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**ZONE**<sup>®</sup>  
*Ball*  
t h e t a c t i c a l s k i l l s g a m e



OFFICIAL  
SOCCER  
RULES<sup>©</sup>

## 6 Scoring & Winning

In singles and doubles play, both sides start with no points. A point is gained for each forced or unforced fault committed by opponents. The first team to reach seven points wins the game. A match consists of three games and the match winner is the best of three games.

## 7 The Umpire

The primary role of the umpire is to interpret the rules of play and to render decisions in an impartial manner. He will be responsible for maintaining score and when a fault occurs he must stop play immediately and indicate the nature, and who was at fault. Ideally there should be two umpires. The umpire's decisions are final.

## 8. Let Play

8.1 Accidental Handball.

8.2 Un-intentional obstruction by players, umpire or spectator.

8.3 Umpires unsighted and unable to make a decision.

## 9. Tournaments

Tournament formats are adaptable according to the exigencies of particular situations e.g. round-robins / knockout. The above rules pertain to the standard game consisting of 1 x 1 or 2 x 2 man teams played on a court as seen in Diagram 1.

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### 1. Foul Service

A foul service is defined as a service during which one or more of the service rules are infringed.

### 2. Legitimate

An action of play that does not infringe the rules.

### 3. Touch

A ( legitimate ) touch, is the ball making contact with any part of the body except hands and arms, however slight or hard the contact.

### 4. Bounce

The ball making contact with, and bouncing off the surface of the court.

### 5. Passing

A pass is a touch that moves the ball to an opponents **home - zone**, or a touch that moves the ball between 2 players on the same team.

#### 5.1 Indirect Pass ( to opposing side)

The ball bounces once in either **forward - zone**, the flight of the ball there - after to be on track to bounce the second time in the opponents **home - zone**.

#### 5.2 Direct Pass ( to opposing side)

The ball does not bounce in the **forward - zone**. The flight of the ball is on track for the first bounce to occur in the **home - zone** under attack.

### 6. Fault

Any action that contravenes a rule of play.

### 7. Let Play

When play is halted or affected by a perceived fault and is re - started or continued without the loss of a point by a player or team.

### 8. Games

a) Singles

b) Doubles



## 5 Passing

**5.1** If a player / team passes the ball from their **forward - zone**, then the pass must be **indirect** ( See diagram 4), except as in rule 5.2 ( See diagram 5 ).

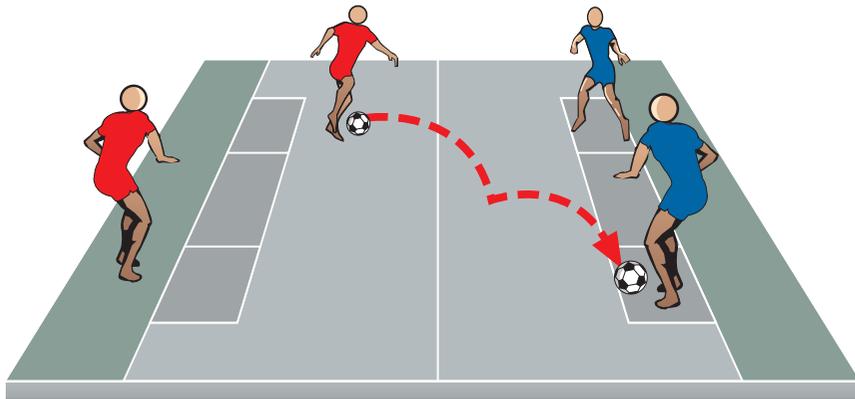


Diagram 4

**5.2** A **direct** pass may only occur from a **forward - zone** to an opponents **home - zone** when the pass is effected with a header. ( Except as in rule 4.6 )

