



## SUP BALL 2021

*Thanks to SUP ShellHarbour we offer the following Rules and Strategies for SUPCBR's SUPBALL Season 2021*

### HOW TO PLAY

- Matches are played between two teams of 5 heading in opposite directions.
- A match consists of two 15-minute halves.
- Teams swap directions at half time.
- A player is considered to be 'in play' if they are either kneeling or standing on their board
- A player who is not kneeling or standing on their board is deemed out of play until they get back on their board.
- A player may play the ball with their hands or paddle.
- Prone paddling is only allowed if retrieving a lost paddle. Anyone prone paddling is out of play until they are either kneeling or standing.
- Once a player is in possession of the ball, they must stop paddling.
- Only one player from each team may play at a loose ball at any one time. If a third player attacks the ball play, they will be penalised
- 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 their whistle & the player must give the ball to the closest opposing player.
- Once a player is securely in possession of the ball (having their hand on the ball or securely held against the side of their board with their paddle), no other player can steal the ball.
- 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 & throw the ball into the centre to restart if players are deemed to be paddling in dangerous areas.

- Defending players are not permitted within 3 metres of the goal buoy they are defending.
- A goal is scored by hitting the SUPBALL goal buoys with the match ball.

Once a goal is scored 2 quick whistles will be sounded by the referee. The team which 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.

- Teams can have unlimited reserves entering 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 completed well away from the field of play. 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.

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## **EQUIPMENT**

- SUPs, paddles, & coloured (red or blue) headband.
- All players must wear a coiled leg rope.
- Please bring a water bottle for breaks as this is a high energy sport.

## **TACTICS / STRATEGY**

- 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 at any one time.
- It is a good idea to have at least one full back marking your defensive goal so that they can quickly round it & defend while the rest of the team is paddling back on side after scoring a goal.

## SUPBALL SAFETY and NON CONTACT RULES

- The safety & welfare of all players is paramount.
- Please respect other players & look out for their welfare.
- Any player can & must call stop to the game if they see another player in danger.
- Please remember this is a **friendly** sport & overly aggressive play will not be tolerated.
- Any complaints may be taken up with the referee.
- Any dangerous play may result in the player being banned from the competition.
- No paddle to paddle, paddle to board, or board to board contact is allowed.
- Any player ramming another board with their board will be given a penalty.
- Players are not allowed to 'hug' the goal at any point in the game.
- Any player who breaks a rule other than a held ball, will be penalised & 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. Failure to do so will see their removal from the game (5 minutes). All other game play will continue & only this player is deemed offside until they finish their penalty lap.
- The referee has the right to remove any player who continuously break the rules which may result in the team being short a player for the rest of the game.