

RULES TUTORIALS

Cardiogoal - Presentation

- Cardiogoal is a mixed, contactless collective sport.
- The origins of Cardiogoal are based on a study carried out on Cardiovascular stress and accidentology.
- In competition, Le Cardiogoal is played by two mixed teams of 6, 3 women and 3 men.
- On the field, we play 4 against 4, 2 men, 2 women, 2 substitutes for each team.
- Women replace each other and men replace each other.
- The official time for a Cardiogoal match is 40 minutes, we are playing 4 quarters of 10 minutes.
- Cardiogoal is the first mixed collective sport created in France.

The stadium

- At Cardiogoal, we can play on all surfaces, indoors, on the beach, on synthetic as well as in schoolyards.
- The dimensions of the field are identical to that of a basketball court.
- We find there four straight lines, two lines of shooting area with a penalty point, two lines of free kick.
- I will let you observe the detailed plan.

The outfit

- For women, handball or basketball ballroom shoes, corsair shorts, skirt and jersey.
- For men, handball or basketball ballroom shoes, corsair shorts and jersey.

Rule 1 - Passes and shots

- To reach your goal, you only need to make passes on the front, or in parallel.
- Passing behind the ball carrier is prohibited. If this happens, your opponent takes the ball.
- If you make a bad pass to your teammate, the ball returns to your opponent. The ball must be replayed where it falls.
- If your opponent touches the ball with a part of his body, it also comes back to him.
- Passing from hand to hand is prohibited.
- It is also possible to pass with the foot or with another part of the body.
- The shots must be taken in front of the line of the shooting zone, it is possible to shoot anywhere on the field.
- Extension is possible in the shooting area.
- Upon reception of the ball on the ground, obligation to make a pass before shooting.

Rule 2 - The attitude of the game

- To play Cardiogoal, you must use the right technique.
- It is forbidden to touch your opponent with or without a ball, you must respect the distances and adopt the correct attitude specific to the game, demonstration !

- Passage in force is prohibited in front of the shooting line. Upon receiving the ball in front of the line if the defender is found, you must back up or avoid it within a distance of one meter. If this rule is not respected, the point will be refused.
- These rules will allow you to avoid contacts and will encourage diversity, so respect them !!!

Rule 3 - Playing time

- The official time for a Cardiogoal match is 40 minutes, we are playing 4 quarters of 10 minutes.
- Stoppage time will be mainly based on the following penalties: Free kick and penalty A stoppage of play will also be in force in the event of injury.
- During the game, the pass time is 3 seconds.

Rule 4 – Displacement

- Upon receipt of the ball, two steps are allowed
- The jump at the reception counts one step
- The pivot is authorized within 3 seconds

Rule 5 - Entry and Rebates

- At Cardiogoal Fairplay is omnipresent, in an official match, the receiving team offers the entry to the opposing team. Visitors are placed on the firing line and the locals on the center line.
- When the ball is lost in the shooting zone or outside this zone, it must be put back into play next to the goal within 5 seconds, the player must therefore mark the step and hand the ball to his teammate without biting the line, otherwise, the ball will be returned to the opposing team on the lateral free kick line.
- The teammate on the line of the shooting zone for the reception of the ball will be protected, because the defender must be two meters from him or her. Demonstration.
- When the ball is lost in the free kick area, the throw-in will take place on the free kick side line. The defender must be placed two meters away, if the receiving player is placed one meter from his teammate. Be careful not to bite the line on the throw-in.
- When the ball is lost on another outside the field, it is replayed at the place of its exit.
- If you make a bad pass to your teammate, the ball returns to your opponent. The ball must be replayed where it falls.
- If your opponent touches the ball with a part of his body, it also comes back to him.
- A stoppage of play and a throw-in may take place during an in-between, unintentional or collateral fault. The ball will be crossed in the middle of the field, the direction of the ball will choose its side, the ball will therefore be replayed at the place of its stopped position.