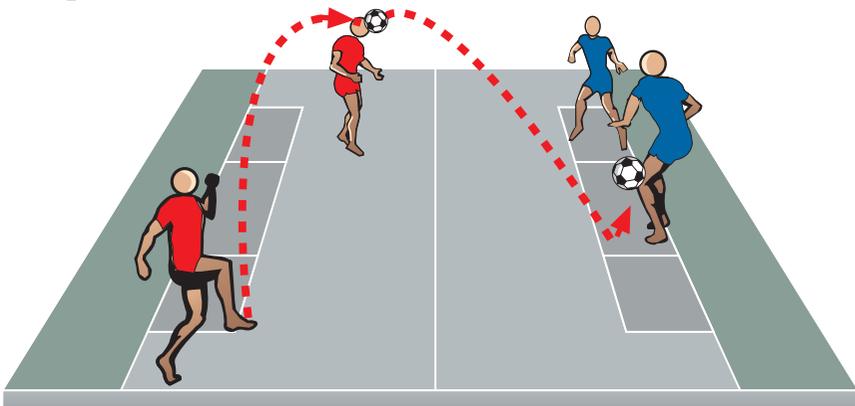


Diagram 5



## 1.3 Doubles Play Service

Players are restricted to the **serve - zones** within the **home - zones** when service commences. The **serve - zones** then **become part of the home - zone, to be attacked or defended.** ( See diagram 3 )

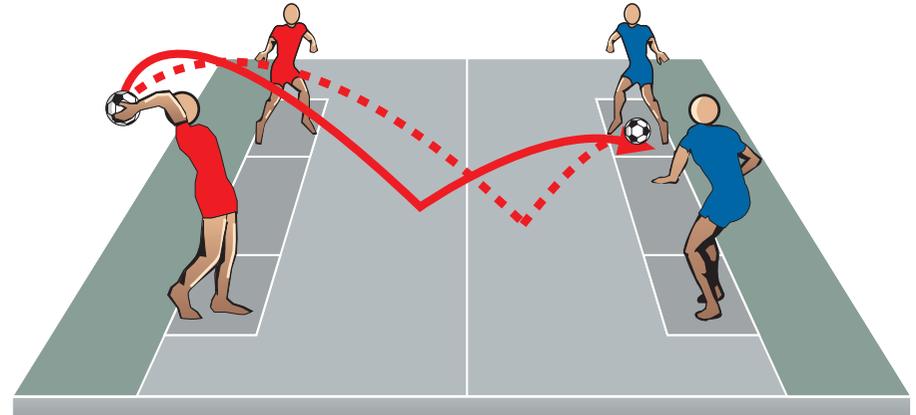


Diagram 3

**Doubles Court**

**1.4** All players may move freely after the ball has bounced once during service.

**1.5** The ball is served from behind the head, using both hands (i.e. football throw-in fashion), in an upright position.

**1.6** The server may not employ spin on the ball when serving.

**1.7** The server must ensure the ball **bounces once in either forward - zone**, the flight of the ball thereafter to be **on track to bounce the second time in the receiver's home - zone.** ( See diagram 2 & 3 )



## Introduction

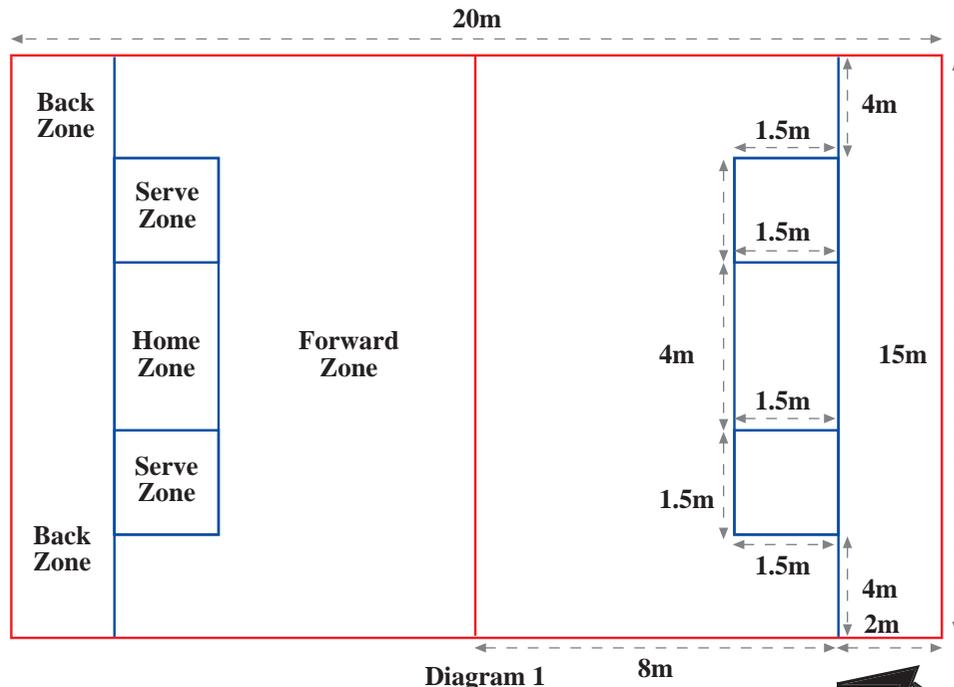
**ZoneWarrior®** is a unique, fast, versatile game that is played on a **mobile** or **permanent, indoor** or **outdoor** court.

