

# SOFT FOAM POLO

## The Playing Area

1. When playing indoors, a basketball court can be used.
2. When playing outdoors, an area about the size of a gymnasium should be used making sure the boundary and centre lines are marked out clearly.
3. Goals are recommended to be 155cm wide x 140cm high but any size can be used as long as both goal sizes are the same.

## The Teams

1. Each team has 6 players.
2. 1 player from each team is the goalkeeper who can stop the ball with their sticks, hands or feet.
3. 1 player from each team is the centre who is the only player who is allowed to move anywhere in the court.
4. 2 players from each team are defenders who are not allowed to move over the centre line into the opposition's half. These players work together with the 'keeper to prevent the opposition from scoring.
5. 2 players from each team are attackers who are not allowed to move over the centre line into their own half. These players work with the centre to score.

## The Game

1. The game is 24 minutes long. The 24 minutes is split into 3 periods of 8 minutes with a 5 minute break between periods.
2. Toss a coin to decide which team starts with the ball. The winning team of the toss starts the game by playing the ball forward from the centre line towards the opposition's goal.
3. If the ball goes over the boundary lines, the last team who touched the ball loses possession.
4. If the game is tied after the 24 minutes of play, periods of overtime will be played, lasting 5 minutes each, until a team score.

## The Play

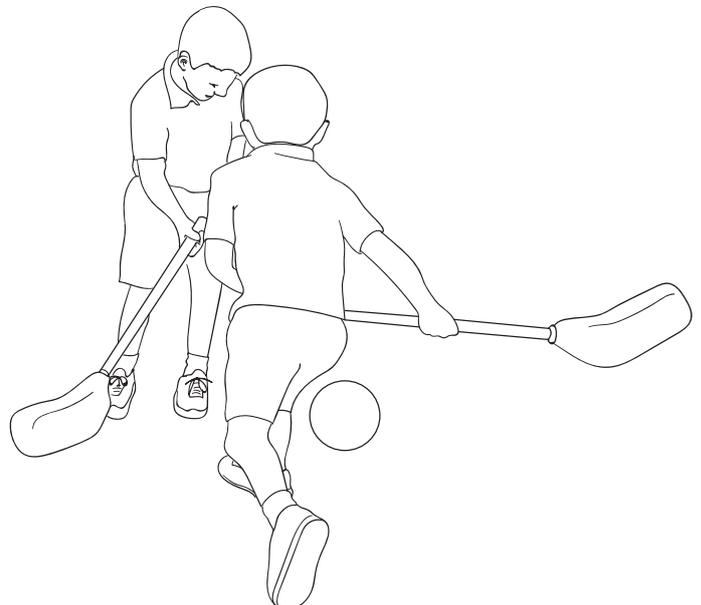
1. The clock starts when the ball is put into play. The clock will stop when a goal is scored or when a foul is committed. The clock will restart when play recommences.
2. Play is continuous unless a goal is scored or a foul is committed.
3. Substitutions can be made at any time.

## Scoring

1. A goal cannot be scored directly from a free hit following a foul.
2. A goal can be scored when the ball deflects off another player or equipment, but not if the ball is kicked into the goal.
3. A goal is scored if the ball crosses the goal line.

## Goal Keeping

1. The goalkeeper can use his / her hands, feet or stick to clear the ball from the goal line.
2. If the 'keeper throws the ball, kicks the ball or strikes the ball and it crosses the centre line before touching another player, a foul is given.
3. The 'keeper can be penalised for obstruction, high sticking, foul play and using his / her hands and feet outside the goal box.
4. The 'keeper is not allowed to hold the ball for more than 3 seconds.
5. The 'keeper is not allowed to throw the ball directly out of play.



## Fouls

1. Hacking at another player whether or not contact is made.
2. Raising the stick above shoulder height.
3. Contact with the 'keeper inside the goal box.
4. Pushing, holding or tripping.
5. Obstruction.
6. Throwing the stick.
7. Holding or placing a foot on the ball to delay the game.
8. Diving or sliding to stop the ball.
9. Defenders crossing the centre line into the opposition's half.
10. Attackers crossing the centre line into their own half.
11. No players except the 'keepers are allowed to play the ball in the goal box.
12. No players except the 'keeper are allowed to catch or grasp the ball. The ball is allowed to be hit with the hand.
13. Deliberately grabbing, hitting, kicking or hooking the stick out of an opponent's hand.

## The Administration of Fouls

1. Any player charged with a foul must sit out for 2 minutes. During this time play continues.
2. If a goal is scored while a player is sitting out, that player may return to the game as long as it is not the 5th foul committed by that player. If so a substitute must be sent on.
3. If the 'keeper is charged with a foul, he or she may stay on the pitch, but another player from the team has to sit out. Alternatively the 'keeper can go off and another player can go in goal.
4. Any player who is charged with 5 fouls must sit out the rest of the game.
5. Fighting or deliberately fouling another player may lead to that player being expelled from the game at the referee's discretion.

## General

1. All these rules are guidelines and can be adapted depending on group size and skill level.
2. The main rules to observe are any which may affect the safety of the players.