

For further information please contact

LEON POTGIETER
Suite 173
Pvt. Bag X103
N1 City 7463
SOUTH AFRICA

Tel / Fax : (+27) (21) 462 7044
Cell: (+27) (82) 970 7823
E-mail: leon@zonewarrior.com
Web Site : <http://www.zonewarrior.com/>

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ZONE[®] **WARRIOR**

the tactical skills game



Official
Semi - Contact
Rules[©]

The Warm - Up

ZoneWarrior® Semi - 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, as 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.

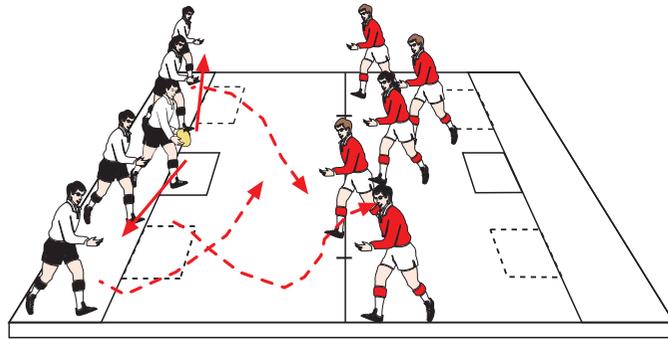


Diagram 7

Penalty



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

- 1. A player is grabbed / 2 - hand touched without the ball.**
- 2. A player enters a scoring / safe-zone and grabs / 2 - hand touches a player while he is in possession of the ball.**
- 3. A jumper is grabbed / 2 - hand touched while jumping.**
- 4. A head high grab / 2 - hand touch occurs.**
- 5. Two on one grab / 2 - hand touch.**
- 6. General foul play.**

ZoneWarrior® Semi - Contact

ZoneWarrior® Semi - Contact is a 2 - hand waist grab / touch, tactical skills game, that teaches players to run head - up with both hands on the ball. The main objective is to select a channel, draw in 2 - 3 defenders, move them out of the way and put the support players into the space created, or over / through the scoring - zones at each end.

The ball carrier is encouraged to shimmy / step, and to fend off the defenders' hands, transferring and screening the ball correctly with his body, and making it available to support runners. Correctly weighted chip and grubber kicks are also allowed, to break the defensive line. It is imperative that the support players run the correct angles towards the ball carrier, and that ball carriers follow their own passes. Either becoming the inside support runner or looping round to create extra support.

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 during play.** (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) *

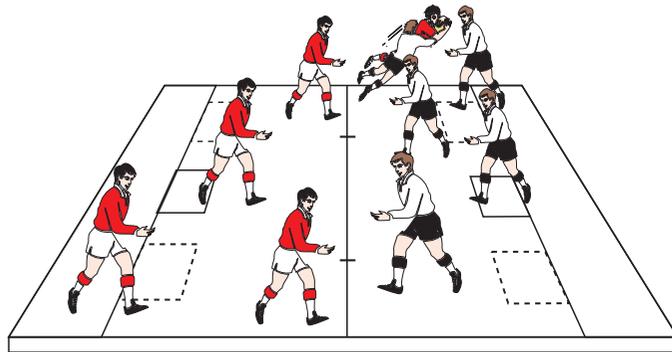


Diagram 5

ZoneWarrior® Semi - Contact

Rules of Play

Start

1. A drop / chip kick is used at the begining 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, 2 - handed waist grab / touch. or if the attacking team 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.**

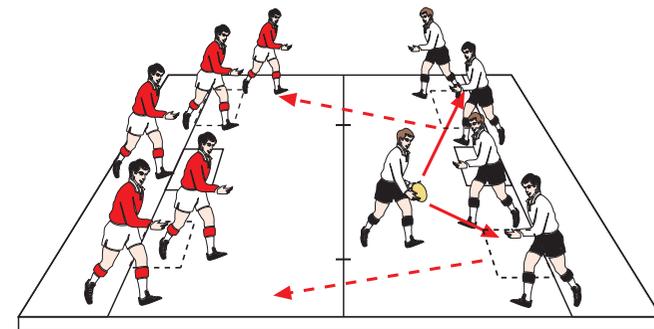


Diagram 2

Introduction

The object of **ZoneWarrior® Semi - Contact** is to enhance ball handling and running skills to create a continuous, flowing rugby union game.

ZoneWarrior® Semi - 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® Semi - 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 a **one on one 2 hand waist grab / touch** is allowed. The defending team tries to create **turn - over ball** by forcing errors and gaining possession, to score them - selves. 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, and a different shape, to utilize the size area or number of players available.

