

DBL Ball Shortened Rules - 2016 Edition

DBL Ball is a new team sport. This game was designed to be intense as well as accessible in regards to technique and required material. This new sport is in constant evolution to better represent the values and internal logic of DBL Ball.

This document is an shortened version of the DBL Ball rule book. All basic rules and guidelines are present in it. Upon reading this shorter version of the rulebook, a player would be all set to play a friendly game of DBL Ball with friends.

On the other hand, if you wish to take DBL Ball to a competitive level, we suggest you to subscribe to the DBL Ball League's Newsletter. You can click on the following link (https://www.facebook.com/dblball/app_100265896690345). By subscribing, the complete rulebook free of charge is send to you by email.

The Newsletter is a digest of the best tips on DBL Ball, the latest strategies, the play of the month, answers about the rules and some exercises to sharpen your DBL Ball skills.

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1 : Necessary Equipment

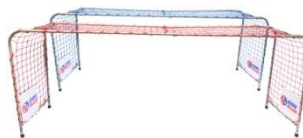
1 Ball

8,5 inches in diameter
Made of rubber
Type PG85 ball

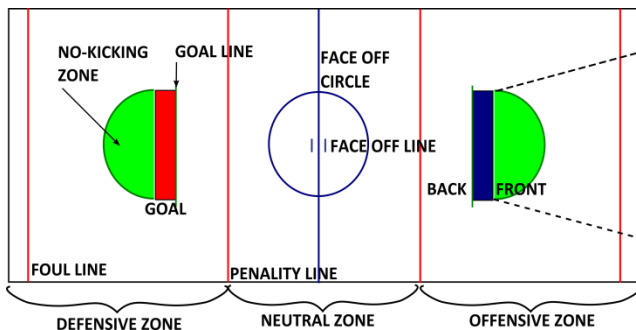


2 DBL Ball goals

Made of Steel
24 inches in depth
42 inches high
109 inches wide
Nets on the top and sides but none on the backside of the goal



A DBL Ball court/field



A gymnasium or grassy field
The minimum size of the court should be of 15 by 20 meters
The maximum size of the court should be of 20 by 30 meters
The lines (limits) used in DBL Ball are similar to the ones used in basketball
The distance between the goal and the wall (or end of the field) must be of at least 7 meters

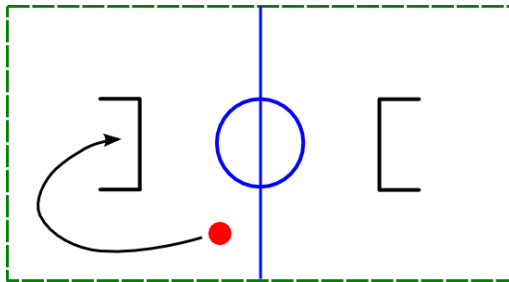
2 : DBL means Dribbler Botter Lancer (or Dribble, Kick or Throw)



Players in possession of the ball must dribble or kick the ball around in order to move. Also, it is permitted to double-dribble in DBL Ball. In other words, you may use two hands to dribble and you can stop dribbling momentarily then start again.

Walking with the ball is prohibited. Players can take the ball on the ground or drop it at any time in the game without interrupting the play.

3 : Scoring Points

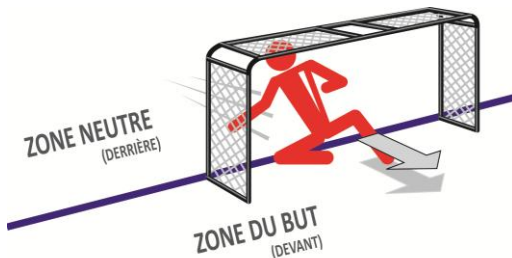


In order to score, players must go around the nets. The goals are back to back rather than face to face.

Each team must defend their net and attempt to score in the opposing team's goal. The ball must pass completely through the net and come out on the other side for the goal to count.

