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ZONE[®] **WARRIOR**

the tactical skills game



Official
Full Contact
Rules[©]

The Warm - Up

ZoneWarrior® Full Contact and the success of any practice depends on the quality of the warm - up and cool down drills

Pre and post warm - up and cool down are essential. It goes a long way to strengthen the body and limits the number of injuries. The same 10 -15 minute routine should be followed at practice and at a game. **Activities to include in the warm up**

- 1. Movement** to get the heart pumping faster, and body to warm up. e.g. simple jogging.
- 2. Manipulating** main joints (hips & shoulders), high knee running and arm swings.
- 3. Stretching** the different muscles groups, working from one end of the body to the other.
- 4. Agility** drills by doing some light skill work to prepare for what is to come. **

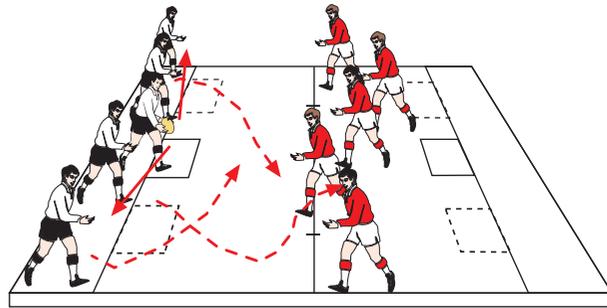


Diagram 7

ZoneWarrior® Full Contact

The main objective is to **maintain possession, stay on your feet and keep the ball off the ground.** Select a channel, draw in 2 - 3 defenders and put support players into the space created, or over / through the scoring zones. At present too many forward players tuck the ball under the incorrect arm, drop their heads and drive straight into the opposition defence. This inevitably leads to the ball being lost in contact, wrapped up or the ball carrier going to ground. The ball then has to be rucked clear by the first available support players. **This slows the ball down and allows the opposition time to realign their defence.** By keeping the ball in both hands and their head up, ball carriers can now shimmy / step, fend and go for the gaps, drawing in defenders, screening and protecting the ball correctly with their own bodies. Either pop - passing into space or making it available for a quick rip by supporting players. Failing this, they are now in a position to set up mini - mauls to further draw in the defence and breach the advantage line. Or pick and drive to clear out at the mini - rucks, before giving the ball air and width, attacking the opened channels and scoring - zones now available.



Penalty

The offending team is penalised by the infringing player leaving the field until the next break in play occurs.

- 1. A player is tackled without the ball.**
- 2. A player enters a scoring / safe-zone and tackles a player while he is in possession of the ball.**
- 3. A jumper is tackled while jumping.**
- 4. A head high tackle occurs.**
- 5. Two on one tackle occurs.**
- 6. General foul play.**

Ripper

If the player in possession is enveloped in a smother tackle and turned, **the first supporter or defender, who touches or attempts to rip the ball, has now gained possession and the original player in possession must release the ball.**

The team that has just lost possession, must immediately let go, and back off 5m to create space. They may defend again as soon as the ball is free.

Possession - Turnovers

1. A turnover occurs **after a knock - on / forward pass.** * (Freekick)
2. A turnover occurs when a player in possession of the ball is **forced out of play.** (See diagram 5) *
3. A turnover occurs when the ball is **ripped or lost** in the tackle. (Freekick)
4. A turn-over occurs when a player in a the team in possession, **holds onto the ball for 3 - 5 seconds.** (Freekick)
5. A turn-over occurs when then the ball is **not thrown in straight, or thrown over the jumpers.** (Freekick) *

