

The Rules of Juggling (as of 29/08/2010)

1.0 Setting up

1.1 Aim of the game

- 1.1.1 Have fun in a safe manner.
- 1.1.2 The aim is for the Qwik to put the Jug/ Skull onto the opposing team's stake.

1.2 The Field:

- 1.2.1 The Playing field is 45m long by 20m wide divided into 'thirds'.
- 1.2.2 Both of the outside thirds have angled corners.
- 1.2.3 Each third is 15m by 20 m.
- 1.2.4 From the third line the side lines continue straight for 7.5 metres then a 45 degree angle is made to the baseline where a 5 metre baseline is parallel to the opposing baseline.
- 1.2.5 A 6m diameter circle is marked out in the centre of the middle third.

1.3 Equipment

1.3.1 General equipment

1.3.1.1 Stakes -

Placed roughly 1.5-2m from each end of the field along the length way centre axis
Made from pool noodles sharpened into points.
Bases can be made from plastic garbage bin lids or circles of high impact foam
Any attempt to make a stake that involves wood or metal shall be met with refusal.
(To play the German version you can create a well in the centre of a foam block.)

1.3.1.2 Gong and stones -

These remain off the field (adjacent to the centre circle) and are for use of the timekeeper only.
100 stones are required for the timekeeper to measure the duration of thirds.
Alternatively you can use a drum or similar percussion instrument, as long as it can be heard by all players on the field.
A stone should be thrown approximately every 3 seconds

1.3.1.3 Skull -

The skull starts play in the centre of the centre circle.
Skulls must be made out of foam/rubber and require a diameter hole that will fit over the stake

1.3.2 Spars

1.3.2.1 All Spars:

(A full guideline to spars is available in appendix 1)

- * Must be padded to an acceptable standard on all striking surfaces (the spar must then be shown to the head ref for approval).
- * Unpadded spars are NOT permitted on the field under ANY circumstances.
- * Spars MAY NOT be thrown for ANY reason
- * May not exceed specified dimensions (below)
- * May be varied from specifications for creativity, but must remain under specified lengths
- * The specifications for length below include all spar variations

Two Handed Spars

Staff - 1800mm Length

Long Spar - 1500mm Length

Single Handed Spars

Short Spar - 750 mm Length

Shield - 750mm Diameter

Chain

2500mm overall chain length

500mm club length or a strap to hold onto

(3000mm overall length including chain and club)

(other variations may be allowed after approval from refs.).

* The chain must be constructed from plastic chain links.

* The striking end of the chain must have a securely fixed padded ball (or balls).

* The grip end of the chain may have a secondary spar attached which does not exceed 500mm in length. If used this must be securely attached and padded.

* For safety a rope may be threaded between the links

(NB. Lengths for all spars are Maximum lengths)

Variations to any of the specified spars above are permitted on approval of safety and practicality

1.4 Team Composition

1.4.1 Team Size

Teams can be made up of a minimum of five (5) players and a maximum of eight (8) players.

1.4.2 Positions

Each team will have:-

1 x Qwik

1 x Chain

3 x Enforcers

Additionally each team may have

3x Substitutes (for any positions)

NB. Positions are not exclusive - a player may (at different times) play any position

The Qwik - The Qwik may not have any Spar and is the only player permitted to pick up or handle the Skull during play.

The Qwik's ability as the only player allowed to touch the Skull makes the Qwik the most essential player to be kept in play.

Qwiks may only move the skull while they have possession, in hand or under arm. The skull may NOT be kicked or thrown or transported by any other means and there must not be any independent movement of the skull. The Qwik may use the skull to block shots, but it may NEVER be used as a spar.

Qwik's are allowed to tackle and wrestle with each other in order to take possession of the Skull. Kicking, punching, biting, pulling of hair, throat holds, head locks, or excessive force etc. is strictly forbidden. But any other means may be used to gain possession of the skull, such as stealing and forcing the opposing Qwik out of bounds.

The Chain - Each team must have one (1) player armed with a chain. Children's games do not have a chain position.

They are replaced by a 4th enforcer.

Enforcers - Enforcers are permitted a choice combination of the following equipment.

* Staff

* Long

* Short and Shield

* Paired Shorts

Each team may only field one duplication of spars (for example at any one time there is a maximum of two long swords on the field within a team) .

Substitutes - Substitutes may replace a player of any position at times detailed later in the rules.

1.4.3 Additional people

1.4.3.1 Referee -

There is 1 referee per game.

Where possible an additional “line ref” on the opposite sideline and “Base Refs” at each base line.

They can direct play with a water pistol. A shot from the water pistol may be used to make the referee's intentions clear to a player.

