

SSFT YEAR 5 BENCHBALL FORMAT



RULES:

- ALL GAMES ARE CENTRALLY TIMED & WILL START AND FINISH ON A CENTRAL HOOTER/WHISTLE.
- TEAMS OF 6 PLAYERS WILL PLAY IN EACH MATCH (3 BOYS & 3 GIRLS)
- BOTH TEAMS CHOOSE A 'GOALIE' TO START ON THE BENCH IN THE OPPOSITION'S HALF OF THE COURT.
- CAPTAINS WILL ROCK, PAPER SCISSORS TO DETERMINE WHO HAS THE FIRST POSSESSION OF THE BALL & THE FIRST PASS WILL BE TAKEN FROM THE FRONT OF THE D IN THE DEFENSIVE END.
- PLAYERS PASS THE BALL AMONGST THEMSELVES & WHEN READY TO SHOOT, THROW THE BALL TO THEIR GOALIE TO CATCH, WITHOUT IT BEING CAUGHT OR INTERCEPTED BY THE OTHER TEAM. *THE GOALIE MUST REMAIN ON THE BENCH WHEN THEY CATCH THE BALL. IF THEY FALL OFF OR DROP THE BALL, NO POINT IS SCORED AND THE BALL CHANGES POSSESSION FROM THE BACK LINE*
- ONCE A 'GOAL' IS SCORED, THE PLAYER WHO THREW THE BALL, SWAPS PLACES WITH THE GOALIE ON THE BENCH (1 PLAYER PER TEAM ON THE BENCH AT THIS POINT)
- EACH SUCCESSFUL CATCH EARNS 1 POINT
- PLAY CONTINUES WITH A BACKLINE THROW FROM THE NON SCORING TEAM & THE DEFENCE NEED TO RETREAT TO HALF WAY FOR THE FIRST PASS.
- THE LAST MINUTE OF EACH MATCH WILL BECOME A 'POWER PLAY' MINUTE. RULES WILL NOW CHANGE AND WHEN A GOAL IS SCORED, THE THROWER WILL JOIN THE GOALIE ON THE BENCH TO INCREASE THE CHANCES OF THE BALL BEING CAUGHT. THIS WILL CONTINUE UNTIL THE TIME RUNS OUT OR ALL PLAYERS ARE ON THE BENCH.
IF ONE PLAYER IS LEFT OUT IN THE FIELD WITH NO ONE TO PASS TO, ON TAKING POSSESSION THEY CAN WALK TO THE HALFWAY LINE TO TAKE A SUPERSHOT TO THEIR BENCH
- DURING THE POWER PLAY, EACH CATCH WILL NOW BE WORTH 2 POINTS
- PLAYERS MUST NOT CONTACT AN OPPOSING PLAYER. A PENALTY PASS WILL BE AWARDED IF THIS IS THE CASE WITH THE OFFENDING PLAYER STANDING BESIDE THEM
- PLAYERS CANNOT MOVE WITH THE BALL, OTHER THAN PIVOTING
- A DEFENDER CAN MARK A PLAYER AS CLOSE AS THEY WISH, BUT MAY NOT TAKE THE BALL OUT OF THEIR HANDS. QUICK PASSING AND SPACING IS ESSENTIAL TO BEAT THE DEFENDERS.
- A SEMI CIRCLE WILL BE SET UP IN FRONT OF EACH BENCH WHICH IS A 'NO GO ZONE' FOR ALL PLAYERS. IF AN ATTACKING PLAYER STEPS INTO THE ZONE INTENTIONALLY, POSSESSION WILL GO TO THE DEFENDING TEAM. IF A DEFENDER GOES INTO THE ZONE INTENTIONALLY, THE ATTACKING TEAM WILL GET POSSESSION
- MUSIC WILL BE PLAYED FOR THE LAST MINUTE OF EACH GAME TO INDICATE THE START OF THE 'POWER PLAY'
- THE SIREN WILL INDICATE THE END OF THE GAME
- POINTS WILL BE ADDED UP AND SCORES RECORDED.