side must be dressed in a uniform sports outfit that is sufficiently different from that of the other side. The wearing of shoes is not allowed. It is allowed to wear sun-caps and sports sunglasses. The referee must wear an outfit that is sufficiently different from the competing teams. No one is allowed to wear any object that could cause an injury during the game. All objects that might prove dangerous during the game are prohibited, e.g. rimless glasses, bracelets, necklaces, earrings, wristwatches and rings. They must be either removed or taped in such a way that they are no longer dangerous.

Competition rules may require the teams to have numbered costumes.

Section 2: Persons

2.1 Players

a Numbers and position

The game is played by two teams of 6 - 8 players each, in equal numbers by gender.

b Line up and incomplete teams

Two men and two women are declared as the starting 'team' with the other players listed as substitutes.

When one or both teams are incomplete, the games can only start, or be continued, if a line up is possible that ensures that there are at least three players from each side and that these can be matched by gender (i.e. one female and two male players opposed by one male and two female players is not possible).

If a team has not fielded a player, or he is missing for good reasons, (e.g. injury or because the opposing side did not field a full team), then it always has the right to bring this player into the match.

When one team has less than three players or the conditions mentioned above concerning the possible line up of male and female players cannot be met, the game is abandoned. (see also §2.3 f)

c Substitution of players

Players can be changed at any time when that team has possession of the ball.

- The outgoing player has to leave the field before his replacement can enter.
- The incoming player has to enter the field from the side line where he was sitting and level with the post that his team is defending.
- The incoming player has to touch hands with the outgoing player before he may enter the field
- If a player enters the field before the player being replaced has left the field, or without touching hands, then a free shot is awarded against that team.

A substituted player is allowed return to the match. The composition of male and female players must be maintained (except in the case of yellow or red cards – see §2.3 f). There shall be no limit placed on the number of substitutions made.

2.2 Captain, Coach, Substitutes and other persons attached to the team

a Captain

One player of each team is the captain who must start the match as a player on the field. He wears a clearly visible band or tape in a contrasting colour to the shirt on the upper part of the arm (or on top of one shoulder on sleeveless shirts).

He represents the team and is responsible for the proper conduct of his players. He has the right to draw the referee's attention to anything he thinks desirable in the interest of the good progress of the match. The approach must be made in good faith in a reasonable and correct manner and not too frequently.

The captain shall remain as captain of the team throughout the match (even when on the side line) and can only give up this role if he no longer takes part in the match and has gone away from the playing area. In this case one of the other players must be designated as the captain.

b Coach and other persons attached to the team

No person other than the players nominated under §2.1 is allowed to be in the playing area during the game.

A member of a team's medical staff is allowed to enter the field of play with the permission of the referee.

c Substitutes

The substitutes are considered members of the team. Other than in circumstances mentioned below, they must all remain seated on their bench during the match. A player that has been substituted should sit with the other substitutes.

Substitutes are allowed to stand to warm up prior to substitution.

A player that has been substituted because he has been given a red card must leave the playing area.

Competition Regulations may specify where players may warm up.

2.3 Referee

The referee controls the game. His task is:

a to decide the suitability of the field of play and material

He must also pay attention to any changes that might occur during the game. If the conditions are no longer suitable for play, then the game should be cancelled.

The main reason for cancellation could be outdoor weather conditions.

b to enforce the rules

The referee punishes infringements of the rules unless it is to the disadvantage of the non-offending team when the referee may choose to play "advantage" and not punish an infringement.

The referee may punish any infringements of the rules at any time during the match, even when play has been stopped.

If the non-offending side retains possession of the ball after an infringement, and the offending side at that moment is in an unfavourable position, then the referee will normally not stop the game, especially where the appropriate punishment would only have been a re-start.

