

HI FIT EXPO presents



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Arsenal FC Hawaii



June 10 & 11, 2017 at the Neil Blaisdell Center Exhibition Hall Rules & Regulations of Play

Players

- Teams consist of six players with up to four substitutes. All players must be in uniform.
- Coed teams may consist of either gender, however at least two players of each gender must participate at the start of each game.

Substitutions

Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

Matches

A regulation match consists of 2 out of 3 games. Each game is Elimination Type which means a game played until all opponents on one side have been eliminated. The first team to eliminate all its opponents is declared the winner.

Beginning Play

Play begins with all players positioned behind their team's endline.

The Rush

- The Rush occurs at the beginning of each game or reset.

- Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- A team may rush with as many or as few players as it wants, but at least one person from each team has to Rush.
- There is no limit to how many balls an individual player may retrieve.
- Players may not slide or dive head first into the centerline or they will be called out.

Time Outs

There are no team time outs.

Outs

- Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, or uniform.
- If a player is hit by a live ball rebounding off another player or ball lying on the court.
- A defending player catches a live ball they have thrown
- Players shall return from the Queue in the order they were put "out" (i.e. first "out," first "in").

Blocking

- Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling

- The act of intentionally delaying the game.
- If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referees discretion, player or team will lose possession of all balls on their side.
- If both teams are stalling a reset should occur

Out of Bounds Rule

- If any part of the player's body touches the endlines or centerline, the player shall be deemed "out".
- Momentum may carry a player out of bounds while making a catch. Providing control of the ball was established prior going out of bounds.

Sacrifice Fly

An airborne attack, where an attacking player may legally cross the neutral zone to hit an opponent but the ball must leave the attacker's hand before any part of the attacker's body touches the opponent's territory. If successful, the player hit is out and Attacking player remains in.

Headshots

- A headshot occurs when a player is hit directly in the head by a high thrown ball.
- Any thrower committing a headshot will be deemed "out."

Uniforms

- No gloves during play.
- Each team should wear uniforms, where shirts/jerseys similar in color.