

# VAN LINT STUDENT SPORTS WEEK

## Knotsball

**Team size:** 5

**Duration of a game:** 10 minutes

### Rules:

#### Scoring points

The main goal of the game is to hit the mat of the opponent with the ball, so the mat is used as a goal. Points are scored when the ball hits the mat *at the front as well as at the side*. When one of the teams scores, both teams start again close to their own goal. The team who lost the last point can start the next point with the ball from their goal. Teams consist of 5 people. Substitutes standing at the side line can switch with players in the field any time of the game. A team loses the match automatically if they are not present at the starting time of the match.

#### Game play

When starting the game, the ball is in the middle of the field and the game starts with a *face-off*, in the same way as an ice hockey game starts (one player from both teams tick 3 times against each other's 'knots' before playing the ball). There is no 'out' in the game so if the ball hits the wall, the game continues. If the ball is hit over the boarding, it is brought in by the team which did not touch the ball last. The match takes 10 minutes without changing sides.

If there is a draw after 10 minutes in the final matches, there will be a 5-minute extra time. The first team who scores in less than 5 minutes wins the game. If the scores are still equal, there will be penalties.

In all cases it holds that the referee is always right.

#### Faults

The next things are not allowed:

- Hitting someone with the 'knots'.
- Sticking the 'knots' between someone else's legs.
- Stopping the ball with your hands (so stopping the ball with the feet is allowed. Kicking the ball will be seen as committing a fault.)
- Entering the goal area, unless it is to get the ball.

- Hitting the ball above your hips.

If a 'knot' is broken by playing bluntly, the player has to leave the game. His or her team continues the current game with one player less.

### **Goal area (protecting zone)**

There will be a protected area (the goal area) in front of both goals. It is not allowed to step in this area. When this happens, the other team gets the ball. This can be a penalty (when the defending team makes the fault) or a free ball (when the attacking team makes the fault).

### **Penalty**

Penalties are taken from the mid line. There will be no goal keeper in the goal. It is forbidden to 'play billiards'.