

International Overall League

***OFFICIAL RULES***

***OF  
OVERBALL***

*First Edition*

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an Everwind Supplemental Publication

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This book represents the real rules and regulations of a game based on the fictional sport of overball, which is a feature in the Everwind universe. Overball contains elements of soccer, rugby, and volleyball.

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**Visit these websites:**

<http://everwind.us>

<http://totaldanarchy.com>

BOOK DESIGN BY DARKANA CREATIVE

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## ***A NOTE ON OVERBALL***

Overball is a sport they play in the Everwind universe. I started the Everwind universe on a tall hill in Afghanistan way back in 2006. The idea sat in my mind for four years before I started to do something with it, and it was another two years before I put out the first story.

I never stop with just the stories, though. The universe took on a life of its own, and because I'm a graphic designer I started creating all sorts of supplemental materials for the story and setting. I began making logos and product mocks for things that appeared in the setting, which expanded to the first iteration of the Everwind website. Rather than just having a repository for the stories, I thought it would be cooler to make the site like something that might appear

in the setting. So I made it a newspaper.

I started with news articles for events that took place in the setting. This eventually branched out to recipes, real-time weather updates, classifieds, and a currency chart for all the governments. What it was missing, though, was a sports section.

Because Everwind is its own universe, the inhabitants needed a sport of their own, one that didn't exist on earth. So I created overball. From there I created 14 different teams and every Sunday I would randomly generate the game results. I did this for an entire season (the Dretch City Devils won the first championship game, and got the coveted Spedley Prize).

The game was just a name, though. I wanted to take it even further. So I drew up some basic rules and tried to picture everything in my head about how the game would work. To date, the overball stuff on the website is still the most popular portion of all the in-setting materials.

What you are about to read is the first edition to the game rules, which can be played on any American football field

(you'll need the yard lines) and a regulation soccer ball. While I would love to see real overballs teams sprouting up on earth, I would be satisfied in knowing that the game is fun to play. And while regulation rules incorporate tackling, I've included flag rules as well for those who prefer to forego that aspect.

You can contact me by leaving comments on the official Everwind site. I would love to hear if you tried this game. Let me know what worked, what was problematic, if it's fun. And let me know if you have a team. I want to know who plays what positions, the name, everything.

-Janden Hale

***THE  
RULES***

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# ***INTRODUCTION***

The purpose of this rule set is to maintain the integrity of the sport, and to make the game fairer, safer and more entertaining. Rules tend to evolve over time. As the game is played and the procedures are tested, kinks become ironed out, the game gets safer, and (hopefully) remains excited to watch and to play.

Because this is the First Edition, there may be some rules or concepts involved here that don't translate well onto the field. That's okay. If you notice something that seems problematic, give us feedback so we can improve the rules and procedures that make overball such an amazing sport.

## **Notes**

Where the word “illegal” appears in this rule book, it is an institutional term pertaining strictly to actions that violate overball playing rules. It is not meant to connote illegality under any public law or the rules or regulations of any other organization.

To leave feedback, just shoot a message over to the official Everwind Facebook page (@FB/EverwindSeries). If enough people are trying to play, we can also consider making a private group for the testing and tweaking of the game.



***SECTION 1:***  
***STRUCTURE***

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# ***STRUCTURE***

This section defines terminology and specific details regarding the structuring of various overball units.

## **Rule 1-1: Leagues**

The term “League” is defined as “a grouping of teams into a league for scheduling purposes.”

A League consists of a minimum of 4 teams.

## **Rule 1-2: Associations**

Associations are organizations that sponsor and administer one or more teams. They raise money, buy

equipment, recruit coaches, secure fields, etc. Each Association should have a member called the Overall Commissioner who oversees the association.

Associations are characterized by specific geographical coverage. They often adopt neighborhood, city, county, or state names. If there are no associations, a League is considered intramural.

### **Rule 1-3: Teams**

A team is the universal, basic unit of organization. At minimum, a teams consists of a group of participants organized under the direction of a coaching staff. Each team must consist of a minimum of 10 players and 1, who can also be a player.

### **Rule 1-4: Divisions**

A Division may be formed as a subdivision of a League, such as “Northwest Division” or “Southern Averia Division.”

## Rule 1-5: Squad Positions

### ***Backfield***

**Defender** – the person closest to the defended shade.

**Back** – usually a left and a right back will remain forward of the defender to help defend their shade.

**Roamer** – usually a roamer is a non-standard position, and a forward will be replaced to allow for a more defense-heavy formation. The roamer assists is like a center between the midfield and the backfield.

### ***Midfield***

**Center** – the center is usually the team captain, and acts as the team's nucleus.

**Midrider** – a left and right midrider flank the center in the midfield.

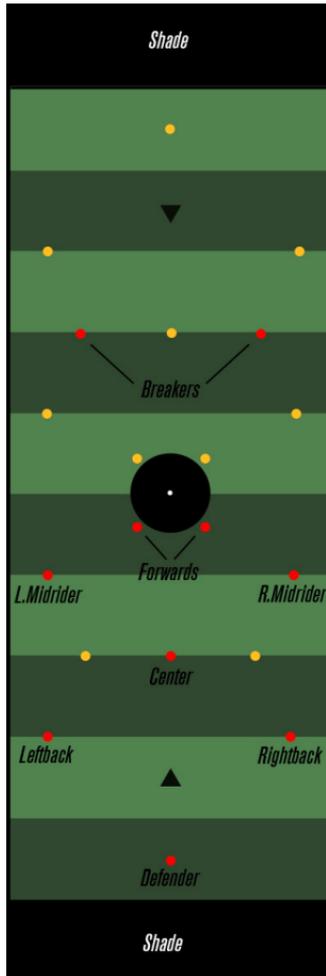
### ***Frontfield***

**Forward** – a left and right forward will play ahead of the center.

**Breaker** – a left and right breaker play farthest forward.

**Other**

**Trader** – Optional like the roamer, a trader is a player who can relieve other players in any position.





# ***SECTION 2:*** ***PLAYERS***

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# ***PLAYERS***

This section defines terminology and specific details regarding the players.