**ZoneWarrior®** is an **individual / team game** or **training method**, and is the **only game** that "**Zones**" in on the **One Touch** individual skills used in soccer.

**ZoneWarrior®** focuses on **eye / ball co-ordination** and by adapting the game,(see training section), can be used in training to enhance the ball skills in players of all ages and sexes.

**ZoneWarrior®** has a simple set of rules that are easy to understand. It can be conveyed to the learner in just a few sentences, and the only other requirements are a soccer ball and two or more people.

### Court & Zone Dimensions (Singles & Doubles)



## 10. Training

The previous chapters dealt with the rules of the standard game of **ZoneWarrior®**. By reducing the number of touches, or by eliminating the number of bounces between the allotted 3 touches, the level of difficulty is greatly increased. By also limiting the passing to only the left or right foot, or head only, you increase the level of challenge and skills needed in your training.

By positioning and restricting players to different zones you will concentrate on improving the accuracy of passing. Combined with the points in the aforementioned paragraph, this will add another dimension to training. These training hints can be played on a one on one or two on two basis, allowing the players to develop their skills individually or with the added dimension of team play. The holders of the patent reserve the right to change and adapt the rules as the game evolves.



# Rules of Play (Singles & Doubles)

## 1. Service

1.1 To commence double or singles play teams or singles play 3points for service. The winning team chooses to receive or serve the ball.

## 1.2 Singles Play Service

Player serving, must serve with one foot on any point of the **back - zone** boundary line. Receiver stands in his **home - zone** (See diagram 2).

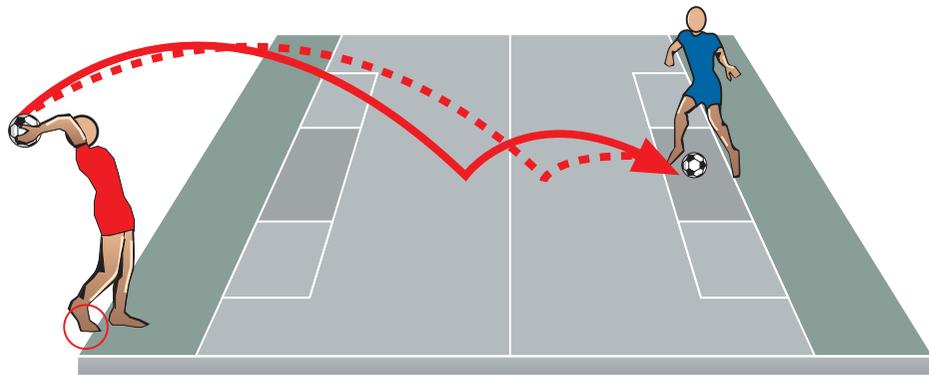


Diagram 2

Singles Court



5.3 A **direct** pass may also occur from the **back - zone** to an opponents **home - zone**. ( See diagram 6 ).

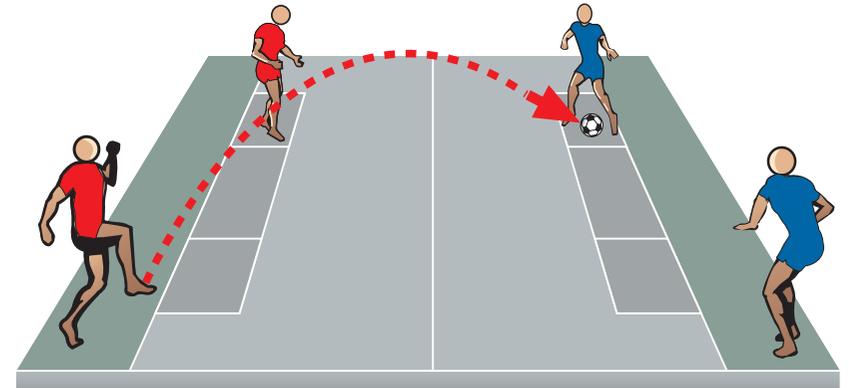


Diagram 6

5.4 In singles or doubles play, a player / team may pass the ball from inside their respective **home - zones** and **back - zones** either,

a) **Directly** or b) **Indirectly** (See diagram 7 )