Players can score using their hands or their feet. Additionally, all goals are worth the same amount of points (1). Though it is more challenging and impressive, a goal scored by kicking the ball is not worth more points.

4 : Defending Your Goal



Players can pass through their goal in order to defend it (crawl through or slide under) as there are no nets on the backside.

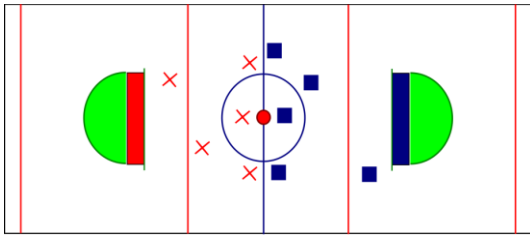
Players cannot pass through the goal of the opposing team nor can they make a pass through it. Every player in the team can act as a goalie and there can be more than one goaltender protecting the net.

5 : The face-off

After a goal, the game resumes in the center with a face-off. The center players of both teams must place both knees and all ten fingers on the ground.



As soon as the referee blows the whistle, the center players must tap the ball with one hand only. These players are limited to using one hand for as long as the ball remains in the center circle.



The other players are to be positioned at least three meters away from the center and must stay on their side of the field.

The players can move and attack the opponent's zone as soon as the whistle is blown.

6 : Taking the Ball from an Opponent

Players may intercept the other team's passes or grab it from an adversary's hands. Players are allowed to touch players from the other team as long as the intent is to get the ball.

A player that stops the ball (covers it) will get a foul or error and lose possession.

When two players are in a "tug of war" to get the ball, the player who was initially in possession is the one in fault. These situations are referred to as a "melee" in DBL Ball. Exercising obstruction and keeping opponents at bay using your forearms is permitted.

7 : Infractions

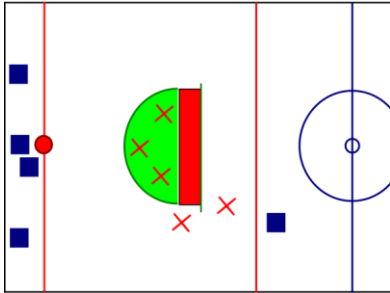
There are three types of infractions in DBL Ball: The error, the foul and the penalty. The error or foul is merely a player omitting to follow a basic rule (i.e. walking with the ball or passing through the opponent's net) whereas a penalty is only given for unsportsmanlike or dangerous actions.

Errors	Fouls	Penalties
Walking while carrying the ball	Any error made while in the defensive zone	Pushing/shoving
Causing a melee		Hitting
Crossing the opponent's goal		Wrapping arms around a player/holding
Putting the ball through the wrong side of the net		Tripping
Putting the ball out of bounds (i.e. the ball hits the ceiling)		Hand to the face of an opponent

Resuming the game after an error

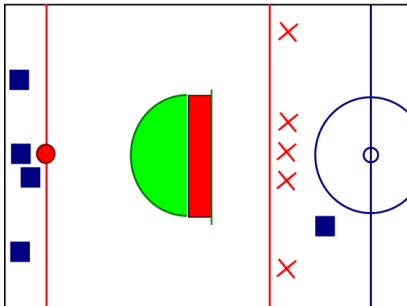
Once an error is made, the game stops immediately. Possession of the ball is given to the opposing team. One of the players takes the ball where the error was made and resumes the game by passing it to a team mate.

Resuming the game after a foul



Once a foul is committed the game stops immediately. The referee places the ball on the ground in front of the faulty team's goal. They must stand in the zone located in front of the goal in order to protect it or take place behind it. The team benefiting from the foul must designate a player to take a face-off alone while his or her team mates stand behind the ball towards the wall or behind the penalty line. The players may not touch the lines as long as the whistle hasn't been blown. The same rules apply when taking a face-off at the center.

