



Glossary

- **Field Master:** The lead official responsible for overall match control, including enforcing rules and managing on-field conduct.
 - **Linesmen:** Officials monitoring grappling zones to ensure compliance with rules.
 - **Shooting Zone:** The marked area on the field where players must be positioned to score a goal.
 - **Offensive Area:** Designated area on the field where goals can be attempted.
 - **Deflected Ball:** A ball intentionally or unintentionally redirected behind a team's own goal.
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1. Teams and Players

- **Team Size:** 27 players per team.
 - **Roles:**
 - 15 Forwards: Primarily responsible for offense and creating scoring opportunities.
 - 5 Midfielders: Transition players supporting offense and defence.
 - 3 Fullbacks: Defensive players protecting against opposition advances.
 - 4 Goalkeepers: Defend the goal area.
 - **Substitutions:** No substitutions are allowed once the match begins.
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2. Field Specifications

- **Dimensions:** 80 meters long by 40 meters wide.
 - **Markings:** Include boundary lines and a designated shooting zone.
 - **Goals:** Net spans the width of each end of the field.
 - **Confines:** Solid foam barriers create a safe playing boundary.
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3. Match Format

- **Game Duration:** 60 minutes divided into 4 quarters of 15 minutes each.
 - **Breaks:** Short intervals between quarters; extended break at halftime.
 - **Initiation:** Match begins with the referee throwing the ball into the centre. Players must run from their shooting zone line to gain possession.
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4. Objectives and Scoring

- **Objective:** Score by getting the ball into the opponent's goal net.
 - **Scoring:**
 - **Goal:** 1 point (must be scored from the designated offensive area).
 - **Missed Goal:** Opposing team is awarded 0.5 points.
 - **Own Goal:** Opposing team is awarded 0.5 points.
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5. Gameplay Rules

General Play

- **Ball Handling:** Players may use any part of their body to control and move the ball.

- **One Ball Rule:** Only one ball is in play at any time.

Combat Rules

- **Allowed Combat:**
 - All forms of combat and disciplines. Players may wrestle, box, kick, trip their opponents. Prohibited combat outlined below.
- **Prohibited Combat:**
 - Kicking to the head.
 - Using footwear studs as weapons.
 - Doubling up (multiple players attacking a single opponent).
 - Choking or strangling
 - Eye-gouging

Fair Play and Conduct

- **Sportsmanship:** Players must respect opponents, officials, and rules.
 - **Fighting:** Permitted only as one-on-one engagements. Officials may intervene if rules are breached.
 - **Prohibited Conduct:** Intentional injuring, unsportsmanlike behaviour, or rule violations.
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6. Penalties

- **On-Field Penalties:**
 - Severe violations may lead to player ejection.
 - Opposing team awarded up to 1 point per referee's discretion for unsportsmanlike behavior.
 - **Field Master Authority:** The main referee has the final say on all on-field decisions.
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7. Equipment and Uniforms

- **Uniforms:** MMA-style shorts reflecting team colours and league sponsors. Optional tops for displaying personal sponsors (approved by the league).
- **Footwear:** Rugby boots with flat, soft studs (checked pre-match by the referee).
- **Mandatory Protective Gear:**
 - Mouthguards.
 - Padded gloves.
 - Protective cups.

- **Ball:** A brown faux-leather ball.
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8. Safety Protocols

- **Medical Staff:** Trained professionals, including at least one doctor and multiple first responders, must be present at all matches.
 - **Injury Prevention:** Warm-up routines, safety training, and immediate first aid procedures.
 - **Pre-Match Checks:** Inspection of player gear and field safety before play.
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9. Referees and Officials

- **Structure:**
 - **Field Master:** Oversees the match, enforces rules, and handles ejections.
 - **Linesmen:** Monitor grappling zones for rule violations and assist in crowd control.
 - **Authority:** Referees are authorized to use necessary force to de-escalate conflicts or remove players violating rules.
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10. Match Outcome

- **Winning:** Team with the highest points at the end of 60 minutes.
 - **Draws:**
 - Regular Season: Ends as a draw.
 - Playoffs: Additional 15 minutes of play with a halftime break. If still tied, penalties (five free throws per team) decide the winner.
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11. Post-Match Conduct

- **Player Recovery:** Mandatory rest periods between matches to prevent injuries.
- **Feedback:** Teams and officials provide performance feedback to improve league operations.