



## **Competition rules Knotsbal**

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## **1. In general**

### **1.1 Fair play**

1. Players need to behave with respect and in the spirit of "fair play", to their opponents, teammates and spectators.

### **1.2 Aim of the game**

2. The aim of the game is scoring as many goals with the ball, by hitting the ball with the knots to the goal of the opponent.

## **2. Competition**

### **2.1 Teamcaptain**

3. As teamcaptain, you are the contact person with SWU Thymos. Competition-related information will be sent to the captain only. As captain, you are responsible for distributing the information to your teammates. The teamcaptain is also responsible for transmitting the score and reporting complaints to SWU Thymos if rules are violated. Scores will be transmitted by the winning team at the website ([www.swuthymos.nl](http://www.swuthymos.nl) you must be logged in). Scores should be transmitted before the end of the competition, otherwise the score will not be included in the final result.

### **2.2 Participation competition**

4. A team needs to play at least half of the scheduled games to participate in the competition. If a team can not cope with this, the team will be removed from the competition. The scores of games that are (not) played by that team will be removed retrospectively.

### **2.3 Own risk**

5. During a game of knotsbal, accidents can happen. Participation in the internal competition is completely at your own risk. SWU Thymos or Sports Centre the Bongerd can not be taken responsible.

### **2.4 Absence team**

6. If a team is unable to attend, the team captain will report this at least 24 hours before the game to the opponent and to SWU Thymos. If the schedule permits it, an alternative free time will be sought to reschedule to play the deferred game. If you agree with your opponent to play at another time, SWU Thymos should be informed via e-mail. If there is no place in the schedule to catch up the game, the team that was unable to attend in the first place will lose the game with 5-0. Same counts if a team does not show up without announcing it: the team that does not show up loses the game anyway. After not showing up once without announcing, the team will get a warning. If it happens again, Thymos can remove the team from the competition.

### **2.5 Team members**

7. The team captain has to make sure that the players in the team have sport rights. When not enough team members can attend the game, other persons may be invited to join the game. However it is not allowed to ask someone who plays in a higher level of the competition. When someone from a higher level joins, two points will be subtracted from the score. It is the responsibility of the opponent to report this.

## **3. Playing field and facilities**

### **3.1 Playing field**

8. The playing field exists of one third of the big sports hall. The blue screens or the net mark the field.
9. On both short sides of the field a mat will be placed, long side down and up. Those will be the goals.
10. The ball can be played via the walls. So a ball is never "out", unless it goes over the blue screens or on the tribune.
11. When the ball is out of the playing field, it should be brought back by a player of the team that did not hit the ball as last.

### **3.2 Materials**

12. All players in the field have a knots. The knots is a plastic tube with a head of soft foamy material. If the head of the knots comes of, make sure you don't put it back on upside down.

13. The knots can not be modified in any way, so it can negatively influence the game or make dangerous situations happen. For example it is not allowed to make the knots thicker or heavier. This could create risk for injuries.
14. The Knots should be safe for all players. The tube should not stick through the knots at the downside and the head of the knots should not be loose.
15. Materials should be put back in place neatly after the game. If this does not happen 2 points will be subtracted for both teams. The locker of the knots should be closed again after the game.

#### **4. Players**

##### **4.1 Teams**

16. In a game, 2 teams will play against each other.
17. Knotsbal is played with 4 players. At least 1 girl should be in the field. When a team plays without ladies, 2 points will be subtracted. It is the responsibility of the opponent to report this.
18. A knotsbal team exists of at least 4 players.
19. There is no maximum size of a team.

#### **5. Match instructions**

##### **5.1 Match**

20. The match starts with a face-off: the ball is put in the middle and one player of each team tries to capture the ball.
21. The length of one match is 30 minutes. This includes preparing and clearing up the field and materials.

##### **5.2 Points**

22. You get a point when the ball hits the mat. It does not matter which part or side of the mat is hit.
23. After gaining a point the game will be resumed with a keeper ball.

##### **5.3 Regulatory loss/victory**

24. If one of the teams does not show up without giving a reason and the game is not rescheduled 24h in advance, a regulatory victory will be given to the team that is present.
25. In a regulatory victory the score 5-0 will be marked, of which 5 points go to the regulatory winning team and no points for the regulatory losing team.

##### **5.4 Winning a match**

26. The team that has the highest number of points after half an hour of playing wins the match, Draw (even score) is possible.
27. For a victory 3 points are given, for draw 1 point, for loss 0 points.

##### **5.5 Mistakes in playing**

28. When a mistake is made during a match, a free ball will be given to the opponent.
29. The ball can be stopped with your foot. However it is not allowed to play soccer.
30. A keeper is not allowed to touch the ground with one or both knees.
31. A mistake is made in the following situations:
  - a. When a player actively plays the ball with any part of his body.
  - b. When the player plays the ball while making a diving movement.
  - c. When a player is actively involved in the game but not holding a knot.
  - d. When a player puts a knot between someone's legs.
  - e. When a player blocks the way of the opponent on purpose while the ball is not around.
  - f. When a player stops the ball with a hand.

#### **6. Game resumption**

##### **6.1 free ball**

32. A free ball is played from the position where the mistake was made.

##### **6.2 Insertion of the ball**

33. Insertion of the ball happens from the position where the ball left the playing field, close to the side of the field.

##### **6.3 Keeperball**

34. The keeper ball is played within a distance of 3 meters of the goal. The ball is put on the ground and then put into the game with the knots.

35. All players should be on their own side of the field when the keeper ball is played.

#### **6.4 Change of players**

36. During the game players can be changed as many times as you want.

37. The player that comes into the field can play the ball as soon as he is the only one holding the knots.

#### **7. Contact**

If there are any unclearances or problems you can always contact SWU Thymos tel: 0317-482746 or e-mail: [swu.thymos@wur.nl](mailto:swu.thymos@wur.nl).