Rules 2018

Boccia 3 players, from squad of 5
Table Cricket 3 - 6 Players
Polybat 2 - 4 players
Kurling 2 to 4 players
Field Athletics 1 or 2 athletes for each event
BOCCIA

**Competition:** A Panathlon team consists of three players, from a squad of up to six players. A match is either two or three ends, depending on the competition timetable. Cumulative scoring, adding up all the scores from the ends over a match decides the winner.

**Rules & Game Play:**
- Teams nominate a team captain before the match starts.
- With the captains, toss a coin to decide which colour balls each team has.
- All players have 2 coloured balls each - team members can not throw a ball on another's behalf.
- Teams can use their own ball sets *(including a plastic set for ramp users only)*.
- All players throw from a seated position.
- All players throw from within their throwing box. Both the players feet and the chair feet need to be inside the throwing box.
- There are no limitations on how to propel a ball, for example, a roll, push, kick, throw.
- Red team always starts the match by throwing the jack ball first. Captain can choose which box to throw. A player can throw the jack only once in a given match.
- The jack needs to be thrown in front of the “V-line” on the serve. The “V-line” is only for the jack ball on the serve, and can be ignored thereafter.
- If the jack is not thrown past the “V-line”, the jack goes to the next throwing box, the blue team player, and so on down the line, until the jack is thrown in.
- After the jack has been thrown, the same player then propels their coloured ball as close to the jack as possible. If the player fails to throw their coloured ball in, that team must continue until they throw a ball in to court. There must be a coloured ball to beat.
- Then the opposing team throws their first ball, aiming to get their ball closer to the jack than the opposition. If they fail, they continue until they have either succeeded, or have thrown all their 6 team balls.
- If the red and blue balls are equidistant – the team that throws last throws again, then it alternates.
- During the game, if the jack is pushed outside the court, it is placed on the Cross.
- A ball touching the court line is out. NB: A ball resting over the court line only, is in.
- The end is complete when all the players have thrown both of their balls.
- The referee will decide which colour ball(s) are closest to the jack. All balls closer to the jack than the opponents score one point each.
- The minimum score of one end is 1 - 0, the maximum score is 6 - 0.
- If two or more balls are equally as close to the jack, they all score a point if they are the closest balls to the jack.
- Scoring examples
  - 2 red balls are closest to the jack. This score will be 2-0 to reds.
  - 3 balls touching the jack - 2 red & 1 blue. The score will be 2-1 to reds.
  - 1 red ball is closest to the jack, the 2 next closest balls are 1 red ball and 1 blue ball. The score is 1-0 to reds.
- Substitutions can be made between ends. Players swapping seats between ends is not allowed.
- Over a match the score is cumulative.
- In the advent of a tie after 3 ends, the jack is placed on the Cross and each team throws one ball. The nearest ball to the jack wins the match.
- After all the matches have been played – the medals will be separated as follows: Number of match victories, then: aggregate points scored, then: head-to-head, then: aggregate points conceded.
Notes to Ramp Assistants:
- The front of the ramp must be within the throwing box, behind the throwing box front line.
- The assistant must be within the throwing box.
- The assistant can only assist. They can not aim for the player.
- The player instructs the assistant (verbal or non-verbal) to move the position of the ramp and ball on the ramp.
- The player must have control of the ball before it is released and can hold it with any part of their body - hands, fists, elbows. The assistant can help to guide the limb into position if necessary, but the player must have the last contact with the ball.
- Note: Boccia ramp rules are different to New Age Kurling ramp rules.

Boccia Court Dimensions
TABLE CRICKET

Competition: Table Cricket is played as a team game of six players per team. Both teams have a turn at batting and bowling. By the end of the game, every player will have faced 6 balls as a batsman and bowled 6 balls as a bowler. The team with the highest batting score wins.

Rules & Game Play:
- Players are given a batting number at start of game. The number is not a ranking by ability
- Each player then competes in batting and bowling with the corresponding numbered player from the other team.
- If one team has less than 6 players, one or more players can go twice.
- Coin toss to decide which team will bat or bowl first.

BATTING
- The batting team starts with 200 runs.
- The batsman score by hitting the ball against the sides of the table, avoiding the fielders.
- Batting technique is encouraged - stroking the ball with the bat rather than ballistic hitting.
- A table tennis table is split into 3 scoring zones (see diagram below) – 2 runs, 4 runs, 6 runs.
- No runs are scored when
  - The ball hits the white areas of the fielder piece.
  - The ball doesn’t hit any side of the table - stays in the middle of the table.
- The batsman is “out”, minus 5 runs when:
  - “Bowled” - The batsman misses the ball and the ball drops off the end of the table within the batters crease.
  - “LBW” - The ball hits the batsman’s body, whether their stomach or their arm/hand. This also includes if the batsman picks the ball up with their hand.
  - “Caught” - The ball hits the red zone of a fielder.
  - “Caught and Bowled” - The ball hits the bowling launcher.
  - “Caught by the Wicketkeeper” - The batsman hits the ball and it drops off the batsman’s end of the table.
  - The batsman hits the ball off the table – whether on the full or after bouncing.