When an out-ball should be awarded then the referee should not play advantage by not penalising the out-ball, even if the non-offending side gains possession of the ball.

c to use the official signals and his voice to clarify his decisions

The official signals that the referee may use are shown in an appendix to the Rules of Korfball referred to in the introduction. When available the referee may use a microphone to indicate his decisions.

d to take action when one side obtains an unfair advantage from circumstances outside the game

Examples of unfair advantage are:

- *the referee hinders a defender so that the attacker obtains a scoring chance*
- *the defender falls as a result of an accidental collision between attacker and defender when neither player has committed a foul.*

In these cases, the referee blows his whistle and allows the defender to take up his position. The ball remains in the possession of the attacker.

e starting, stopping and restarting of the game (except for a re-start, free shot, throw off after a goal or out-ball)

To start or restart the game (except as mentioned above) the referee blows his whistle. This is done at the start of each quarter (unless automatic timing is being used in which case only the start of each quarter), or when play has been stopped for an injury (including bleeding player), unfair advantage or circumstances outside the game.

The game must be stopped:

- whenever a goal has been scored
- when an infringement must be punished
- in a case of unfair advantage
- when a referee-throw (throw-up) is to be awarded
- in the case of a bleeding player.
- when action must be taken owing to changed circumstances such as weather, material or players or in cases of misbehaviour or interference
- at the end of each quarter of the match.

In the case of a bleeding player the player must leave the field of play immediately and may not return until the bleeding has stopped, the wound has been covered and the blood has been removed.

The game must be terminated:

- at the end of full time
- when it is impossible to continue the match owing to changes in the field, material or players, or a result of misbehaviour or outside interference.
if, even having used substitutes, at least 3 players (with at least one of each gender and matched by gender with the opposing team) cannot be maintained in which case the game is declared over with 5-0 result to the other team. This can also occur when more than one player has been sent off due to a yellow or red card and are serving their period out of the

game at the same time as these players cannot be replaced until their period off of the field has elapsed or until a goal is conceded (see §2.3 f).

f to take action against misbehaviour by the players or a substitute player

In the case of misbehaviour, the referee can formally warn any of the aforementioned persons by the award of a yellow card or he can send the person in question away from the playing area (red card -> means he is out for the rest of the game and must leave the playing area). A second yellow card received by the same player in the same match has the same punishment as a red card.

A player receiving a yellow card must leave the field. He may return, or be substituted, after a period of two (2) minutes of playing time or after his team has conceded a goal, whichever occurs first. Returning players should re-enter the field at the same place as substitute players.

A player receiving a second yellow card in the same match, or a direct red card for serious misbehaviour, must leave the playing area. He may only be substituted after a period of two (2) minutes of playing time or after his team has conceded a goal whichever occurs first.

In addition to the above-mentioned formal warnings the referee can informally warn a player or substitute player that he must change his method of playing or his behaviour.

If during the match there is a case of serious misbehaviour, then the person concerned is sent off at once.

Misbehaviour includes: -

- *striking, punching, kicking or intentionally running down an opponent*
- *repeated infringement of the rules, especially after a warning*
- *the deliberate moving of the post during a shot*
- *deliberately throwing the ball against the leg of an opponent (see guidance notes §3.e)*
- *the utterance of insults, no matter to whom addressed*
- *making remarks against the referee about his knowledge of the rules*
- *leaving the field without informing the referee*
- *delaying the retaking of positions after a time out and failing to inform the referee of a substitution*

The referee can consider any unsporting action as misbehaviour, e.g. inadmissible forms of appeal or demonstrative gestures against the referee.

g to take action against interference by the public

When it appears necessary to him, he can let the public be warned, or he can adjourn or terminate the match.

h position of the referee

The referee mainly officiates from outside the field of play. He is also allowed to officiate from an elevated chair.

2.4 Timekeeper and scorer

Where possible, a timekeeper shall be appointed. If so appointed, each period shall end on the timekeeper's signal.

Where possible, a scorer shall be appointed.

Section 3: The game

3.1 Duration and breaks

a The length of a match

Each match shall be played in four quarters. The length of each quarter and the lengths of breaks between quarters, together with whether real playing time is used or not, are determined by the competition rules.

Preferably the length of each quarter will be 150 seconds (2¹/₂ min) with 30 seconds break between Q1 and Q2 and between Q3 and Q4 plus 60 seconds break at half time. Unless using real playing time, the time will be stopped when there is an out-ball, injury or a yellow or red card and restarted upon the referee's whistle to recommence the game.