## **Rule 2-1: Age Requirements**

The minimum age for participation in any regulation game is 18. There is no maximum age limit.

## **Rule 2-2: Weight Requirements**

There are no minimum or maximum weight requirements.

## **Rule 2-3: Roster Size**

### ***Minimum Roster Size***

No less than ten 10 players may form a team. Each team must also have at least 1 coach on staff. The coach may also be listed as a player. If you start a game with 10 players, you may finish the game with no less than 8 players.

### ***Maximum Roster Size***

Not more than 24 players shall be certified onto a team roster. There is no limit to the size of coaching staff, to include medics, assistant coaches, etc.

### **Rule 2-4: Player Squad Numbers**

Each player shall wear a number between 1 and 99. Numbers “0” and “00” are illegal and should not be worn. No duplicate squad numbers are permitted. Numbers are not limited in scope to player positions; any position can wear any number.

### **Rule 2-5: Player Substitutions**

A free substitution rule is always in effect. At any time,

players may exit the field. A substitute player only enter the field during game play as long as not more than 10 players are on the field at any given time (except during clock stoppages).

## Rule 2-6: Ineligible Players

A player is ineligible to play under the following conditions:

- Player is bleeding excessively.
- Player is deemed too injured to safely continue playing by an official.
- Player is under the influence of drugs or alcohol.
- Player is under suspension.
- Player has been ejected.
- Player is underage.
- Player is noticeably ill or has a known communicable disease.
- Player causes the team to exceed the maximum number of players allowed on the roster.
- Player is attempting to use a suspended or ejected squad number.

- Player has unauthorized attire or equipment.
- Player has ill-fitting attire.
- Player's hair obscures their jersey's squad number.



***SECTION 3:***  
***STAFF***

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# ***STAFF***

This section defines terminology and specific details regarding team staff.

## **Rule 3-1: Coaches**

There shall be at least 1 coach present during every match. That coach may also serve as a player. There is no limit to the number of additional coaches, assistant coaches, etc. (with the exception of apprentice coaches; see below). All coaching staff must be a minimum of 18 years old. A minor may serve as apprentice coach so long as a parental release form has been signed. A team may have no more than 2 apprentice coaches.

## **Rule 2-2: Team Staff**

A team may have any number of non-coach and non-player staff, to include but not limited to assistants, equipment managers, medical personnel, athletic trainers, etc. Personnel under the age of 18 may serve as staff members provided a parental release form has been signed.



***SECTION 4:***  
***FIELD***

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# ***FIELD***

This section defines terminology and specific details regarding the playing field.

## **Rule 4-1: Field Size & Markings**

Field size shall be 100 yards in length and lines clearly marked at every 10 yards to serve as ***spills***, to include an endzone area on each end that serves as the ***shades***. The field must be at least 40 yards in width.

## **Rule 4-2: Field Surface**

Field surface must be either wholly natural (grass), wholly artificial (turf), sand, or snow. There is no rule on surface

color so long as markings are clear and distinct.

### **Rule 4-3: Home Team**

The home team is responsible for securing the field and the referees. All fields must be marked in accordance with American football standards (high school, college, etc.).

### **Rule 4-4: Sideline Area**

The sideline area is reserved for players, coaches, and authorized team personnel only. This is to keep the area clear for medical personnel and to prevent injury to non-essential persons. The Home Team determines which sidelines each team will occupy.

### **Rule 4-5: Extra Field Fixtures**

A field may have addition fixtures such as goalposts. These are not used.