BOWLING
- The bowler can bowl with either the “normal” ball or the "swing" biased ball.
- The bowling is legal when:
  - The ball is gently pushed off the launcher towards the batsman.
  - Fielders are stationary as the ball is bowled ie. no active fielders.
- The ball is bowled again if (at the discretion of the umpires):
  - If the ball falls off the sides of the launcher when pushed.
  - The batsman hits the ball the wrong side of the bat; ie. the triangle side.
  - The ball hits the join in the middle of the table & as a result, lifts off the table.
  - One of the bowling team fielders stops the ball with their hands, unless the umpires can accurately guess where the ball was going to hit the side.
- 4 runs are given to the batsman if the bowler bowls a “no-ball” or “wide” delivery. No extra delivery is given, except for a delivery bowled in the last over of each innings.
  - “Wide” - the ball drops off the table outside the crease lines.
  - “No-ball” – the ball hits the sides of the table before reaching the batsman.

FIELDING
- Fielders may be moved by the bowling team in between each ball.
- There must remain 3 fielders on one side, 4 on the other side.
- 4 fielders are fixed: The 2 fielders by the bowler & the 2 fielders closest to the batsman.
In Competition
- In a game ending with a Tie (both teams have scored the same amount of runs), separate the teams by: least wickets lost then, most 6’s scored, then most 4’s scored. Failing this, have a super over contest – 6 balls each.
- After all the matches have been played – the medals will be awarded as follows: Number of match victories, then: run difference, then: total of runs scored, then: least wickets lost, then: most 6’s score, then most 4’s scored. Failing this, have a super over contest – 6 balls each.

Table Cricket
Set up & Scoring Zones

Notes for Umpires
- Communicate the current team score & the individual scores at the end of each over.
- In the second innings, communicate runs needed to win to both teams.
- The game finishes when all the balls have been bowled, not when a team passes the other teams score, as there are -5 scores the outcome of the match can still change.
- Use cricket umpiring signals for - “Out”, “4”, “6”, “Wide”
- Encourage the fielding team to appeal
- To slow the game down - Keep the ball in your hand – then offer them to the bowler after each ball.
- To slow the game down - Ask the batsman if they want 2 practice goes, before the real over starts.
POLYBAT

Competition: Each match includes 3 sets and involves 3 players from each team, playing singles. The official will request the names of the 3 players from both teams before the start of the 1st set. The teams will rank their 3 chosen players in ability, and involve their highest ranked player in the 1st set, second most able player in the 2nd set, and the least able player in the 3rd & last set of the match.

All players are limited to playing 3 sets in total across the whole competition. If a player plays more than 3 sets, these sets will not count towards their teams score for medal placings.

Rules & Game Play:
- A coin toss to decide who will serve first for the first set.
- First to 11 points wins a set, or, if the score is 10-10, then by 2 clear points.
- Ambulant players need to play from a seated position if competing against a seated player.
- Every rally is scored, not just on a player’s serve.
- Each player has 2 serves. The serve then switches to the other player.
- Serves must hit the sides of the table before reaching the opponent. If a serve does not hit the side of the table, then a second serve is allowed. If the second serve does not hit the side of the table then a point is scored against the server.
- After the serve the remaining shots do not have to hit the sides.
- The ball needs to maintain contact with the surface of the table.
- A rally is played indefinitely until a player wins the point.
- A point is scored when:
  - A player hits the ball past their opponent, off the end of the table.
  - The opponent lifts the ball off the table. The ball either lifts over the sides of the table or over the opposite end of the table without bouncing.
  - The opponent bounces the ball down the table. Note: If the ball hits a join in the table and jumps up to give an unfair advantage or disadvantage to the player, the point will be replayed. This is at the umpire’s discretion.
  - The ball hits the opponent’s body. The bat is the only contact surface allowed to hit the ball. This includes player stopping the ball with their other hand (non-bat hand).
  - The opponent traps or stops the ball.
- Players can hit the ball more than once before returning it to their opponent ie. a block, then a hit.
- If the ball gets stuck in the middle of the table, the umpire can gently move the ball on to the opposing player.
- If the scores are 10-10, a player needs a 2 point advantage. Each player serves once each.
- Alternate the team who serves first for the next set.
- A match between 2 teams will include 3 sets (ie. not the best of 3).
- The match will finish either after 3 sets or 20 minutes played, which ever comes first
- Substitutions can be made after a set within a match.
- After all the matches have been played – the medals will be separated as follows: Number of match victories, then: number of games won, then: head-to-head, then: aggregate points scored, then: aggregate points conceded.
- NB. The medium sized airflow ball is used in competition, approx 7 cm’s in diameter.