Interruptions not forming part of the normal play should not be included in the timing of the game.

b Substitution

Since substitutions may be made by the team in possession of the ball whilst the game is ongoing (see § 2.1 c), the time taken for making a substitution shall not affect the playing time.

A player that has had to leave the field due to a yellow or red card cannot be replaced until a period of two minutes has occurred or until that team concedes a goal (whichever occurs first) – see §2.3 f.

3.2 Goals

a How to score

Except for the cases mentioned below under c, a team scores a goal when:

- the ball has, from above, completely passed through the korf of the opposing team
- it is sure that the ball would have fallen completely through the korf, but that it was tapped back from underneath by a defender

A ball thrown through one's own korf counts as a goal for the opposing team.

Every score counts for one goal.

b Previous infringement

Except for the cases mentioned below under c, provided the ball had left the hands of the shooting attacker at the moment of whistling and was outside the reach of any opponent, a goal stands even when the referee has previously blown for an infringement committed by an opponent.

c Goal not allowed

The referee shall not allow the goal in the following circumstances

- because he has blown (or the signal has gone) for the end of any quarter of the match unless, at the moment that the whistle or signal goes to end the quarter, the ball had left the hands of a shooting attacker and was outside the reach of any other player, in which case a goal stands if this shot passes through the korf
- he has observed an infringement committed by the attacking side before the ball has gone through the korf
- the ball has fallen through the korf following a throw direct from a re-start
- he has previously observed an unfair advantage to the attacking side

- the ball has first been thrown from underneath, has passed through the korf and then had fallen back again through the korf.

If the referee has observed an infringement committed by the attacking side but has not blown for the infringement until after the ball has gone through the korf he is still allowed to disallow the goal and punish the infringement.

d The team scoring the most goals wins the match

3.3 Line up

a Choice of line up

In the absence of competition rules, or any indication in such rules, then each team will inform the referee which of their players shall be their starting team and a toss shall be made to determine which team shall attack which korf in the first half.

b Change in line-up

As laid down in § 2.1 b, the line-up scheme is followed throughout the match except when under the conditions of § 2.3 f.

3.4 Change of direction

Teams change the direction in which they attack at the start of Q3.

3.5 Throw off

Each quarter shall start with a throw off. A throw off by the team that has just conceded the goal takes place after every goal. Throw offs are taken from immediately in front of the korf that the team is defending.

The same stipulations apply as for a re-start (see § 3.9).

3.6 Infringements of the rules

Infringements of the rules are divided into two categories – light and heavy.

1 light infringements - punished by a re-start

Light infringements are:

- technical infringements (like running, playing the ball with the leg and delaying the game)
- physical infringements which are not aimed at disrupting the attack and where there is also no uncontrolled contact

2 heavy infringements - punished by a free shot

Heavy infringements are:

- physical infringements with uncontrolled contact (like knocking the ball out of an opponent's hand, pushing, clinging to and holding off of an opponent)
- infringements which are aimed at disrupting the attack or that result in disrupting the attack.

During the game it is prohibited:

a to gain an advantage by touching the ball with the leg or foot

The leg shall be deemed to be from the knee downwards.

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a re-start when the contact with leg or foot is unintentional and by a free shot when the contact with leg or foot is intentional, with an advantage obtained as result, or the defending side disrupts the plan of the attack.

b to hit the ball with the fist

An infringement is punished by the award of a free shot.

c to take hold of, catch or tap the ball when any part of the body other than the feet or a hand is touching the ground

This is allowed in this version of the sport. Therefore, it is allowed to dive towards the ball provided this does not become a case of holding off because it was done in a dangerous manner.

d to run with the ball

A change of position with possession of the ball is only permitted in the following three cases:

1. The player receives the ball whilst standing at rest.
In this case he may move one leg at will, provided the other one remains in its place as a pivot foot. Turning on the pivot foot is permitted. He may change the pivot and moving foot provided his initial position does not change.
2. The player receives the ball whilst running or jumping and comes to a stop before he throws the ball or shoots.
The requirement is that, after seizing the ball, he has immediately and fully tried to come to a stop within the least possible distance. After coming to a stop, the same rules apply as mentioned under 1. The pivot foot is considered to be the foot furthest from the post.
3. The player receives the ball whilst running or jumping and throws the ball or shoots before he has completely come to a stop. In this case the player is not allowed to still be in possession of the ball at the moment that he places a foot on the ground for the third time after receiving the ball.

