**The Basic Rules of Sabakiball (movement in Japanese)**

**The object of the sport**. Score goals by striking the BakiPin with the BakiBall. You can strike the pin directly or by re-bounding the ball off of the BakiBoard. Under the goal pin is a small red circle. A team is awarded one point if the goal pin is knocked down, knocked off of the red circle or knocked back into the BakiBoard. So, the goal pin does not necessarily need to be all the way down for a goal to be awarded.

**Starting and stopping the game.** The game starts out with a tip-off at center court, like in basketball. Players may either grab or tip the ball to their teammates. On subsequent stops in play, the referee will point to the goalie that starts with the ball. The goalie has three seconds to retrieve a new ball from behind the BakiBoard and step into their goalie box. The referee now blows the whistle to start play, giving the goalie three seconds to release the ball. Don’t chase after balls that go out of bounds. Sabakiball is a non-stop action sport!

**Three Pass Rule**. A team must complete three consecutive passes before attempting a shot on goal. If the ball hits the ground for any reason, or if the other team gains possession of the ball, you must start your three passes all over again. It is important to remember that, while you can move the ball up the court in any way you wish; running, dribbling, passing, if the ball touches the ground you start your three passes over again.

**Three Second Rule**. Once you gain possession of the ball, you have just three seconds to get rid of it; either by passing the ball to another player, taking a shot, or otherwise releasing the ball. Dribbling the ball, or throwing it above your head and catching it again, *does* restart your three seconds, but it *also* restarts your three passes. Goalies may not restart their three seconds while in their goalie box. The Three Second Rule should not be confused with *the three steps* allowed in Team Handball or Ultimate Frisbee. In Sabakiball your feet should ALWAYS be moving.

**Goalie Box.** In front of each BakiBoard is a clearly marked Goalie Box. Players other than the goalie can not reach in, step in, or run through the Goalie Box. In fact, when a player takes a shot on goal, their arm can not go over the Goalie Box line as they release the ball. Entering the Goalie Box results in the ball being given to the other team at mid-court and a warning is issued. After a third warning, a two minute penalty is assessed and the team has to play *short-handed*.

**No-Shot Zone**. Extending all the way across the court, along the front of the Goalie Box, is the No-Shot Zone. Players CAN go into the No-Shot Zone, but can NOT score a goal from the No-Shot Zone. Sometimes players DO take their shot from inside the No-Shot Zone. KEEP PLAYING! If the pin goes down because of a shot from the No-Shot Zone the goal is disallowed. A **Jump Shot** is where a player jumps into the No-Shot Zone and as long as the ball leaves your hand BEFORE your foot hits the ground, you are not considered to be in the No-Shot Zone and a goal resulting from a Jump Shot WILL be allowed.

**IMPORTANT NOTES**. In many sports that use a goalie, the goalie waits while their team is on offense. NOT IN SABAKIBALL! This is one of the hardest things to get used to for new players. When the goalie’s team has the ball, the goalie advances to mid-court to become part of the offense. This is called “playing the point.” Goals can be scored from the point. More importantly, if the team has no clear shot and no one open for a pass, they can utilize their goalie.

Sabakiball is a NON-CONTACT sport! You can’t knock people off of the ball and you can’t strip the ball away. However, you can block the ball while in the air, intercept the ball, or if the ball is on the ground (called a *scrum*) go and get it. But, watch the contact!

Remember, keep moving! In order to find an open receiver within three seconds, and to complete your three passes allowing for a shot on goal, all of the players must be continuously moving into open spaces on the court.  Above all… HAVE FUN!