Resuming the game after a penalty



If the team who benefits from the penalty still has the ball, the penalty is delayed. The play stops when the team loses control of the ball. The ball is then placed on the ground in front of the penalized team's goal. The team undergoing the penalty must be positioned behind the penalty line. The team benefiting from the penalty designates a player to take a lone face-off while his or her team mates are positioned behind the ball towards the wall or behind the players of the opposing team who are held up behind the penalty line. The attackers who are standing behind the penalized team cannot hinder or touch them nor can they touch the lines until the referee whistles to resume the game.

8 : Other Rules

The walls are not out of bounds. Using the wall to bounce a pass to a team mate is allowed. DBL Ball is a unisex sport, which means it can be played by both boys and girls at the same time. In order to vanquish an adversary, a pre-determined number of points must be attained. A standard DBL Ball game is a 6 point game with no time limit. If a time limit is to be set, the players must reach the determined number of goals to be declared winners. If time runs out and both teams fall short, both teams lose regardless of who had the lead. A team usually has 10 players and the game is set for 5 on 5 action on the court.

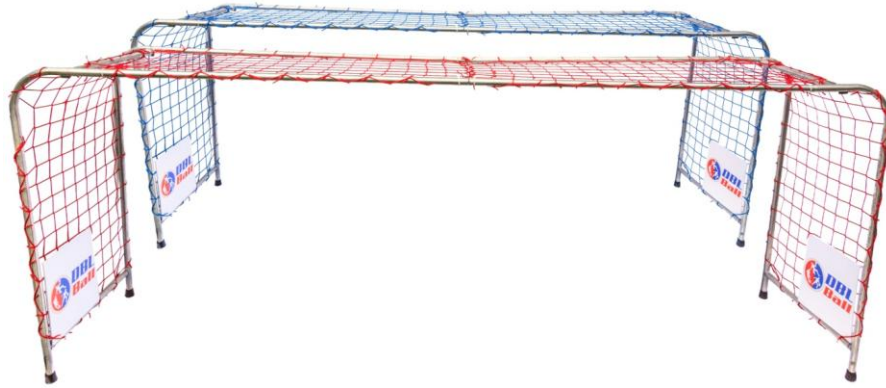
DBL Ball and Intellectual Property Matters

The rules and the name "DBL Ball" belong to the DBL Ball League. The organisation retains the right to modify/use the rules as well as the name of the sport. All reproduction and use of the rules to a commercial end is prohibited without the authorization of the DBL Ball league.

Promotion - DBL Ball Official Nets



The DBL Ball League is proud to present the DBL Ball Official Nets.



Tough for the most competitive play

Made in steel, it can sustain without bending more than 180 lbs in the center. No more breakage in mid-game.

Multipurpose for all types of players

It is possible to shrink the goal to make it a hockey goal or make it bigger to make a handball or indoor-soccer goal¹!

Easy to move around

Less than 5 minutes are needed to disassemble the goal and it fits in every car.



¹ with extensions sale separately

For a limited time only!

Benefit of a discount of 70,00 \$

On the starting kit - 2 nets, 2 balls and a Educational Guide
Regular price - \$ 700,00 + tax and shipping
Valid until June 25th 2019.

You can find our products on: <https://dblball.com/en/shop/>
Use the Promotional Code: WS19

Goal Specifics

	DBL Ball	Soccer/Handball	Hockey
Length	9'	9'	5'
Width	2'	2'	2'
Height	42"	6'	42"

- Weight of one goal: 20 lbs

Shipping

- Shipping Fees: \$ 75,00 Across Canada - Free with the purchase of a workshop
- Delivery time: up to 10 business days when in stock

Others products

The DBL Ball League offers many other products, such as balls, practice goals, knee pads or extension to the official goal. Check out all the others products by visiting the online store at: <https://dblball.com/en/shop/>

To Order Your DBL Ball Goals

You can contact me!

James Levesque

DBL Ball creator

DBL Ball League

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