



SLEGGEBALL

Offisielle Regler v.03

IN SHORT:

The wait is over! Finally, the official release of "Sleggeball - Official Rules v01" is here!

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Preface

The origin of this energetic sport is just as mythical and exciting as the sport itself. According to ancient legends from the village and speaking from the public, the sport has its early beginnings about 5 years ago. The sport engages and challenges everyone who participates. It offers intensive interval running, strategic placement, skills with handheld "mitts" / pillows and, not least, a great focus on collaboration.

It guarantees high heart rate, laughter and joy, and makes good warming before martial arts training. Over the years, the rules have been adapted and shaped, countless revisions have been made and dozens of people have had inputs and opinions that have developed the sport to what it is today. Only through the consideration of efforts and enthusiasm from participants through time, it has finally become possible for us to be able to promote this sport with its official regulations! It is with this a pleasure to be able to present "Sleggeball - Official Rules v.03"

On behalf of Evje Taekwondo Klubb:

Thomas Wassengen

Rules

Generally

- This is a team sport where one must score points with a foam ball.
- Two teams play against each other in the Do-book. One of the teams with a belt and the other without a belt.
- In addition, you use small kicking pad.
- A match is played on a rectangular path, with a target area at each end.
- The targets consist of a desk with a large kicking pad balanced on top.
- The targets should be placed so that one has the playing space behind.

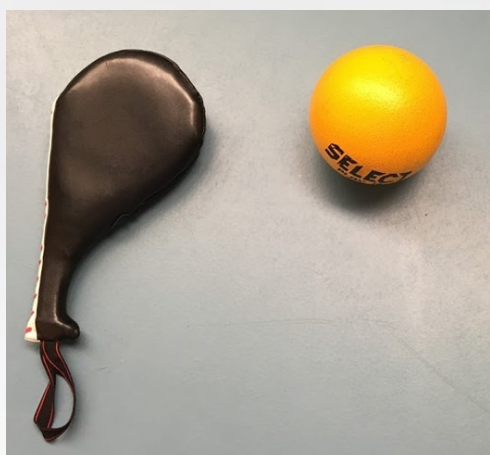
Legal and illegal action

- The ball can be hit or carried with the sledge.
- The ball can be blocked with the foot if the toes are in the ground.
- The exception is if a user is skulling, then it is not required to have foot in the ground to block.
- Locks, hands and kicks are punished by penalties from midfield on open goal, and one-point or two-point is allowed.

Equipment

The gaming equipment itself consists mainly of two things:

1. Soft ball (of the same type used in cannonball)
2. Handheld kicking pad (small type)



Each player uses 1 pc. handheld kicking pad, this is used as a "sledge hammer" and is the basis for how we play. There are several types of kicking pads and most types are allowed.

Important to use a soft ball (such as pictured) to avoid dangerous situations. It can be hard on Sleggeball and it is not unusual for some to use their face to stop a ball (both voluntarily and involuntarily).

Players

Five participants are recommended for each team. The division of teams is random, and is thus not defined by either gender, age or degree of belief.

As a thought, it may be beneficial to have good spread in age on each layer. This contributes to a smoother game and seems inclusive to everyone.

How to get points

There are two ways of taking points, and two ways of losing points:



Shooting between the legs of the table, will give you one point.



Shooting down the big kicking pad, will give you two points.



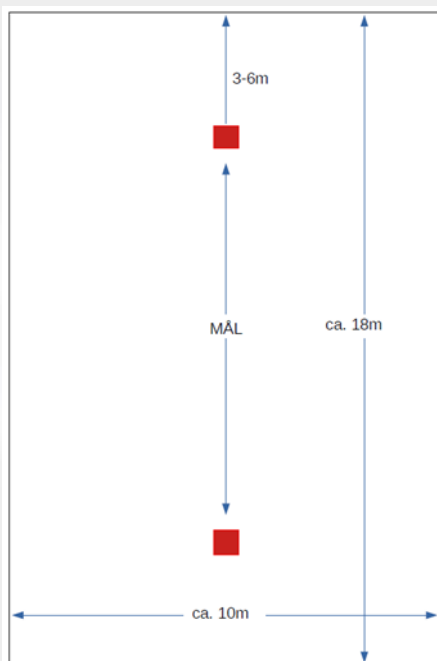
To shoot through the legs of the table from behind, will give you one minus point.



If one of the teams overturns one of the balanced pads with something other than the ball that is in play, it will give one minus point to the team that rolls over the pad, regardless of which goal.

Banen

Banens utforming:



Banens mål er omtrent 10m x 18m rektangulær. Oppmerking er ikke viktig, men det er et par andre faktorer som spiller en vesentlig rolle for å få en god bane.

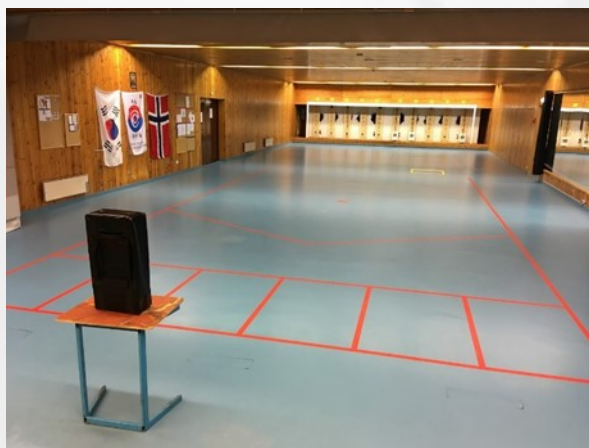
Det er avgjørende at det er plass bak målene, en avstand på 3-6 meter er å anbefale for å kunne gi nok plass til at spille kan foregå uten hindringer også i denne sonen.

Minst mulig knuselige gjenstander på vegger.

Dette er viktig for å hindre skader.

Underlaget bør være av typen gulv man finner i treningshaller eller tilsvarende, det anbefales ikke å utøve denne typen spill på uteområder dekket av gress, grus eller asfalt.

Bildet viser Evje TKD sin bane:



En ting som man må ta hensyn til er eventuell eksisterende merking (slik som på Evje TKD sin bane på bildet), denne merkingen smitter av på hvite kampsportdrakter av typen vi bruker i TKD. Dette er ikke bare negativt, da det også kan brukes som bevis på aktiv deltakelse etter endt spill – den med mest merker på drakten er ofte den som er mest engasjert!

Oppsett av mål:



Målene er todelt og består av en underdel; gammel pult eller tilsvarende, og en overdel; Stor sparkepute. Oppstillingen er som vist på bildet – sparkeputen på høykant opp på pulten.

Husk å la det være 3-6m ledig bane bak målene. Sportstape og isposer anbefales også å ha i nærheten.

Turnament

During a tournament it is necessary and have some restrictive rules, not to spend too long.

Playing with group games or just plain cup depends on the number of teams. The limitations will nevertheless be the same. A match can be settled already after it has been taken or given points twice. If the teams have equal points after this, it goes to sudden death, that is; The next point determines. If a match is not settled within 10 minutes, both teams lose.

Eksempel:

