

# ENDZONE JUNIORBALL

## RULES

(proposed – adapted from Ultimate Frisbee)



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<b>The Field</b>	A rectangular shape with end zones at each end. A field can be any size but generally it will be approximately 50m by 25m, with end zones behind the goal lines.
<b>The Team</b>	There are 5 players per team on the field at any time with a nominal maximum of 10 per team. The aim is for each player to have time on the field.
<b>To Start the Game</b>	At the start of the game or when possession changes both teams will line up on the front of their respective end zone line. The defence throws the ball to the offense. There are 5 players per team on the field at any time.
<b>Scoring</b>	Each time the offense completes a pass in the defence's end zone, the offense scores a point. Play is initiated after each score.
<b>Movement of the Ball</b>	The ball may be advanced in any direction by completing a pass to a teammate. <b>Players may not run with the ball.</b> The person with the ball ("passer") has ten seconds to throw the ball. The referee will count out the stall count.
<b>Throwing the Ball</b>	The ball can only be thrown over-hand. No rugby style two-handed passing. Defenders cannot obstruct or interfere with the passer.
<b>Change of possession</b>	When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the ball and becomes the offense.
<b>Substitutions</b>	Players not in the game may replace players in the game after a score and during an injury timeout.
<b>Non-contact</b>	No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
<b>Fouls</b>	When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
<b>Spirit of the Game</b>	<b>ENDZONE</b> stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

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