### **Rule 4-6: Field Terminology**

**Backfield** – The area between a team’s home shade and center field.

**Bounds** – The outer boundary, to include the sideline marker and the back edge of the shade.

**Frontfield** – The area between center field and the opposing shade.

**Key Pip** – The spot on the field at the 15-yard line, center field.

**Midpip** – The spot on the field at the 50-yard line, center field.

**Shade** – The endzone or goal area.

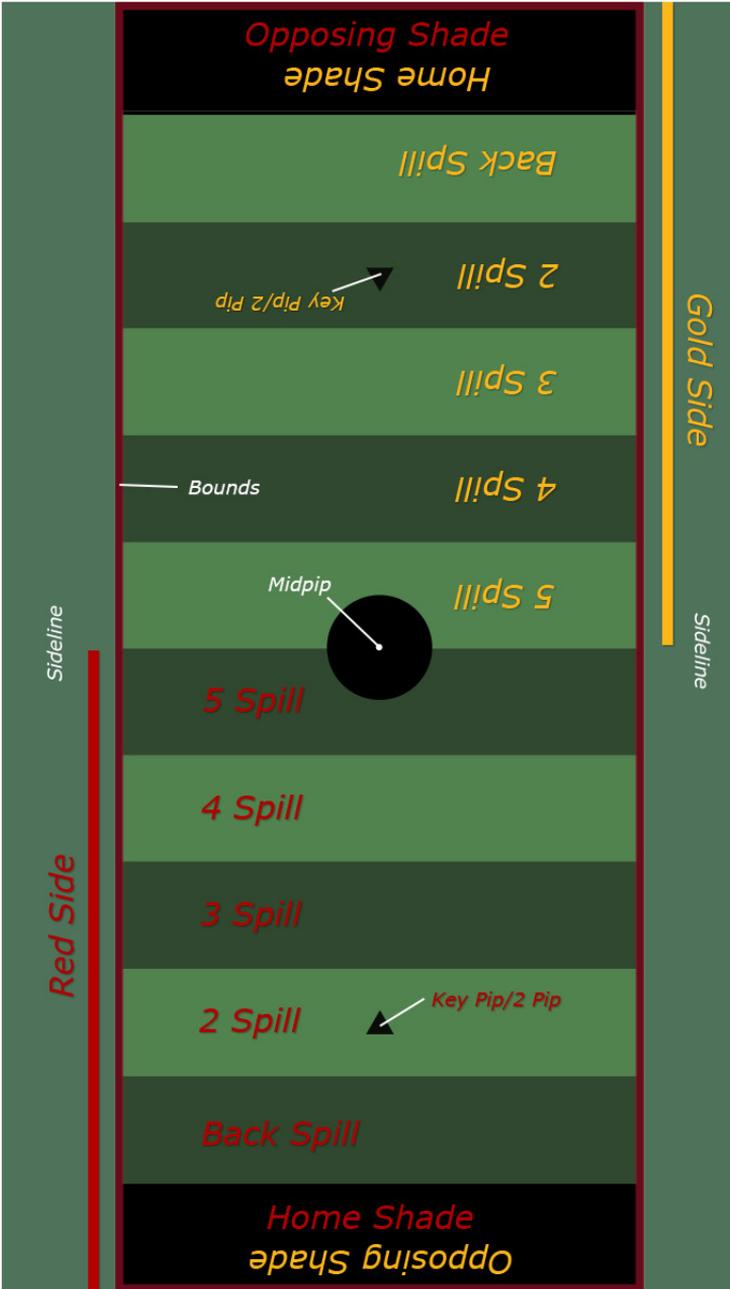
**Sideline** – The area beyond the boundary on either side of the field.

**Spill** – The section between each 10-yard line.

### Rule 4-7: Objections to the Field

Teams must inform the referee of any objections before the match begins.

The referee will attempt to resolve the issues and will not start the match if any part of the field is considered unsafe.



\*side colors used for example purposes only



***SECTION 5:***  
***EQUIPMENT***

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# ***EQUIPMENT***

This section defines terminology and specific details regarding equipment.

## **Rule 5-1: Game Ball**

All game balls must be spherical and made of suitable material. Balls must be of a circumference of between 70 cm (28 ins) and 68 cm (27 ins). Typically, regulation soccer balls are used. Each team is required to have at least 2 game balls in rotation. The ball is made of leather or a suitable synthetic material.



### **Rule 5-2: Defective Balls**

If the game ball becomes defective, play is stopped and restarted by dropping the replacement ball where the original ball became defective. If the ball becomes defective at a kick-off or penalty kick the kick is retaken with the replacement ball. The ball may not be changed during the match without the referee's permission.

### **Rule 5-3: Lack of Game Balls**

The home team is responsible for securing the field and the referees. All fields must be marked in accordance with American football standards (high school, college, etc.).

### **Rule 5-4: Player Attire**

The following are the rules regarding items that are allowed or disallowed to be worn by all players. Items in **red** are required.

- **Jersey** – Each team is required to have a home (team colors) and away (white) uniform set. Jerseys are only required to display player squad number on each side. Team names, logos,

association logos, patches, sponsor logos, and player name are all optional. All team members must wear the same color jersey. Jerseys can be short or long-sleeved. Players are not required to match sleeves.

- **Shorts**
- **Footwear** – Sneakers with molded rubber cleats (soccer) or detachable rubber or plastic cleats (football) are permitted. No metal cleats are permitted. Cleats may not exceed 1/2" in length.
- **Socks**
- **Shin Guards**
- **Athletic Cup** (optional)
- **Eyeglasses** – When worn, shall be of athletically-approved construction with non-shattering glass or contact lenses.
- **Jewelry** – Jewelry of any type is no permitted, except for religious or medical medallions, which must be covered by the jersey.
- **Additional Attire** – additional attire or padding may be worn (mouthpiece), so long as it will not

impose upon other players (attire that can injure another player is prohibited, for example).

- **Hair** – Hair may be worn in any manner, but may not obscure the number on the jersey. Any other markings on the jersey do not fall within these guidelines.
- **Fit** – Ill-fitting attire, depending on how distracting it is, may result in a referee removing a player from play until the issue is resolved.

Coaches may raise objection with a referee regarding a potential attire or equipment infraction, and the referee shall make any determinations regarding attire and equipment.

### **Rule 5-5: Uniform Colors**

All players on a team must wear the same colors. Both teams must wear colors that distinguish themselves from one another and the officials. Each team must have a home set and an away set (white). In a non-regulation

game, teams may forego away uniforms if the colors of each team are distinctive.

### **Rule 5-6: Squad Number Appearance**

Player squad numbers shall be clearly marked on both front and back of the jersey, and should be visible and distinct from half the distance of the field of play.

### **Rule 5-7: Electronic Equipment**

Coaches and non-playing staff may utilize communications equipment such as headphones, walkie-talkies, cellular phones, tablets, etc. Players may not wear any communications equipment during game play.

### **Rule 5-8: Other Sideline Equipment**

Coaches and other authorized sideline personnel may utilize equipment such as flags (not red or yellow) to communicate with players on-field. They may not use anything that relies on sound or lights. If there is a question

regarding the legality of any item, the head referee has final authority.

### **Rule 5-9: Loss of Required Item**

A player who loses a required item during game play, such as a shoe or shin guard, must replace it as quickly as possible. Game play will not stop to accommodate this.