The only time the whistle will sound is to stop play, if a referee sounds a whistle ALL play must STOP until the referee makes clear the reason for the stop of play (points scored, injury, broken spar etc).

1.4.3.2 Lines People

Lines people should also be used where possible to spot out of bounds, disputed hits and goals placed correctly. Up to 4 lines people are recommended.

1.4.3.3 Time Keeper

Time keeper keeps track of the progression of the time of the game and scores

2.0 Playing the Game

2.1 Duration

2.1.1 'Stones'

Time is kept by the time keeper throwing stones against the gong.

Each third is 100 'Stones' which works out to about one for every 3 seconds of play, (three thirds to each game) or five minutes of play time, by stop watch, per third.

'Stones' are also used to measure the duration of penalties.

2.1.2 Starting and positions

Enforcers and Chains commence play at their Base Line.

Qwiks commence play at any point around the outside of the centre circle.

To start play the Referee ensures the skull has been placed in the middle of the centre circle and sounds a whistle . From the sound of the whistle the players may leave their respective Base Lines and Qwiks may take the skull.

Players must remain at their starting positions until play begins. In the case of a false start, play is halted, teams are reset in their starting positions and the stone count resets to the point of the false start.

When play begins, only the Qwiks may enter the centre circle, until the skull , or one of the Qwiks, is fully outside the circle's circumference. Until such time as a Qwik or the skull leaves the centre circle neither Qwik can be tagged by any Enforcer or Chain. Once the skull, or one of the Qwiks, is removed, the circle does not affect the game until the referee resets the skull.

If any other player steps in the circle or onto the line or hits a quick, before the skull is removed, s/he is immediately penalised and must kneel for 3 stones in the position outside the circle where the player crossed the perimeter.

2.2 Play

2.2.1 The "Hit:"

For a hit to be valid on your opponent, both of your hands must be on your spar(s) when you connect. This rule covers Chains and Short swords as well as all two handed spars.

The hit zone is anywhere on the body below the neck and above the elbows or knees. There are NO hits to the head (including the neck), punching, kicking, biting or pulling of hair (penalty at referee's discretion). Pulling, pushing, shoving and holding are acceptable, but a "hit" will only be counted when made by the striking surface area of a club. A hit to a player's head will result in a penalty for the player that executed the hit. This rule also applies to blows to the groin. A hit to the head or groin will result in an immediate base penalty of 5 Stones.

(You may use your fore arms and lower legs to block attacks because they are not hit zones)

If a strike to the head is immediately after a legal hit (by the same player) both hits will count, the penalty and the legal hit. If a strike to the head occurs first, only the penalty for the head hit counts.

When a Player is hit s/he must kneel where they were, when they were hit and remain inactive for 3 stones (or 5 from the ball of the chain) and must show clearly how many stones they have been down for. Failure to comply will result in removal from the playing field. If un-able to take a knee because of a pre-existing injury then you must stand and signal how many stones you have been down for and have it displayed clearly.

A tagged player must take their knee (unless incapable of doing so, in which case they must signal they are out of play) as quickly as practical at the location they were hit.

Obvious contact with clothing in a hit zone is counted as a hit

Simultaneous hits are not counted, but both players must declare they are both in agreement for example by saying

double or mutual and the other agreeing.

If the Qwik is hit s/he must place (not throw or drop) the skull immediately on the ground where they were hit and kneel for 3 stones (or 5 for the ball of a chain).

2.2.1a A player that has been kneeling for a hit or a penalty must attempt to retake their feet before they are considered to be back in play, until this happens the player may not hit or be hit. A player moving away from the location where they were kneeling is considered to have taken their feet, regardless of whether they are standing or not. Also a player who chooses to remain kneeling after they have counted out their stones (for either a hit or penalty) is considered to have returned to play and may be tagged after another stone has sounded).

This rule may be relaxed when play is compacted around either of the stakes for Qwiks only.

2.2.2 The "Pin:"

Qwiks CANNOT be pinned. A Chain CANNOT pin another player.

To pin an opponent, a player must hold their spar against the body of a struck/hit player. The pinning spar must be placed on the torso (including the shoulders, But NOT the groin) of the kneeling player being pinned. A pin may be applied by any enforcer on any opposing team member, except the Qwik.

Excessive force may never be used in pinning or any other time during play.

A pin MUST be applied to the player before the next stone has been rung.

A pinned player may not resume play even after s/he has counted the required number of stones. If a player becomes unpinned, they may not rejoin the game until they hear the next stone after the pin is broken, unless they have not completed the original 3 or 5 count.

If the spar is removed even for a moment...

If the player removes a hand from a double handed spar...

If the player lets another team mate take over the pin...

