



OF RULES RAQBALL

VERSION 050820

RAQBALL is a collective sport played with **Raquettes**. It is played with teams of 6 players each (3 in play and 3 replacements). In informal practice, the number of players may be set freely.

It may be played on any type of surface: hard, grass, sand...

The playing surface is flat, free of any obstacle. Its dimensions are: are 20m long by 10m wide. Variations are possible.

The **Targetts** must be positioned at the centre of the baseline, with the front of the **Target** base standing behind the baseline, in accordance with the manufacturer's specifications.

The aim of each team is to score in the opponent's **Target** and also to prevent the opponent from scoring.

The **Ball** is only ever played with the **Raquet** held in one hand, and must never stop moving.

A player must not deliberately block the **Ball** using his foot, any part of his leg or his free hand.

The player can move in **Drib'up** (*dribbling by bouncing the **Ball** upwards*), in **1Ground** (*by bouncing the **Ball** once on the ground*).

He can pass the **Ball** to a team-mate, either by throwing it upwards or by bouncing it on the ground.

The **Ball** can be restarted after a **1Ground** either by the player or by a team-mate.

Defence: The player in defence only has the right to hinder the attacker by using the arm holding the **Raquet**, without any contact. He has to keep a Shoulder + **Raquet** distance from the attacker and can't take the **Ball** that is bouncing on his **Raquet**, except when the bounce rises higher than the player's head.

Restart of play: After the ball has been throw out of the playing area or a fault has been committed, play is restarted by making a pass or starting in **Drib'up** (***Ball** / **Raquet** contact*), with an initial contact outside the line, level with ball's point of exit or with the fault.

After a **Targ**, the team that has sustained it restarts from its **Target**.

Scoring :

A **TARG** that touches the TARGGET counts as **1 point**.

A **TARG** that passes the central hole of the TARGGET from the opponent's area counts **2 points**.

A **TARG** that passes the central hole of the TARGGET from the thrower's own zone counts **3 points**.

Glossary :

RAQUET	Racket of raqball
TARGGET	Target of raqball
TARG	Shot at the Target
DRIB'UP	Bouncing the ball on the Raquet
1GROUND	Bouncing the ball once on the ground

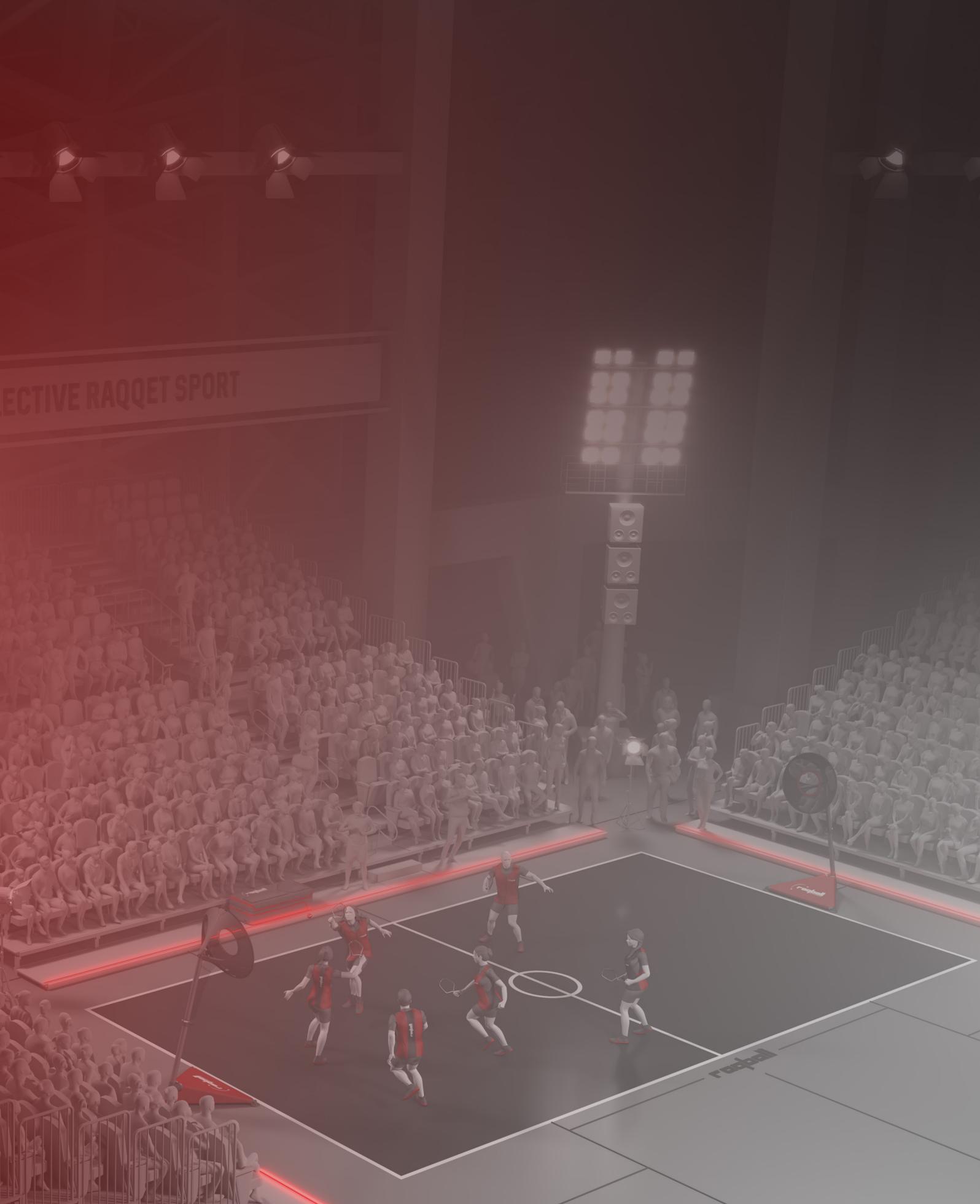


For further details, you can find the Official Rules of Raqball in the website of the

INTERNATIONAL RAQBALL FEDERATION

www.raqball.org

LECTIVE RAQQUET SPORT



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930 ROUTE DES DOLINES - 06560 VALBONNE SOPHIA-ANTIPOLIS - FRANCE

contact@raqball.com