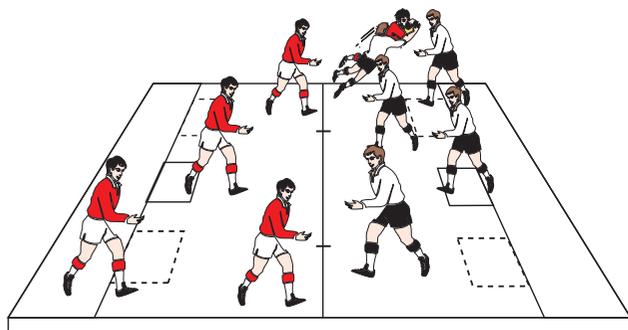


Diagram 5

Rules of Play

Start

1. A grubber / chip kick is used at the beginning of the game and to restart after halftime. (2 x 5 minutes)

Re - Starts

1. A freekick is taken by the opposing team, on the spot, after a ball handling error, or if the ball carrier holds onto the ball for 3 - 5 seconds. (See diagram 2)
2. A lineout on the halfway line restarts the game when the ball goes out of bounds. (See diagram 3)
3. **The player taps and immediatly passes the ball, before crossing the halfway - line himself.**

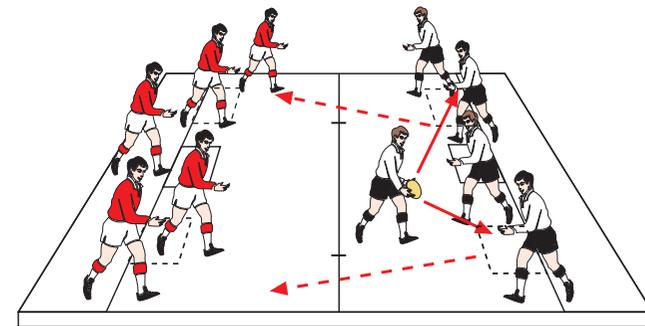


Diagram 2

Throw-in Start *

1. Occurs when the ball goes out of play and the team throwing in determines **one two or three** jumpers.
2. **Jumpers have to be un - assisted. No lifting allowed.**
3. All players move to set positions between the markers. **The ball is always thrown in along the halfway - line from either side of the field.** (See diagram 3)



Introduction

The object of **ZoneWarrior® Full Contact** is to enhance contact ruck and maul skills to create a continuous, flowing rugby union game.

ZoneWarrior® Full Contact involves 2 teams of 5, 6 or 7 players (**3, 4 or 5 on court at any one time**) starting, and restarting from 3 set positions. The object of **ZoneWarrior® Full Contact** is for each team in possession, to use rugby skills to accumulate points, by continuously moving across the demarcated field, into the smaller **scoring - zones** at each end. Players are only allowed to hold onto the ball for **3 - 5 seconds**, and only **one on one tackling** is allowed. The defending team tries to create **turn - over ball** by forcing errors and gaining possession, to score themselves. A game lasts 10 minutes and the winners are the team with the most points at the end.

The measurements below are for a standard competition sized court, but could be smaller, to make the game more pressurised when working on skills, or larger, or a different shape, to utilize the size area and number of players available.