- the pin is lost and may not be re-established. Once a player is unpinned, that player cannot be re-pinned until hit in the hit zone. If the player has returned the pin after it has been broken, the opponent may tag them with their club after they've completed their 3 or 5 count.

If a pinned player has counted his/her 3 or 5 stones and the spar that is pinning them has been involved in any of the above, the pin is broken and the player may resume play on the sound of the next stone.

An enforcer armed with two short spars may pin two opponents. (The shield is not a spar.) If the pinning player switches from one spar, to the other for the pin, even if they have both spars on the pinned player when they make the switch, the pin has been broken.

Fighting one player while pinning another is possible only if one spar remains in constant contact with the pinned player. A pinning spar may be used to fight off another player; but be aware that you are breaking a pin to do so.

2.2.3 Substituting:

A maximum of 3 substitute players per team per period of 100 stones is allowed.

Subs are only permitted during interruptions in play:

§ After a goal is scored.

§ At the end of 100 stones.

§ A player is injured.

The referee must be informed of subs. Failure to comply may result in a penalty (removal of a player from the field).

It is advisable to have 2 players capable of performing Qwik duties, per team.

No additional players/viewers/support staff/participants are allowed on the playing field at any time during play. Except in the case of an injury or other substitution.

If a player is removed on a penalty s/he may not be replaced, the team must play one player down.

2.2.4 Handling the Skull

The Qwik is unarmed and is the only player to touch or place the skull on the goals. If a player other than the Qwik picks up the skull or intentionally moves it (including spars and equipment), they incur a 3 stone penalty.

Qwiks may wrestle each other for possession of the skull.

The skull may be dropped by the Qwik at anytime (except when hit, where they must place it on the ground in front of them), but it cannot be thrown, kicked or struck by any player. (3 stone penalty)

If a Skull rolls out or gets carried out over the side lines, play continues as the skull is returned to the point that it left the field and the nearest up Qwik can pick it up and continue.

If a Skull is carried out by the Qwik past a Base Line, play stops, as does the stone count. The skull is returned to the team who did not have possession. The team that put the skull out of bounds returns to their Base Line (including the Qwik). The team that gains possession starts from their third line. If the skull goes out the Base Line without a Qwik carrying it, then play continues while the skull gets returned. (you can not sub in players during a 3rd line reset)

2.2.5 Scoring

A point is scored when a Qwik paces the skull on the opposing teams stake.

The Qwik must PLACE the skull wholly on the stake for the goal to be valid.

If the Qwik has been tagged and then places the Skull on the Stake, the point will not be counted.

If a point is scored play stops and starting positions are taken up. The stone count resumes from where play stopped.

The stake may not be picked up by any player or moved by an enforcer or chain.

2.2.6 Breaks in play

If at any time the referee sounds a whistle play must stop immediately and players HOLD their position until a reason is called. If this is for a point being scored players may move once the point has been announced.

If play is stopped for an injury or a broken spar players should hold position as much as is practical until the injured player can be replaced or the broken spar replaced (as with all things common sense should prevail here as to whether it is practical to hold position awaiting a restart in play)

If it is not practical for players to hold position then play will be recommenced at the referees discretion as to starting positions and possession of the skull.

2.3 Penalties

2.3.1 General penalties

If a player touches the ground past the boundaries s/he must kneel for 3 stones.

Offending players must kneel for 3 stones, unless directed otherwise by a referee. No penalty is less than 3 stones, but may be longer at referee's discretion.

A referee may also remove a player from the game, usually until that period of 100 stones has been counted or for a time specified by the referee. Serious infringements of the rule can result in a ban from that days play or longer.

Players on penalties are NOT to communicate with players still on the field in any manner, this may result in extension.

A penalty of 5 stones applies to any player not complying with the rules of play as well as described penalties in the rules.

2.3.2 Other Penalties:

These penalties result in removal of an offending player from the field WITHOUT substitution at the discretion of the referee.

§ Excessive force.

§ Dangerous play.

§ Bad language of any sort.

§ Abusive behaviour.

2.4 Loss of spar

2.4.1 Losing a spar

If a player drops his/her spar(s), that player may block attacking shots (with hands and feet).

Players must recover their spar before attacking another player.

[If a player is disarmed there is no reason why s/he cannot still help the Qwik].

2.4.2 Spar/ Skull out of bounds:

If a spars falls out side the boundary it may be recovered at the expense of a 3 stone penalty or, if tagged, within their down time, returning to the point they were tagged.

2.5 Safety

2.5.1 Although Qwiks are permitted to wrestle and tackle to gain possession of the skull it is not permitted to use any locks, strikes or holds that push safety past play-wrestling.

Body checking is heavily discouraged between Qwiks and NEVER to be used by shield users and repeated use of this tactic may result in removal from the field.