Notes for Officials
- Write the names of the players on the score sheet.
- Speak loudly the scores and update the scoreboard after every point.
NEW AGE KURLING

**Competition:** A Panathlon team enters either two, three or four players for each match. A match contains either two or three ends (games), depending on the competition timetable. Cumulative scoring, adding up all the scores from all the ends within a match, decides the winner.

**Rules & Game Play:**

- A coin toss to decide which colour stone each team will use throughout the match.
- There are 4 stones thrown per team. A team of 2 or 3 people will involve some players throwing 2 stones.
- The red team pushes the first stone of the *first* match, after which the colours alternate until all eight stones have been pushed.
- Stones can be delivered in a variety of techniques, pushed with any part of the body: hands, feet or using the ramp or pusher.
- Players can push the stones in any position, seated, sitting, standing.
- The stones must be pushed along the surface of the floor, not thrown.
- Players can use poles or ramps to assist, especially those in wheelchairs.
- A foul throw is recorded if the foot or hand is outside the hack box. The foul stone is removed from play and is not played again. A warning may be given to the player the first time this happens – rather than to remove the stone.
- Retake the throw if the stone rolls onto its side or falls upside down.
- The players aim to get as many of stones on the target and close to the centre as possible.
- Only stones on the target area will score. If there are no stones on the target area at the end of the game, the score is 0 – 0.
- Stones closer to the centre of the target than the opponent’s stones score one point each. For example, if four reds are on the target and closer to the centre than all the blue stones, the reds score four points. The highest possible score for one end is four points.
- If there are 2 equidistant stones, neither are scored. *NB this is different to Boccia.*
- There are only 5 possible scores in NAK: 0 – 0, 1 – 0, 2 – 0, 3 – 0, 4 – 0.
- Substitutions can be made between ends within a match.
- The blue team starts the second end, the red team the third.
- Over a match the scores are cumulative. For example, first end is 1 point to reds, the second end is 2 points to blues. The current score is 2-1 to the blues going into the third and final end.
- In the event of a tie after three ends, one player from each team throws one stone each. The stone closest to the target centre wins the match.
- After all the matches have been played – the medals will be awarded as follows: Number of match victories, then: aggregate points scored, then: head-to-head, then: aggregate points conceded.

Notes to Ramp Assistants: A player can receive assistance from a teacher or other team player to aid with the ramp. The end of the ramp can be outside the Hack Box, as long as the player is in the Hack Box. The assistant does not need to be in the Hack Box when the stone is released. **The assistant must look at the player and not in the direction of the target.** The player needs to “position” to ramp – whether physically, verbally or using non-verbal communication.

Distance to target 6m’s unless the surface dictates that it needs to be closer.
ATHLETICS - Field

**Competition:** A Panathlon team enters up to two athletes per event. One player can take part in a maximum of 2 field athletics disciplines. There are 6 field athletics events during the competition which combine to give an overall field athletics score. A team’s best 4 results from the 6 disciplines count towards their overall total.

**Powerchair Slalom**
- Competitors are timed around marked out course (7 metre x 7 metre grid)
- The middle section of the course needs to be reversed through.
- A penalty of + 3 seconds is given for every post knocked over or moved.
- Depending on time available on the competition day, each athlete will have two timed attempts and a practice attempt.
- When all the competitors have raced, the best time from each team counts towards the medal placing. If teams are tied, the next fastest time counts.
**Precision Bean Bag**
- Each athlete throws 6 bean bags from a seated position.
- Points scored are determined by the place the bean bag first contacts the target area and not where the bean bag eventually comes to rest.
- All bean bags must land in separate scoring zone to score. Multiple bags in the same zone will score only once.
- If a bean bag cuts a line, the lower of the two scores counts.
- If a bean bag comes to rest outside the grid, no score is given. A bag that is over the outside line is judged as out, no score is given.
- Depending on time available, each player can have two turns. The highest score per team counts towards the medal placing. If there is a tie, the 2nd highest score from the team counts, and, so on.
- NB. The target contains 15 scoring boxes. The maximum score is 56.

**Precision Beanbag Target**

**Standing Long Jump**
- The jump is a 2 footed jump.
- The measurement is taken from the shortest distance to the jump line on landing.
- Depending on time available, each athlete can have between 2 to 6 jumps.
- Furthest jump for each team decides the medal placing. If there is a tie, the next furthest distance from the team counts.

**Seated Shot Put**
- Shot Puts are thrown from a seated position.
- The Shot Put needs to be pushed, not thrown – thrown shot puts will not count.
- Depending on time available, each athlete throws between 2 to 6 times.
- Furthest throw for each team decides the medal placing. If there is a tie, the next furthest distance from the team counts.
- NB. 600gram plastic shot puts are used.

**Javelin**
- Foam javelins are thrown from a stationary position seated or standing using an overarm technique.
- Depending on time available, each athlete throws between 2 to 6 times.
- Furthest throw for each team decides the medal placing. If there is a tie, the next furthest distance from the team counts.