An infringement is punished by the award of a re-start.

A player taking a long throw from a stationary position is allowed to place one foot forward and lift his other foot at the end of the throwing motion before the ball has left his hands.

A player should not be penalised for moving a little over the field during a throw that is discontinued before completion.

In deciding on the question whether a player has done everything to stop etc., the referee must consider the condition of the field, as well as the speed and the technical capacity of the player.

e solo-play

Solo-play is the deliberate avoidance of cooperation, i.e. a player tries to change his position with the ball in his possession without the help of another player.

Solo-play is not punishable

- when the player does not change his position appreciably
- when the avoidance of cooperation was not intentional

An infringement is punished by the award of a re-start.

Examples of solo play are:

- *the player throws the ball away with the intention of collecting it elsewhere. This is not allowed even if he throws the ball against another player or against the post. On the other hand, when a player tries to pass the ball to another player but the latter fails to catch the ball, then the first player is allowed to recover the ball.*
- *The player taps the ball along while running beside it.*
- *The player deliberately throws the ball against the leg of an opponent.*

Examples where solo play should not be punished:

- *Solo-play is never punishable when the player in question is not changing his position; When he does move. The criterion is whether he intentionally avoided cooperation.*
- *Tapping the ball along will not be punished when the ball cannot be seized directly. On the other hand, when the ball could have been taken earlier, then tapping along and seizing it afterwards is forbidden. Tapping along must also be punished when it is done because it makes the later seizing of the ball easier.*
- *It often occurs that two opponents contest the ball either by jumping for it or by both reaching for it whilst running next to each other in a stooping position. If one of the players has a sufficient lead, he will in most cases be able to seize it right away. If this lead is not sufficient, he is permitted to knock the ball on in a favourable direction to seize it afterwards. He is allowed to shoot from a position obtained in this manner. In such a duel it may well occur that the ball has to be touched several times before it is finally seized by one of the players. This is quite correct. The same thing might occur when a player tries to keep the ball within the boundaries of his zone. The referee will only blow his whistle when he thinks the ball could have been seized earlier.*

f to hand the ball to another player of one's own team

Handing the ball to another player of one's own team means that the second player receives the ball without it having first moved freely through the air or it was free on the ground.

An infringement is punished by the award of a re-start.

g to delay the game

An infringement is punished by the award of a re-start.

Examples of delaying the game are:

- 1 *waiting too long before passing the ball;*
- 2 *excessive passing aimed at not creating shooting chances;*
- 3 *intentionally ignoring clear shooting chances.*
- 4 *infringing §3.10 c – not shooting at a free shot*
- 5 *not moving in a timely manner to the virtual spot if he has chosen to take the free shot from that position*
- 6 *placing and holding the ball between the thighs*

Where real playing time is not being used and there are examples of misbehaviour (e.g. throwing the ball far outside the field, or kicking the ball when the game has been stopped) then the referee is allowed to add time on to compensate for the time lost.

Referees, in deciding whether or not players are guilty of delaying play, should bear the following points in mind:

- *the technical capacity of the players, as in § 3.6 d and e*
- *the degree to which the opposing party does everything in its power to prevent shooting chances or gain possession of the ball.*
- *the score and stage of the match*

h to knock, take or run the ball out of an opponent's hand

The criterion is that the opponent must have the ball reasonably under control. This control can

exist in holding the ball with one or two hands and also in letting the ball rest on the palms or the fingers.

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a re-start when there is a light infringement and by the award of a free shot when there is a heavy infringement.

i to push, to cling to, or to hold off an opponent

Every impediment of the free movement of an opponent is forbidden whether this is done deliberately or not.

This rule does not force a player to give way for another player, i.e. each player allowed to position himself just as he pleases. He will only be punished when he moves so suddenly into the path of a moving opponent that a collision becomes inevitable.

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a re-start when there is a light infringement and by the award of a free shot when there is a heavy infringement.