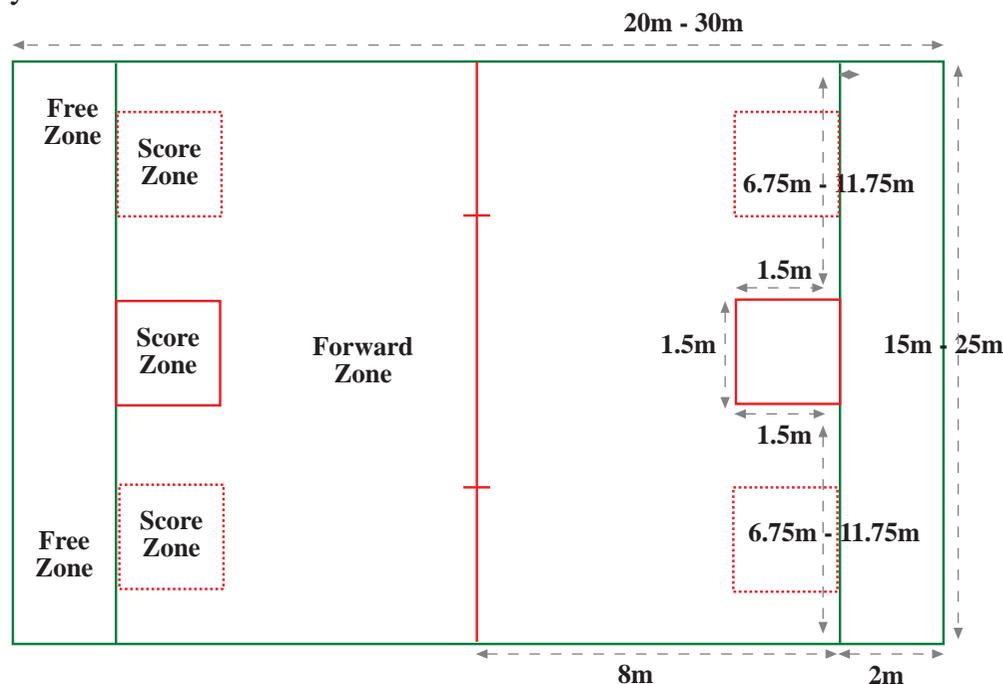


Diagram 1

Change of Players

Teams consist of 5, 6 or 7 members. **Only 3, 4 or 5 are allowed on the court at any one time. One or two players may be substituted during a break in play.**

Winning / Losing

ZoneWarrior® can be played until a team reaches a predetermined number of points, or a time frame (ten minutes). The team with the most points is declared the winner. Games can be played on a round-robin or best of three knock-out format.

Let Play

1. Un - intentional obstruction by players, referee or spectator.
2. Referee unsighted and unable to make a decision.
The team keeps possession and play is restarted with a freekick.

Training for Juniors / Seniors

The rules of **ZoneWarrior®** may be adapted for the training of juniors being introduced to the game of rugby for the first time. For example :

1. The tackle may be adapted to a “ 2 - handed waist grab ” after which the player immediately re - taps on the spot and passes to a team member. After a touch, possession is turned over and **ZoneWarrior®** restarts from the centre again. The slapping away of hands, to avoid grabs / touches / tackles, is strongly encouraged.
2. **Playing one half against the other**, ie: after each score the teams return to their respective halves. The losing team taps and restarts.

The **ZoneWarrior® Rules©** may be downloaded and saved in any form. The rules have been Copyright in the RSA and USA # TXu 916 - 852 and are protected under International Copyright Law

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** © Natal Rugby Football Union

ZoneWarrior®Definitions

Referees' signals are used in conjunction with the whistle

1. Advantage *

Turnover occurs and play continues without a set-piece restart, and is allowed at umpire's discretion.



2. Knock - on *

Any handling error causing the ball to be dropped to the ground.



3. Free Kick

Used to start the game or when handling error occurs. (See diagram 3)



4. Throw-in *

Occurs when the ball goes out of play. (See diagram 2)



5. Lineout Infringements *

Any indirect action in the lineouts ie : 1. barging
2. leaning etc



6. Penalty

Any action deemed by referee to be a serious breach of rules.



7. Passing

- a. Ball is moved through hands without touching the ground.
- b. Ball is grubber / chip kicked over opposing players.
- c. Denotes directional movement of player.



8. Tackle

- Depending on the level of play, a tackle can be defined as :
- a. Enveloping player with both arms, restricting him from passing the ball for 3 - 5 seconds.
 - b. A harder tackle causing player to be put down. 1 knee touching.

9. Turnover

When possession is gained from the opposing team through an error or tackle.

10. Zoner

A point scored.

Advantage **

Advantage occurs if a fault arises in play, ie: knock-on / ball ripped loose in a tackle and is gathered by the opposing team. The referee will shout and signal "Advantage, play On."