# ***SECTION 6:*** ***TIME***

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## ***TIME***

This section defines terminology and specific details regarding time-keeping.

### **Rule 6-1: Length of Periods**

Each game is to be comprised of three equally-timed periods called tries. A game shall not be less than 60 minutes or longer than 90 minutes in play length (does not include intermissions and clock stoppages).

### **Rule 6-2: Intermission Length**

Each team shall be allocated at least 2 minutes but not to exceed 5 minutes intermission between tries.

### **Rule 6-3: Timekeeper**

The head referee shall determine who keeps the time if the field is not equipped with a scoreboard timing device. Head referee has ultimate authority of time-keeping, and can make adjustments as required.

### **Rule 6-4: Timeouts**

There are no timeouts in overball.

### **Rule 6-5: Clock Stoppages**

#### ***Injuries***

The play clock shall stop if an injury occurs, and shall remain stopped until the injured player can be cleared from the field of play. Once the referee determines the field is clear, each team has 40 seconds to transition and get set or incur a delay penalty.

#### ***Penalties***

The play clock shall stop in the event of an infraction.

Once the referee delivers the penalty, each team has 40 seconds to transition and get set or incur a delay penalty.

### ***Goals, Backstops, & Half Backstops***

The play clock shall stop in the event of a goal, backstop, or half backstop. Each team will have 120 seconds to transition and get set or incur a delay penalty.

# ***SECTION 7: SCORING***

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# ***SCORING***

This section defines terminology and specific details regarding scoring.

## **Rule 7-1: Winning Conditions**

### ***Point Accumulation***

The team with the most goals at the end of the game play time is the winner. There are no tie-breakers. Should both teams result in an equal number of points, a draw is declared.

### ***Mercy Rule***

If a team accumulates 9 points before the game play time

is up, that team is declared the winner.

### ***Concession***

If a team concedes, the opposing team is declared the winner.

### **Rule 7-2: Goals**

A **goal** is made when a player makes a legal catch inside the opposing shade. At least one body part must be in contact with the field of play prior to going out of bounds of the shade. A player must have at least one hand or one foot inside the shade when receiving the ball in order to count as a goal. A player cannot run into the shade with the ball.

#### ***Infraction: Illegal Forward Motion***

A player may gain possession of a grounded ball inside the target shade off a penalty kick as long as the ball did not come into contact with any other players after the kick was made. This results in a goal.

### Rule 7-3: Backstops

A **backstop** happens when a player gains control of the ball inside the driving side's defending shade. The player must gain positive control of the ball in any means possible (catch or pounce). This is the only time a player can "handle" the ball while grounded.

### Rule 7-4: Half Backstops

If a player in possession of the ball is tackled in their own shade, this results in a **half backstop**. No goal is scored. The tackling team gains possession of the ball and a free kick from the third spill.

### Rule 7-5: Scoring Values

- A goal is worth 1 point.
- A backstop is worth 1 point.

***SECTION 8:  
GAME PLAY***

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## ***GAME PLAY***

This section defines terminology and specific details regarding game play.

### **Rule 8-1: Coin Toss**

Prior to the start of each match, each team shall submit 3 players to witness the coin toss. The referee shall present the coin and show both sides, clearly indicating to each team's representatives which is heads and which is tails. Visiting team makes the call, and must call it in the air. The coin must land on the ground unhindered.

Winner of the coin toss determines which team makes the opening kick off and picks their starting side. The other

team will make the kick off to start the 3rd try.

## Rule 8-2: Side Changes

Because there are three periods (tries), which result in an uneven number, each team will not get to defend each shade an equal number of times. They end up defending one shade twice and the opposite shade only once. Determining who plays what side, in an effort to keep things fair, is the result of the opening game coin toss.

The winner of the coin toss gets to pick their side for the opening try, which means their choice also determines their side for the 3rd Try (because teams take the opposite side from the opening try). This leaves the 2nd Try, and choice goes to the team that lost the coin toss.

- **1st Try:** winner of the coin toss picks sides.
- **2nd Try:** loser of the coin toss picks sides.
- **3rd Try:** teams take opposite sides from what they had in the 1st Try.

### Rule 8-3: Kickoffs

Kick offs occur at the start of the 1st and 3rd tries, following a half backstop, and after a team scores a point. Kick offs are made from the ground or from a drop-kick from the hands, and must be done at or before the **Key Pip** (2 Pip). If a player misses a drop-kick and the ball becomes grounded, the kick off must be done from the ground thereafter.

### Rule 8-4: Pip-offs

The 2nd try does not begin with a kickoff, but rather a pip-off. The ball is placed on the ground at the center pip and no players from either team may occupy that shade until the whistle is blown (and clock starts). From there, the ball is in play and regular grounded ball rules apply.

A pip-off will also occur in the event that both teams incur off-setting penalties simultaneously. The pip off will take place from the center of the spill in which the ball is currently located.

## **Rule 8-5: Formations**

At the start of each try, each team must have 5 players in the backfield and 5 players in the frontfield.

Once play starts, each team must have at all times at least 3 players in front and back fields.

No more than 3 players from a team may occupy the same spill at any given time.

No more than 10 players from a team may occupy the field at any given time while the play clock is running.

### ***Infractions: Illegal Formation***

## **Rule 8-6: Forward Motion**

The ball may only move beyond a spill if it is in the air, and must be initiated from a handled ball (not a grounded ball). If a ball becomes grounded (touches the ground), it may only be kicked (soccer style) within the spill or backwards (except during kick-offs and penalty kicks). The ball may be only be thrown, popped, drop-kicked, tossed, or bumped forwards in the air to another player to move forward out of its current spill.