2.5.2 Tangles

Because of the nature of the chain it is inevitably going to become entangled about either body parts or spars of opposing players.

If the chain tangles about a body part one or both players involved should call '**Tangle.**' At this point neither player may be attacked until the chain has been removed from the tangled body part. Under **no circumstances** is the chain to be 'pulled' while it is entangled about another person.

A spar Entanglement has no call. Both players may be struck during a spar entanglement. If the spar cannot be untangled within 3 to 5 stones, the players may be struck again.

3.0 Optional modifications

3.1 Player Numbers:

- 1- Qwik
- 2,3,4- Enforcers
- 5- Chain

3.2 Team colours

Player must wear easily seen colours, in the form of:

- § Arm band
- § Head band
- § Shirt or pants

Any combination is permissible within the team as long as team colours are obvious.

It is important that teams organise colours to make refereeing easier. Coloured rags will be made available where possible to tie to arms legs or the head of team members.

3.3 Player Safety Equipment:

As with all contact sports the risk of injury increases, so it is advised that all players wear as much protection as THEY deem necessary, for their chosen position. Helmets, chest, shoulder and shin pads are all highly recommended. If a player chooses to not wear any equipment, they do so with the knowledge that they do so at their own risk.

Traditionally, the Qwik and Chain wear the least protection. As the Qwik needs to move fast and the Chain is hard to get close to due to the range of his/her spar. It is highly recommended that these two positions still wear more than the minimum protection.

Gloves are also recommended, as being struck on the knuckles by an opponent can prove painful.

End Notes:

- § The game is aimed at sportsmanship and competition and enjoyment.
- § There is no recognition of difference between male and female players. Male and female players play on the same teams and against each other.
- § There is no cost to play but there is a cost to players in the preparation of their own spars and equipment and membership fees if they wish to become a member.
- § Building advice for spars is purely suggestive, (Padding advice is NOT), but common sense and practicality should prevail (not forgetting SAFETY) when building spars.

APPENDIX 1

Official Spar and Padding Guidelines

Staff

Maximum total length

1800 +/- 50 mm

Hands

2

Minimum padding for striking surface

500 mm strike surface

20-40 mm on the tip past the core

minimum 18-20 mm around the core

a rubber ball over each end of the core

Minimum padding for non striking surfaces

9-10 mm on the handle/shaft

Spear

Maximum length

1800 +/- 50 mm

Hands

2

Minimum Padding for striking surface

750 mm strike surface

minimum 18-20 mm around the core

35-45 mm padding on the tip past the core

a rubber ball over The striking end of the core

Minimum padding for non striking area

9-10 mm along the shaft/handle

150 mm length padded on the butt

minimum 18-20 mm around the core on the butt

20-40 mm on the end of the spar

note: Only one end of this spar has a striking surface

Long

Maximum length

1500 +/- 25 mm

Hands

2

Minimum Padding for striking surfaces

rubber ball attached to striking end of the core

18-20 mm around the core

20-40 mm on the tip passed the core

Minimum padding on non striking areas

9-10 mm around handle/shaft

10-20 mm on the butt

10-20 mm on the end of the spar

Short

Maximum length

750 +/- 20 mm

Hands

1

Minimum padding for striking surfaces

rubber ball attached to striking end of the core

18-20 mm around the core

20-40 mm on the tip past the core

Minimum padding for non striking surfaces

9-10 mm around the handle/shaft

10-20 mm on the butt

10-20 mm on the end of the spar

Shield

Maximum diameter

750 +/- 20 mm

Minimum padding

Face = 10 mm of padding

Rim = 20 mm of padding

Note: A shield has no striking surface

Chain

Maximum length

3000 mm (optional club at minimum of 500 mm and a minimum of 2500 mm of chain)

Minimum padding for the chain

Padded ball: radius of ball 50 mm +

First 500 mm of chain from the ball end must be padded

Must be made out of plastic chain

Minimum padding for the Club

20-40 mm on the tip

18-20 mm around the core of striking surface

9-10mm on the handle/shaft

Must be attached to the chain

NOTE: Rope and balls are not considered padding.

Spar variations can be made and used on approval from the head Ref

The following are not allowed:

Any form of punching spars

Any form of reinforced hook or scythe like protrusion on spars

Any design feature made for tripping

Any exposed metal on spars or protective equipment

**all padding requirements are based on rubber padding. If open cell foam is used double thickness of rubber is recommended

The Australian Jugger League Management Committee Members

President: Adam Horsten

Vice President: Simon Feeney

Treasurer: Wendy Musgrove

Secretary: TBA

Games Played Every Sunday

At New Farm Park

Unless Otherwise Stated

At The Following Locations:

<http://www.jugger.org.au>
Facebook: Jugger Australis

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