Scoring

1. After a freekick or throw-in, the ball must recross the halfway line. The first score being in the scoring-zones in the opposite half, there-after the ball moves continuously from half to half. 1 or 2 zones are available for scoring at any one time.
2. A point is scored each time the ball is under control in a scoring-zone.
3. A point is scored when the ball is passed / grubber or chip kicked to a player moving into a scoring-zone. (See diagram 6)

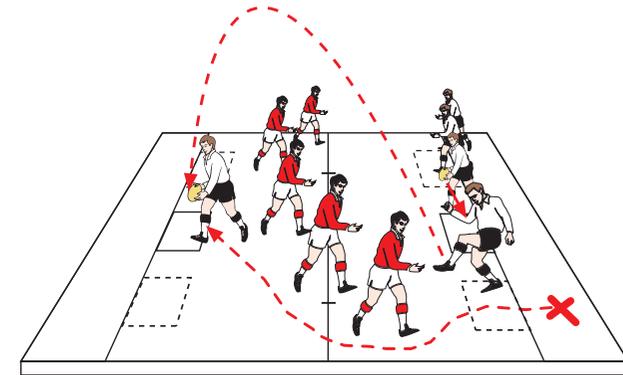


Diagram 6

- Jumpers may not cross the halfway-line, lean on or tackle another player in possession until, his feet touch the ground.
- Jumpers may catch or tap the ball backwards.
- After a catch, the jumper must distribute the ball backwards by passing to another team member. (See diagram 3)
- When a jumper taps the ball backwards, it is available to both teams. **First to the ball.**

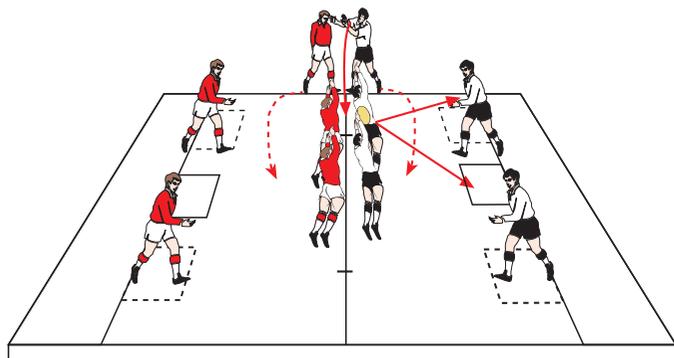


Diagram 3

Passing *

- The offside rule applies at all times.
- The ball may only be passed parallel or backwards as players move across the field. (See diagram 4)
- The ball may be chipped or grubber kicked. Team members are to remain behind the ball until the kick occurs. After a kick, first to the ball. (See diagram 6)

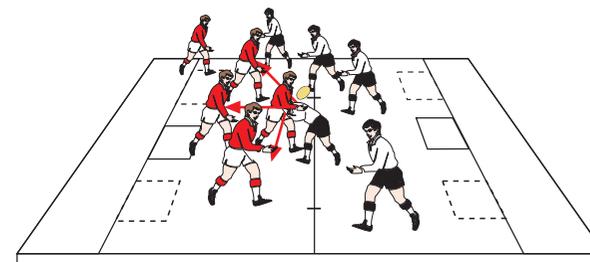


Diagram 4

Positional Play

- The off-side rule applies at all times, ie: Attackers behind the ball. Defenders behind the last feet at all times.
- The game is played on a **One on One** basis. (only the player in possession may be tackled)
- All players may move freely after a freekick, or when the ball has been caught at the start / restart of a game.
- No defending players may enter a free / scoring - zone, or tackle another player in possession, in the zones.
- "On the line is in" ie: scoring-zones / free-zones / side-lines
- A tackled player must immediately pop pass or place the ball as he hits the ground. **The ball is then regarded**



Mini - Ruck

A " mini - ruck " is formed when the ball is on the ground and one player from each team is on their feet and in physical contact, closing around the ball between them. Rucking is the act of a player who, in a ruck, is using his feet to retrieve or retain the ball. **No hands are allowed and the team now in possession has 3 - 5 seconds to clear the ball.**



Mini - Maul

A " mini - maul " is formed when the ball is off the ground and one player from each team is on their feet and in physical contact, closing around a player who is in possession of the ball. **The team now in possession has 3 - 5 seconds to clear the ball.**