Players may not run with the ball beyond the current spill, but they can run backwards.

***Infraction: Illegal Forward Motion***

## **Rule 8-7: Grounded Ball**

A ball becomes grounded when it contacts the ground. At that point, players may only kick the ball within the spill or backwards. To regain handling possession of the ball, a player must kick the ball from the ground to another player, who can then catch it and resume legal forward motion.

***Infraction: Illegal Forward Motion***

A player may not dive onto a ball, such as to prevent access to it by opposing players.

***Infraction: Illegal Possession***

## **Rule 8-8: Resets**

***Ground Reset***

During a ground reset, the ball is placed mid-spill and no opposing team players may occupy that spill until the ball leaves it (buffering).

### ***In-hand Reset***

During an in-hand reset, everything is the same as with a ground reset except the ball begins play in possession.

### ***Maximum Penalty Reset Distance***

A penalty reset may proceed only to the final spill prior to the shade. A reset cannot move the ball into the forward shade for the possessing team, however, a reset can occur backwards into a defending shade, resulting in a backstop.

## **Rule 8-9: Out of Bounds**

A ball is considered out of bounds when it passes beyond the field of play, as delineated by the boundary lines, or when any part of a player in handling possession of the ball makes contact with the ground beyond the boundary.

The ball resumes play in the other side's possession from

its location upon exiting the field (whichever team last made contact with the ball gives up possession). A player must drop-kick or pass the ball from the sidelines back into play, but this kick can only travel backwards.

***Infraction: Out of Bounds***

**Rule 8-10: Tackling**

If a player is tackled while in possession of the ball, the ball changes possession from the location of the current spill. The ball is stopped and reset with a buffer. The clock does not stop. The International Overball League recommends rugby style tackling.

For a tackle to occur, the ball-carrier is held and brought to ground by one or more opponents. Being brought to ground means that the ball-carrier is lying, sitting or has at least one knee on the ground or on another player who is on the ground. Being held means that a tackler must continue holding the ball-carrier until the ball-carrier is on the ground.

Tackled players must immediately:

- Make the ball available so that play can continue by releasing, passing or pushing the ball in any direction except forward.
- Move away from the ball or get up.

A player may make contact with the ground and resume a standing position provided that they were not contacted by an opposing player while on the ground.

A player in possession of the ball may not intentionally ground the ball to avoid a tackle.

***Infraction: Intentional Grounding***

A player may not use the head while making a tackle.

***Infraction: Slicing***

Tripping with any part of the leg is illegal.

***Infraction: Sweeping***

A player may not tackle any player who is not in possession of the ball.

***Infraction: Personal Foul***

A player may not grab onto the jersey to make a tackle.

***Infraction: Holding***

A player may not contact the face of another player with the hands.

***Infraction: Facing***

If a ball comes loose during a tackle and the whistle is not blown, the ball is grounded and still in play.

If a ball handler is forced forward beyond the spill as a result of being tackled, no illegal forward motion infraction occurs and possession takes place from the forward-most spill of the tackled player.

### **Rule 8-11: Blocking**

Players may block opposing players so long as they do not make illegal contact and the blocked player can clearly view the blocker during the move. A player may only be blocked if they are clearly in motion towards a player in possession of the ball to make a tackle stop attempt and are in within 1 spill of the ball's current spill. A player may not wrap the hands during a block.

***Infraction: Illegal Block***

### **Rule 8-12: Stripping**

A ball in possession may be stripped by an opposing player, upon which regular motion and grounded ball rules apply.

### **Rule 8-13: Sliding**

A player may slide along the ground to make a kick. Doing so can sometimes result in contact of the soul with another player. This is a kicking infraction, unless the contact occurs during a slide. For a slide to be legal, the

hips must be in contact with the ground.

***Infraction: Kicking***

## **Rule 8-14: Celebration**

Celebration is permissible so long as it is not excessive so as to cause a delay of game.

***Infraction: Delay***

***SECTION 9:***  
***INFRACTIONS***

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# ***INFRACTIONS***

This section defines terminology and specific details regarding infractions and penalties.

## **Rule 9-1: Deception**

A deception call occurs if a player attempts to deceive an official, such as by wearing another player's jersey (to circumvent a suspension or ejection, for example), faking an injury to distract a referee, etc.

In minor cases, the resulting penalty is a ground reset back one spill for the penalized team and the *player is issued a warning*. In major cases (as in jersey swapping), *the team shall forfeit the match*.

### **Rule 9-2: Delay**

If a team's players do not get reset during a transition period following a clock stoppage, a delay of game infraction occurs. This results in a **ground reset** back one spill for the penalized team.

In the event of a delay following a goal, backstop, or half backstop, kick-off team will move forward one spill and the kick-off will take place there. Celebration following one of these events is permissible so long as it is not excessive so as to cause the aforementioned delay.

### **Rule 9-3: Facing**

A player cannot contact the face of another player with the hands. The resulting penalty is a **ground reset** back one spill for the penalized team. If contact is perceived as intentional, offending *player is issued a warning*.

### **Rule 9-4: Holding**

A player cannot grab onto another player's jersey. A player

may also not wrap an opposing player outside of a tackle or otherwise impede maneuver of a player outside of a legal block. The resulting penalty is a **ground reset** back one spill for the penalized team.

### Rule 9-5: Illegal Block

Players may block opposing players so long as the blocked player can clearly view the blocker during the move. The resulting penalty for an illegal block is an **in-hand reset** back one spill for the penalized team and the *player is issued a warning*.