Examples of unlawful hindering are:

- *pushing*
- *running down*
- *landing on a stationary opponent after jumping*
- *preventing an opponent from standing up or jumping up*
- *bending into the path of a jumping opponent*
- *extending an arm or leg to an approaching or passing opponent thus forcing him to take a longer path around the first player.*

Holding off by means of spreading out arms or legs does not necessarily mean actually impeding a moving opponent. An infringement already occurs when the opponent is forced to take a longer way around the offending player to avoid the arms or legs.

A player is allowed to position himself in the path of the approaching opponent provided that

- *by extending his arms or legs he does not force the opponent to take a longer way around than necessary to avoid personal contact*
- *he does not jump so suddenly in the path of the opponent that the opponent is unable to avoid a collision.*

The tapping of the ball while jumping can only be punished if it leads to physical contact degenerating into running down or jumping-down.

j to hinder an opponent excessively

The hindering player is allowed to hinder the throwing of the ball in the desired direction by actions that result in the ball being thrown against his hand or arm.

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a re-start when there is a light infringement and by the award of a free shot when there is a heavy infringement.

Hindering is only permitted in so far as the thrower is obstructed in playing the ball in the desired direction. Furthermore, movements that cause the player with the ball to throw it against the hinderer's hand or arm, or allow him to intercept it, are allowed.

He is allowed to block the ball by bringing his arm in the path of the ball, but he must not

- hinder his opponent in the free use of his body by blocking the arm instead of the ball
- hit the throwing arm or beat the ball, i.e. the hindering arm or hand must not move quickly towards the ball in such a way that contact takes place with the ball before it has left the opponent's hands.

Unexpected movements by an opponent will often cause a restriction in a player's freedom of movement. Such cases will not be punished, provided immediate action is taken by the opponent to restore the player's freedom of movement.

When the hindering arm and hand are brought in the path of the throwing arm in trying to counter the ball, no infringement is possible when the hindering player touches the ball after it has already left the hand of the thrower.

If contact is made when the ball is still on the hand of the thrower, then no foul is committed when the hindering arm or hand is at rest. On the other hand, an infringement is committed when the arm moves towards the ball and makes contact with the ball before the ball is thrown. If the ball has already been thrown, i.e. the ball has left the hands of the opponent, it shall not be considered an infringement of this rule.

However, if the beating action is made in a dangerous manner, for example towards the face of the opponent, then the action should be penalised under §3.6 r.

If contact is only slight and the pass is not affected unfavourably, then the referee can apply the advantage rule and allow play to continue.

Strong action must be taken when the hindering degenerates into "hitting" even when the throw does not fail (except when a scoring chance results from the throw: the referee will then await the result and warn the offending player later).

k to hinder an opponent of the opposite sex in throwing the ball

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a free shot.

The rule can only be broken when the player who is in possession of the ball is actually trying to throw it. Any action that impedes throwing must be considered as hindering.

Any distance greater than the combined arms' lengths of the two players concerned will mean that hindering is not taking place and therefore no offence is being committed.

l to hinder an opponent who is already being hindered by another player

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a free shot.

Just like in § 3.6 k the rule can only be broken when the player who is in possession of the ball is actually trying to throw it.

Any action that impedes throwing must be considered as hindering. When two defenders hinder an attacker who is in possession of the ball, the referee should observe carefully to see if the defender who was the first to hinder has satisfied the conditions of § 3.6 n. If he does and the attacker shoots, there is no question of breaking § 3.6 l (see the guidance note for § 3.6 n). However, if the defender who was the first to hinder did not satisfy the conditions of § 3.6 n and the shot, or the pass to another attacker in a scoring position, fails because of the hindering by more than one defender, then a free shot will be awarded.

m to play outside the field

An infringement is punished by the award of an out-ball.

A player is outside the field when he plays whilst touching a boundary line or the ground beyond a boundary line, or plays the ball having jumped from a boundary line or the ground beyond a boundary line. Playing can consist of touching the ball as well as hindering an opponent. If side-walls are being used in a stadium format then playing whilst touching a side-wall is an infringement of this rule.