5.5 The **first bounce** of an **indirect** pass may be **either side of the halfway-line**.

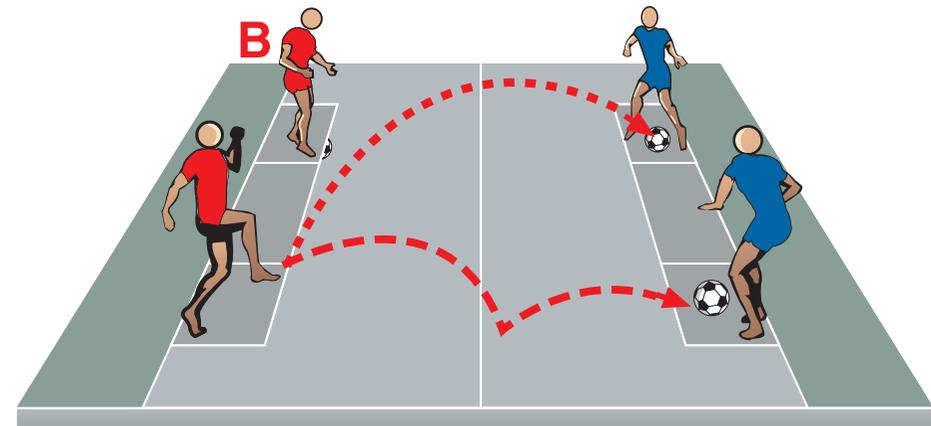


Diagram 7



**1.8** To restart singles or doubles play, the team / player serving for that game, will serve the ball.

**1.9** In doubles play, the ball is always served cross-court and the service is rotated between players on a team **after** each game. The same player on each side serves for the duration of the game.

**1.10** Servers on respective teams stand directly opposite each other.

## Foul Service

The server, is allowed **one** foul serve. After **two** consecutive foul serves, the opposing team gains a point, and a new point is started.

## 2 Receiving

**2.1** Player / team receiving a legitimate pass or serve must control then pass the ball to the other player / team in legitimate fashion.

**2.2** The ball is **never allowed to bounce more than once in-between touches**

**2.3** If the ball bounces twice **before** reaching an opposing **home - zone**, then the team / player who last touched the ball, is at fault.

**2.4** If the ball bounces twice, and the second bounce is **within** a **home - zone**, the player / team defending that **home - zone** is at fault.

## 3 Touches

**3.1** In singles/doubles play, after receiving a legitimate pass or service, a player has a maximum of **three touches**, with a maximum of **one bounce** in-between touches, to control, set and attack his opponents home-zone.

**3.2** In doubles play, no more than two consecutive touches allowed per player.

**3.3** The ball may be passed on the first, second or third touch.

**3.4** A player / team may control the ball with **no bounces** in-between, provided the player / team does not exceed the number of touches allowed.

## 4 Positional Play

**4.1** A player may position himself inside or outside his **home - zone** during play. (except during service rule 1.3 and 1.4)

**4.2** In singles / doubles, the halfway-line maybe stepped **on but not over**.

**4.3** A player / team may not position themselves, or play the ball beyond the boundary line. (except as in rule 4.7)

**4.4** Any body part that is on, but not over a **home-zone or boundary line**, constitutes the player being "in" or "in-play," i.e. "**on the line is in**".

**4.5** No interference (poaching). A player / team must be allowed the opportunity to complete their touches without interference or obstruction.

**4.6** A player may leap from within his **home - zone**, into the air to play a direct pass with his foot, provided he plays the ball **before** making contact with the surface in his **forward - zone**.

**4.7** A player may leap from within the playing area, over the boundary line to play a pass or attacking shot, bringing the ball back into play, provided he plays the ball **before** making contact with the surface outside the boundary line, thereafter returning immediately inside the boundary.

**4.8** When changing sides after a doubles game, players cross over directly to the opposite **serve - zones**.

**4.9** (A & B are opposing players). If the ball as a result of a touch by A, makes contact with B, then B is obliged to continue play, provided no fault occurred prior to the ball making contact with B.