### Rule 9-6: Illegal Formation

The following bullets explain what constitutes an illegal formation:

- Should at any time during game play a team have less than 3 players in the front or backfield, an illegal formation call (**off-sides**) will be made. This results in a **ground reset** back one spill for

the penalized team.

- Should at any time during game play a team have more than 3 players occupying the same spill, an illegal formation call (*breaching*) will be made. This results in a **ground reset** back one spill for the penalized team.
- Should at any time during game play a team have more than 10 players on the field, an illegal formation call will be made. This results in a **ground reset** back one spill for the penalized team.
- If a player breaches a spill during a buffer, an illegal formation call (*breaching*) will be made. This results in a **ground reset** back one spill for the penalized team.

If a goal is scored during an illegal formation, and play was not stopped, the *goal is recanted* and a **penalty kick** is issued to the defending team from their own key pip.

If there is an illegal formation during kick off, this results

in a **ground reset** back one spill for the penalized team. The kick off will be redone from the new position.

### Rule 9-7: Illegal Forward Motion

A grounded ball may not be kicked or propelled forward beyond the boundary of its current spill.

A player with handling possession of the ball may not travel beyond the boundary of the current spill; this occurs when any part of the ball handler's body touches the ground forward of the current spill. Should this happen as the result of being tackled, no infraction is made and possession takes place from the forward-most spill of the tackled player.

The resulting penalty for illegal forward motion is a **ground reset** from the spill in which the infraction occurred and a **change of possession**.

### Rule 9-8: Illegal Possession

A player may not dive on a ball and prevent access to it.

A player may not handle a grounded ball with the hands except under the following conditions:

- when inside one's own defending shade, the ball may be picked up
- when attempting a half backstop in an opposing team's shade
- when attempting a goal off a penalty kick (see ***Rule 9-18: Penalty Kicks***)

The resulting penalty is a **ground reset** from the spill in which the infraction occurred and a **change of possession**. If the infraction occurs by a player inside the opposing team's shade, there will be a **ground reset** and **change of possession** at the key pip.

### **Rule 9-9: Intentional Grounding**

A player in possession of the ball may not intentionally ground the ball to avoid a tackle. This results in a **ground reset** and a **change in possession** from the spill in which the infraction occurred.

## Rule 9-10: Interference

A player cannot force another player out of the way to gain access to a ball in play. The resulting penalty is a **ground reset** in the spill at the spot of the infraction and **possession goes to the other team**.

## Rule 9-11: Kicking

A player cannot contact another player with the soul of their feet except in instances where a player goes down and gets stepped on during normal game play. This results in an **in-hand reset** back one spill for the penalized team and the *player is issued a warning*.

Players can contact the ball with the souls of the feet, provided they do not contact another player in that manner while doing so, except in the case of a slide, which is when a player slides along the ground to make the kick. For a slide to be legal, the hips must be in contact with the ground.

## Rule 9-12: Out of Bounds

A ball is considered out of bounds when it passes beyond the field of play, as delineated by the boundary lines, or when any part of a player in possession of the ball makes contact with the ground beyond the boundary.

The ball resumes play in the **other side's possession** from its location upon exiting the field (whichever team last made contact with the ball gives up possession).

A player must drop-kick or pass the ball from the sidelines back into play, but the ball can only travel backwards.

## Rule 9-13: Personal Foul

A player cannot tackle, slam, kick, punch, bite, spit on or at, etc. another player except by reasonable accident when actively trying to make a move on the ball. A player may also not intentionally throw or kick the ball at an opposing player with the intent to harm them. A **penalty kick** will be awarded from the spill in which the infraction occurred and the *player will be issued a warning.*

### Rule 9-14: Slicing

A player may not use the head while making a tackle. This results in an **in-hand reset** back one spill for the penalized team and the *player is issued a warning*.

### Rule 9-15: Sweeping

Tripping with any part of the leg is illegal, except by accident while making a legal move on the ball. This results in an **in-hand reset** back one spill for the penalized team and the *player is issued a warning*.

### Rule 9-16: Extra Persons on the Field

Any non-player who enters the field during game play will be considered an extra players, and an *illegal formation* infraction will occur. This includes coaches and other staff, spectators, etc.

### Rule 9-17: Fighting

Any player who engages in fighting either before or during

the game will be **ejected** from the *current game and the one following*, and will incur a fine (see **Rule 9-20: Ejection**).

### **Rule 9-18: Penalty Kicks**

A penalty kick will be awarded in the event of a personal foul infraction. There will be a ground reset in the spill in which the infraction occurred. The ball may be kicked from the ground in any direction, including forward beyond the spill.

A penalty kick is awarded to a defending team in the event that a goal is scored in their home shade during an illegal formation. There will be a ground reset and the kick is taken from their own key pip.

A teammate of the penalty kicker may gain possession of a grounded ball inside the target shade off a penalty kick as long as the ball did not come into contact with any other players after the kick was made. This results in a goal.

Penalty kicks are the only time, apart from kick-offs, where

a ground kick may not cause an illegal forward motion infraction.

### **Rule 9-19: Warnings**

A player will be issued a warning for each illegal contact infraction. If a player accumulates 3 warnings in a game, they are suspended from play for 15 minutes. If a player accumulates 3 personal foul warnings, they are ejected for the rest of the game (see ***Rule 9-20: Ejection***).

### **Rule 9-20: Ejection**

Players ejected from the game will also forfeit their next game. If a coach is ejected during a game, and is the only coach on staff, another player may act as interim coach. The coach will also forfeit the following game.

