

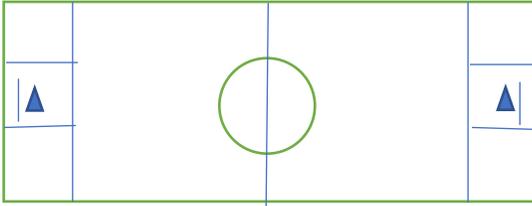
Sabakiball Rules

The word **sabaki** is a Japanese verb meaning **to move or maneuver**. And in Sabakiball that is exactly what you do, all of the time

The Equipment

One small (6") and soft ball, the [BakiBall](#)

The court:



We will use the gym so there is no out-of-bounds. Tables on their side will be used as a backboard and a bowling pin will be used as a goal to be knocked down to score. The pin is placed about 3 feet in front of the backboard.

The goal box is approximately a 10-foot square marked on the sides by the basketball key sidelines and front to back on the first 2 tan lines. The back board is on the first tan line and the front is in line with the no-shot line.

The no-shot line marks the area from side-line to side-line in front of and even with the front of the goal box. This line is the one on the 2nd tan line in from the end of the gym.

The Object of the Game

Score goals by striking the pin with the ball. You can strike the pin directly or by re-bouncing the ball off of the backboard. Each score is worth one point.

The Basic Rules

The game starts out with a jump-ball at center court, similar to basketball. Players may either grab or tip the ball to their teammates.

Three Pass Rule. A team must complete a minimum of three consecutive passes before attempting a shot on goal. If the ball hits the ground for any reason, or if the other team gains possession of the ball, you must start your three passes all over again. It is important to remember that, while you can move the ball up the court in any way you wish; running, dribbling, passing, even using your feet, if the ball touches the ground you start your three passes over again. Also, a ball on the ground is called a scrum and any player may grab the ball gaining possession for their team. Please no diving or sliding on the floor to get to the ball. Safety!

Three Second Rule. Once you gain possession of the ball, you have just three seconds to get rid of it; either by passing the ball to another player, taking a shot, or releasing the ball. Dribbling the ball does restart your three seconds, but it also restarts your three passes. Goalies may not restart their three seconds while in their goalie box. The Three Second Rule should not be confused with the three steps

allowed in Team Handball or Ultimate Frisbee. In Sabakiball your feet should ALWAYS be moving, and some players can run the entire length of the court in three seconds!

Goalie Box. In front of each BakiBoard is a clearly marked Goalie Box. Players other than the goalie cannot reach in, step in, or run through the Goalie Box. In fact, when a player takes a shot on goal, their arm cannot go over the Goalie Box line as they release the ball. Entering the Goalie Box results in the ball being given to the other team at mid-court and a warning is issued. After a third warning, a two-minute penalty is assessed, and that team must play short-handed.

No-Shot Zone. Extending all the way across the court, along the front of the Goalie Box, is the No-Shot Zone. Players may go into the No-Shot Zone but may not score a goal from the No-Shot Zone. Sometimes players do take their shot from inside the No-Shot Zone. KEEP PLAYING! If the pin goes down because of a shot from the No-Shot Zone the goal is disallowed. Put the pin back up and continue playing. **A Jump Shot** is where a player starts a jump before the No-Shot Zone and shoots before their foot hits the ground. This is allowed and a point is awarded if the pin is knocked down.

Goalies:

- In Sabakiball, the goalie is encouraged to advance to mid-court to become part of the offense. This is called “playing the point.” Goals may be scored from the point (goalie). If the team has no clear shot and no one open for a pass, they may utilize their goalie.
- Goalies may not pass the mid court line.
- After an infraction of the rules, play begins again at enter court with the opposing goalie throwing the ball into play.
- After a score, the opposing goalie has 3 seconds to retrieve the ball and get back to the goal box. Then the goalie has 3 more seconds to throw the ball into play.

General Information:

- Sabakiball is a **NON-CONTACT** sport! You may **not** knock people off the ball, and there is no stripping the ball away. You may block the ball, intercept the ball, and if the ball is on the ground (called a scrum) you may go get it. But, watch the contact! Guarding is from one arm length away and only one person at a time may guard the person with the ball.
- Man to man defense or zone defense is encouraged.
- Each time a pin goes down, intentionally or not, a point is awarded.
- Each score is worth one point.
- Remember, keep moving to keep yourself open for a pass or a clear shot to score.

HAVE FUN!