It is permissible to do the following without infringing this rule:

- to catch or tap the ball when it is over a boundary line provided the player stands inside the field
- to tap the ball when the player is in the air outside a boundary line provided he jumped from inside the field

n to shoot from a defended position

A shot must be considered defended when the hindering defender satisfies the following conditions:

- **he must actively be trying to block the ball AND**
- whilst actively trying to block the ball he must
 - i) be within arm's length of the attacker
 - ii) have his face turned towards the attacker and
 - iii) be nearer the post than the attacker.

If the attacker is so close to the post that the hindering defender cannot stand nearer the post then condition iii) can be deemed to be satisfied if the defender and attacker are on opposite sides of the post and all other conditions are satisfied.

An infringement is punished by the award of a re-start

o to shoot after cutting past another attacker

Cutting occurs when a defender, who is in a defending position, cannot follow his attacker because the attacker takes a path so close past another attacker that the defender collides with, or is likely to collide with, this second attacker and is therefore forced to give up his defending position.

Cutting also occurs when a defender, who is in a hindering position within arm's length of his attacker, cannot follow his attacker because the attacker takes a path so close past another attacker that the defender collides with, or is likely to collide with, this second attacker and is therefore forced to give up his hindering position within arm's length.

Cutting in itself is not an offence, only shooting after cutting.

An infringement is punished by the award of a re-start

Cutting is also punishable when the cutting attacker first passes the ball to one of his partners to improve his position and then shoots from the return pass.

p to score directly from a re-start

An infringement is punished by the award of a re-start taken from under the korf.

q to shoot when one plays without a personal opponent

This occurs when a team has only three players playing against four opponents. The numerical advantage of attack over defence may be due to one side not fielding a full team, or due to one or more players leaving the field due to injury etc. and not being replaced by a substitute or by a player having been given a yellow or red card (see § 2.3 f)

When a player has left the field following a yellow or red card having been given (see § 2.3 f) this rule about shooting without a personal opponent shall not apply.

In other cases the coach of the team with four players must inform the referee and the other coach, which of his players will not shoot. The coach is entitled to change his decision during the match, but only after informing the referee and the other coach at a time when play has stopped (i.e. the referee has blown for an infringement, a goal etc.). This change of an attacker is only allowed once within one quarter.

A goal can be made from a penalty by an attacker without a personal opponent.

An infringement is punished by the award of a re-start

r to influence a shot by moving the post

If done by a defender - if it results in a goal the goal is awarded; if the referee is of the opinion that, but for moving the post, a goal could have been scored then a free shot is given; if the ball rebounds to a defender then a re-start is given to the attack.

If done by an attacker - if it results in the ball going through the korf, no goal is given and a re-start is given to the defence; if the ball rebounds to an attacker then a re-start is given to the defence

The referee will not blow his whistle when the post is moved by a defender and the ball misses the korf by such a margin that moving the post could not have influenced the result of the shot.

s to take hold of the post when jumping, running or in order to move away quickly

An infringement by an attacker is punished by the award of a re-start.

An infringement by a defender is punished by the award of a free shot.

Examples of a player doing this are:

- *to reach higher during a jump*
- *in order to change direction quickly with the aid of the post*
- *pushing against the post to move away quickly.*

t to play in a dangerous manner

An infringement is punished by the award of a free shot.

An example of this is for an attacker to force his defender, who is within arm's distance of the attacker, to collide at speed with another attacker. This situation occurs when an attacker takes his path in a way that he subsequently forces his defender, who is within arm's distance, to collide at speed with another attacker.

The defender necessarily must not be aware, or be aware too late, that an attacker is standing in his path.

In the above-mentioned situation it might also be the case that a defender causes the collision with the other attacker on purpose, despite the fact that he is definitely aware of the attacker in his path, or becomes aware of this situation at such a time that he could avoid a collision. In these situations, the referee has to punish the defender by awarding a free shot to the attacking team.

3.7 Out-ball

The ball is out as soon as it touches any of the following

- a boundary line of the field of play (including a boundary wall if this is being used)
- the ground, a person or an object outside the field of play.
- an object above the field of play (or the ceiling if playing indoors).

In the case of an out-ball a re-start is awarded against the side that touched the ball last. The re-start

is taken under the same conditions as stated in § 3.9.

The field of play is not three-dimensional. It is therefore permitted to hit the ball, wherever it may be, back into the playing area, provided that the ball has not touched anything listed above and the rule in § 3.6 m is not violated.