Players may be ejected from a game under the following conditions:

- they accumulate 3 personal foul infractions in a game

- fighting
- illegal referee contact
- arguing with a referee
- any other conduct which a referee shall deem unsportsmanlike or ejection-worthy

### **Rule 9-21: Offsetting Penalties**

Should both teams incur penalties which offset, there will be a ground reset in the spill at the last position of the ball and both teams will buffer the spill for a pip-off.

### **Rule 9-22: Contact With Officials**

#### ***Physical Contact***

Any player, coach, staff, or spectator who makes physical contact of an aggressive nature (strike, push, etc.) will be subject to *suspension* or *ejection* from the game, may be *subject to a fine*, or *permanently banned from League activities*.

#### ***Verbal Contact***

Any player, coach, staff, or spectator who makes verbal contact of an aggressive nature will be subject to *suspension* or *ejection* from the game, may be *subject to a fine*, or *permanently banned from League activities*.

***SECTION 10:***  
***REFEREES***

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# ***REFEREES***

This section defines terminology and specific details regarding referees, their duties, responsibilities, authority, and other details.

## **Rule 10-1: Referee Authority**

Each match is controlled by a head referee who has full authority to enforce the rules of the game in connection with the match. Additional referees defer to the authority of the head official.

## **Rule 10-2: Referee Decisions**

Decisions will be made to the best of the referee's ability

according to the rules and the 'spirit of the game' and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the rules of the game. The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee, and all other match officials, must always be respected.

The referee may not reverse a decision on realizing that it is incorrect or on the advice of another match official if play has restarted, the next try has begun, or the match is terminated.

### **Rule 10-3: Number of Referees**

There must be at least 2 referees present at every game.

For a sanctioned or championship game, there must be at least 4 referees.

Should any referee become incapacitated so as to bring the number of officials below minimum, the game may

be rescheduled. If a referee is incapacitated, play may continue under the supervision of the other match officials until the next stop.

### **Rule 10-4: Referee Duties**

The referee:

- enforces the rules
- controls the match in cooperation with the other match officials
- may serve as timekeeper
- stops and starts play in accordance with the rules
- keeps a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match

### **Rule 10-5: Referee Equipment**

Referees must have the following equipment:

- Whistle
- Watch or Stopwatch
- Black and white striped top with either shorts or athletic bottoms
- Red or yellow flag for signaling infractions
- Notebook (or other means of keeping a record of the match)

### ***Other Equipment***

Referees and other on-field match officials are prohibited from wearing jewelry or any other electronic equipment, including cameras.

### **Rule 10-6: Referee Hand Signals**

**Backstop** – One arm raised straight into the air.

**Breaching** – see illegal formation sections B and C.

**Deception** – One arm hidden behind the back.

**Delay** – Hands forming a T out front, as in *time*.

**Facing** – One hand makes a tugging motion near the face.

**Goal** - Both arms raised straight into the air.

**Half Backstop** - One arm raised in the air at 45 degrees.

**Holding** – One hand clenches the other wrist.

**Illegal Block** – One arm makes a push or punch motion straight out to the side.

### **Illegal Formation**

- A) Hands crossed in an X overhead.
- B) Hands forming a circle in front of the torso (too many players in a spill)
- C) Hands forming a circle in front of the torso, then one hand moves forward (buffer violation).
- D) One arm waves back and forth horizontally (off sides).

**Illegal Forward Motion** – Rotating hands in front of the chest.

**Illegal Possession** – Hands cross in an X in front of the

chest.

**Intentional Grounding** – One arm raised overhead, the other arm points to the ground.

**Interference** – Both hands make a pushing motion to the side.

**Kicking** – One arm held out and brought down against the leg.

**Off Sides** – see illegal formation section D

**Out of Bounds** – Both hands posted on the hips at the spot of the infraction.

**Personal Foul** – One arm brought down onto the forearm of the other, like a chop.

**Slicing** – One arm overhead, tapping the top of the head.

**Sweeping** – Wave one hand back and forth while pointing toward the ground.



## **OVERBALL REFEREE HAND SIGNALS**



**BACKSTOP**



**BREACHING**



**DECEPTION**



**DELAY**



**FACING**



**GOAL**



**HALF BACKSTOP**



**HOLDING**



**ILLEGAL BLOCK**



**ILLEGAL FORMATION**



**ILLEGAL FORWARD MOTION**



**ILLEGAL POSSESSION**



**INTERFERENCE**



**INTENTIONAL GROUNDING**



**KICKING**



**OFF SIDES**



**OUT OF BOUNDS**



**PERSONAL FOUL**



**SLICING**



**SWEEPING**





***SECTION 11:***  
***FLAG OVERBALL***

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# ***FLAG OVERBALL***

This section defines terminology and specific details regarding flag overball considerations.

## **Rule 11-1: Flag vs Tackle**

Should teams decide to play a match that doesn't involve tackling, flag rules will be used. All rules remain the same, with the exception of any rule involving tackling and blocking. Additional rules for flag-specific play will take effect.

## **Rule 11-2: Flag Equipment**

- A) Each player shall wear a flag belt.

- B) Each belt shall have one flag.
- C) Flags must all be the same size.
- D) The flag shall hang from the center of the back.
- F) Teams will wear different colored flags, but all players on a team must have the same color.
- G) Flags cannot be obscured, such as by a jersey.
- H) Flags must be in contrasting colors to the uniform.

### **Rule 11-3: Flag Removal**

A flag must be removed from the belt completely. This will count as a tackle.

### **Rule 11-4: Spill Location**

Possession of the ball following a flag removal will resume from the location of the ball, not the flag.



***SECTION 12:  
GLOSSARY***

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## ***GLOSSARY***

This section defines terminology.