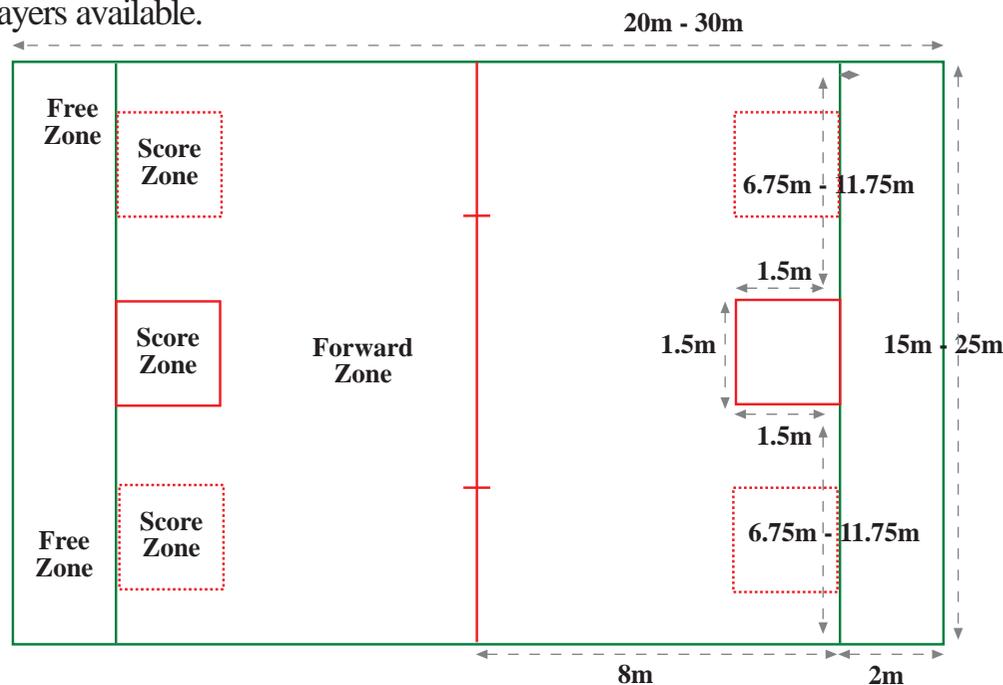


Diagram 1

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:

1. After a touch / grab, possession is turned over and **ZoneWarrior® Semi - Contact** restarts from the centre again. The slapping away of hands to avoid touches /grabs is strongly encouraged.
2. **Playing one half against the other**, ie: after each score, the teams return to their respective halves. The scoring team kicks in.
3. Extra scoring-zones may be added or **change the larger free - zones to scoring-zones**, and play as in point 2.

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.



Advantage

2. Knock - on *

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



Knock

3. Free Kick

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



Free Kick

4. Throw-in *

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



Throw-in

5. Lineout Infringements *

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



Barging & Leaning

6. Penalty

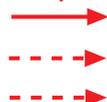
Any action deemed by referee to be a serious breach of rules.



Penalty Kick

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

A tackle can be defined as both hands on a ball carriers waist ie: a 2 - handed waist grab / touch.

9. Turnover

When possession is gained from the opposing team through a handling error or 2 handed waist grab / touch.

10. Zoner

A point scored.

Advantage **

Advantage occurs if a fault arises in play, ie: knock-on/ ball ripped loose 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)

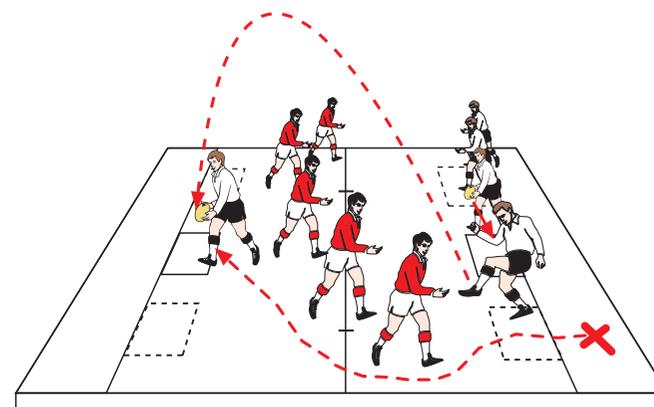


Diagram 6

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

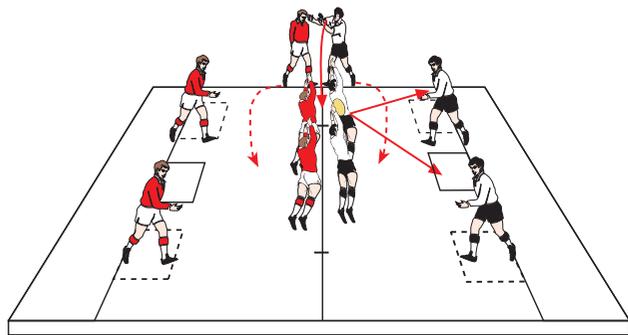


Diagram 3

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Positional Play

1. **The off-side rule applies at all times**, ie: Attackers behind the ball. Defenders **behind the last feet** at all times.
2. The game is played on a **One on One** basis. (only the player in possession may be grabbed / touched with two hands).
3. **All players may move freely after a freekick or when the ball has been caught at the start / restart of a game.**
4. **No defending players may enter a free / scoring - zone, or grab / touch another player in possession, in the zones.**
5. "On the line is in" ie: scoring-zones / free-zones / side-lines



Passing *

1. **The offside rule applies at all times.**
2. **The ball may only be passed parrallel or backwards** as players move across the field. (See diagram 4)
3. **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)

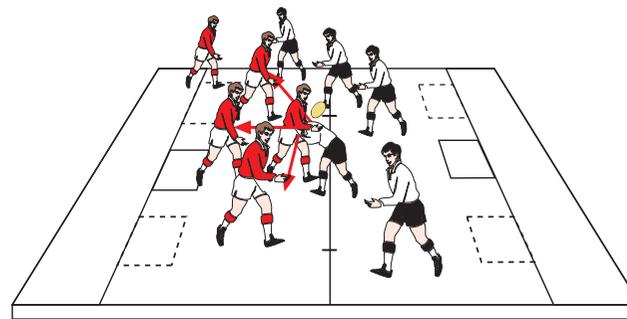


Diagram 4

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