3.8 Referee throw-up

This occurs when two opponents seize the ball simultaneously and in this case the referee will stop play and throw the ball up.

The same applies when play must be re-started without one side being entitled to the ball after the game has been interrupted.

The administration of a referee throw is undertaken as follows:

The referee chooses two players from the zone concerned, who must be of the same sex and if possible of about the same height. The two players take up a position on either side of the referee with the defender taking up his position first. The referee throws the ball up between them so that its highest point is out of the reach of either player and at that moment blows his whistle to indicate the re-start of the match. These two players may touch the ball after the ball has reached its highest point during the throw-up. The other players must observe a distance of 2.50 m from the place of the throw-up and may only touch the ball after one of the two selected players has touched the ball or after the ball has been in contact with the ground.

3.9 Re-start

a when to award a re-start

A re-start is awarded to the opposing team after a light infringement and the referee has indicated that one of the rules in § 3.6 has been violated. If the offending team has possession of the ball, then the ball has to be dropped immediately to the ground and if this is not done then a yellow card will be shown with the consequences mentioned in § 2.3 f applying.

b place of the re-start

The re-start is taken from the spot where the infringement was committed. If the infringement was committed against a certain person (§ 3.6 h, i, j, k, l and sometimes m), then the re-start is taken from the spot where this person was standing. If it is taken from the wrong place then the referee should request that it is taken from the correct place.

c how to take a re-start

At the moment that a player of the team taking the re-start has, or can take, the ball in his hands the player shall, without delaying the game, bring the ball into play as soon as possible. ***This shall be done without a whistle by the referee.*** The same applies for a throw off following a goal. This is taken from immediately in front of the post ***without any whistle by the referee.***

During a re-start the players of the opposing team may not hinder the taker either passively or actively.

The ball is brought into play when the ball has travelled at least 2.50 m from the place of the re-start (measured along the ground). No player from either team may touch the ball until the ball has travelled 2.50 m from the place of the re-start.

If the taker of the re-start delays the game by not bringing the ball into play as soon as possible, then the referee will blow his whistle and award a re-start to the other team.

The player taking the re-start is not allowed to score directly from the re-start. He can only score when the ball has been brought into play and has been touched by another player. An infringement is punished by a re-start to the defence from under the korf.

When the person taking a re-start or an out-ball touches a boundary line after having taken the ball into his hands, then the referee awards an out-ball to the opposing side (see § 3.6 m and 3.7).

An infringement by an opponent is punished by the award of a free shot and can be deemed as misbehaviour if this is repeated.

3.10 Free shot

a when to award a free shot

A free shot is awarded after the referee has indicated that one of the rules in § 3.6 has been violated with a heavy infringement by the opposing team. If the offending team has possession of the ball, then the ball has to be dropped immediately to the ground and if this is not done then a yellow card will be shown with the consequences mentioned in § 2.3 f applying.

b place of the free shot

The free shot must be taken from the virtual spot 2.50 m in front the post. The shot may also be taken from the place where the offence occurred.

c how to take a free shot

As soon as the referee indicates that a free shot has been given, the player who was the person that was fouled by the opponent must inform the referee whether he wishes to take the free shot from the place of the foul or from the virtual spot in front of the post. If it is the latter position he should move to the spot as soon as possible. As soon as the player is in position he must shoot within a maximum of four seconds.

An opponent may not hinder the taking of a free shot. An infringement is punished by the award of a new free shot from the spot in front of the post and a yellow card should be awarded. (A goal scored from this repeated free shot shall not be considered to be the one goal mentioned under §2.3 f)

If necessary any quarter of the match will be prolonged for the taking of a free shot until it is clear that the ball has, or has not, passed through the korf as a direct result of the free shot.

If the taker does not shoot, but chooses to pass to a team mate instead, or does not move to the spot in a timely manner then he shall be considered to infringe §3.6 g - delaying the game.

3.11 To exceed the allowed time-limit when holding the ball

Unless he is being very closely hindered by an opponent, a player is not allowed to hold the ball for longer than four (4) seconds.

An infringement is punished by a re-start to the other team.