**Association** – an organization that sponsors and administers one or more teams.

**Back** – a backfield player position that plays just forward of the defender.

**Backfield** – the area between a team's home shade and the center pip.

**Backstop** – gaining control of a ball in the opposing team's possession inside the opposing shade.

**Blocking** – Intervening an opposing player's attempt to tackle.

**Bounds** – the outer perimeter of the field.

**Breaching** – an illegal formation infraction where more than 3 players of a team occupy the same spill or violate a buffer.

**Breaker** – a player position closest to the opponent's shade.

**Buffer** – when players cannot enter a spill following a reset.

**Center** – a player position typically between the backs and midriders.

**Cleats** – footwear that includes cleats on the soul.

**Coach** – a staff position that oversees training, management, strategies, etc. of the players.

**Coin Toss** – a pre-match procedure to determine opening kick-off and sides.

**Concede** – to quit a match and give the win to the opposing team.

**Deception** – an infraction involved an attempt to deceive an official.

**Defender** – the player position closest to the defended shade.

**Delay** – an infraction caused by delaying the game.

**Discretion** – judgment used by a referee or other match official when making a decision.

**Division** – a subdivision of a League.

**Ejection** – when a player or another person is kicked out of the game by the referee.

**Facing** – an infraction caused by contact of the hands to the face of an opposing player.

**Field** – the play area.

**Flag** – a red or yellow marker used by a referee to indicate that an infraction has occurred.

**Formation** – Specific positionings of players on the field.

**Forward** – a frontfield player position between the midriders and breakers.

**Forward Motion** – legal movement of the ball forward beyond a spill.

**Frontfield** – the area between the center pip and the opposing shade.

**Goal** – scoring a point by gaining possession of the ball in the opposing shade.

**Ground Reset** – referee placement of the ball on the ground following an infraction.

**Grounded Ball** – a ball that touches the ground and has not been repossessed.

**Half Backstop** – tackling an opposing player inside their own home shade.

**Hand Signal** – a visual cue of a referee to indicate the type of infraction.

**Holding** – an infraction caused by grabbing a jersey or wrapping an opposing player outside of a tackle.

**Home Shade** – the shade a team defends (behind your team).

**Illegal Block** – an infraction caused by blocking a player who could not see the block.

**Illegal Formation** – an infraction caused by any number of

illegal placement of players on the field.

**Illegal Forward Motion** – an infraction caused by running or kicking a grounded ball forward beyond its current spill.

**Illegal Possession** – an infraction caused by diving on a ball outside of a shade.

**In-hand Reset** – referee placement of the ball in a player's possession following an infraction.

**Infraction** – breaking a rule of the game.

**Intentional Grounding** – an infraction caused by throwing a ball away to avoid being tackled.

**Interference** – an infraction caused by forcing another player out of the way to gain access to a ball in play.

**Jersey** – a player's uniform top.

**Key Pip** – the 2 Spill pip where kick-offs are made.

**Kick-off** – a kick intended to relinquish possession of the ball to the opposing team, done from the **Key Pip**.

**Kicking** – an infraction caused by contacting another player with the soul of the cleat.

**League** – a grouping of teams into a league for scheduling purposes.

**Match** – a game played between two teams.

**Mercy Rule** – when a team wins the game by accumulating 9 goals.

**Midpip** – the center point on the field.

**Midrider** – a player position between the center and forwards.

**Official** – see *Referee*

**Offsetting Penalties** – when both teams incur penalties that cancel each other out.

**Off Sides** – an illegal formation infraction caused by a team having less than 3 players in the frontfield or backfield.

**Opposing Shade** – the shade the opposing team defends (forward of your team).

**Out of Bounds** – when a ball or player in possession of the ball exits the field of play.

**Overball** – the game ball which the game is named after.

**Penalty** – the consequence for a rules infraction.

**Penalty Kick** – a free kick following an infraction where the ball may be kicked forward from the ground, which is otherwise illegal except during kick-offs.

**Personal Foul** – an infraction caused by unnecessary use of force against another player (biting, striking, etc.).

**Pip** – the center point of a spill (see *Key Pip* and *Center Pip*).

**Pip-off** – When the ball is placed at a pip and both teams buffer until play starts.

**Player** – a participant in the game.

**Possession** – controlling the ball by handling it.

**Referee** – an official who oversees and governs the match in accordance with the rules.

**Reset** – see *Ground Reset* and *In-hand Reset*

**Roamer** – a non-standard player position which replaces a forward to allow for a more defense-heavy formation.

**Shade** – the goal area on each end of the field.

**Shin Guards** – protective padding worn over the shins.

**Shorts** – a player's uniform bottom.

**Side Change** – when teams switch sides at the beginning of a try.

**Sideline** – the side boundary of the field and the area just beyond.

**Slicing** – an infraction caused by a head tackle.

**Slide** – a move where a player slides across the ground to kick the ball.

**Spill** – the area between 10-yard marker lines.

**Stripping** – knocking or pulling a ball away from a player in possession.

**Substitution** – when a player exits the field and is relieved by a replacement player.

**Suspension** – a period of time following 3 warnings where a player is barred from playing.

**Sweeping** – an infraction caused by tripping another player.

**Tackle** – knocking or dragging a ball-carrying player to the ground to force a change in possession.

**Team** – the universal, basic unit of organization. At minimum, a team consists of a group of players organized under the direction of a coaching staff.

**Timekeeper** – a person designated to keep time.

**Trader** – a player position that is usually reserved for a versatile player who can relieve any position.

**Try** – one of three game periods. Short for triad.

**Warning** – a verbal reprimand from a referee following a contact foul.

**Whistle** – device used by a referee to signal start or stop of play.

