

RULES TUTORIALS

Cardiogoal - Presentation

- Cardiogoal is a non-contact, mixed sport
- The origins of Cardiogoal are based on a study focused on cardiovascular effort and accidentology
- In competition, Le Cardiogoal is played by two mixed teams of 6 : 3 women, 3 men. In the field, we play 4-on-4 : 2 men, 2 women; 2 substitutes for each team.
- Women replace each other and men replace each other.
- The official time of a Cardiogoal game is 40 minutes, we play on 4 quarters time of 10 minutes.
- Cardiogoal is the first mixed sports collective created in France

The playground

- At the Cardiogoal, we can play on all surfaces, in the gym, on the beach, on synthetic as well as in school yards.
- The dimensions of the court are identical to those of a basketball court.
- We find four straight lines, two firing zone lines with a penalty point, two free-kick lines.
- I'll let you observe the detailed plan.

The playing dress

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

Rule 1 - Passes and Shots

- To reach your goal, you just need to pass only on the front, or in parallel.
- Any pass to the back of the ball carrier is prohibited. If this happens, it is your opponent who recovers the ball.
- If you make a bad pass to your teammate, the ball returns to your opponent.
- The ball must be replayed at the place of its fall.
- If your opponent hits the ball with a part of his body, it also goes to him.
- Hand-to-hand passing is prohibited.
- It is also possible to make a pass at the foot or with another part of the body.
- Shots must be fired in front of the line of fire, it is possible to fire at any point of the field.
- Extension is possible in the firing zone.
- On receiving the ball on the ground, obligation to make a pass before shooting.
- To play Cardiogoal, you must use the correct technique.
- It is forbidden to touch your opponent carrying or not the ball, you must respect the distances and adopt the right attitude specific to the game, demonstration !

- Forced passage is prohibited in front of the line of fire. When receiving the ball in front of the line if the defender is there, you must back up or avoid it by respecting the distance of one meter. If this rule is not respected, the item will be rejected.
- These rules will allow you to avoid contacts and promote gender diversity, so respect them !!

Rule 3 - Playing time

- The official time of a Cardiogoal game is 40 minutes, we play on 4 quarters time of 10 minutes.
- The game stops will be mainly on the following penalties : Free-kick and penalty a game stop will also be in force in case of injury.
- During the game, the pass time is 3 seconds.

Rule 4 - Travel

- At the reception of the balloon, two steps are allowed
- The landing jump counts as a step
- Pivot is allowed within 3 seconds

Rule 5 - Commitment and Challenge

- At Cardiogoal the Fairplay is omnipresent, in official match, the receiving team offers the commitment to the opposing team. Visitors are placed on the line of fire and premises on the center line.
- When the ball is lost in or outside the shooting zone, it must be put back in play next to the goal within 5 seconds, so the player must score the pitch and hand the ball back to his teammate without biting the line. Otherwise, the ball will be returned to the opposing team on the free-kick lateral line.
- The teammate on the line of fire for receiving the ball will be protected as the defender will have to be two metres away from him or her. Demonstration.
- When the ball is lost in the free kick zone, the game will be played back on the free kick lateral line. The defender will have to stand at two meters, if the receiving player is placed at one meter from his teammate. Careful not to bite the line on the play-back.
- When the ball is lost on another outside of 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 at the place of its fall.
- If your opponent hits the ball with a part of his body, it also goes to him.
- A game stop and a replay can be done during an in-between, unintentional fault or collateral. In-between will be in the middle of the court, the direction of the ball will choose its side, so the ball will be replayed at the location of its stopping position.
- At Cardiogoal, game stops will be in case of fouls or injuries.
- At Cardiogoal, there are four boxes to define stops (Yellow, Blue, Red and Green).
- Over a quarter of ten minutes, beyond two free kicks for the team, it will be just penalties.

- ✓ Yellow defines the first free kick ;
- ✓ The blue, the second free-kick ;
- ✓ The red, the penalty.

- Once the quarter is over, the penalties will disappear for the next one.
- The penalties do not penalize the player who made the mistake but the entire team.
- A game stop will also be in effect in case of injury that will be indicated by a green card.
- The boxes will be marked on the marking table by the table referees.
- Distance faults will be whistled without stopping play, so you must respect the correct attitude of the game to avoid the penalty, example :

The free kick :

- The free-kick takes place 5 metres from the firing zone.
- The defenders, located in front of the 4-metre line, cannot move until the pass has been intercepted by one of the attackers but can jump or raise their arms. It is up to them to place themselves judiciously on the line before the whistle of the referee. They do not have the right to move to counter.
- An attacker is placed behind the 5-metre line, anywhere along that line. The other attackers can circulate in this area. It is up to them to choose their strategy without making passes to the back.
- If a defender moves during the free-kick, the referee whistles a second free-kick, or even a penalty penalty if it is the second free-kick in the quarter.
This is still a penalty !
- The attacker must wait for the referee's whistle to sound before the game is back in play.
- The direct free-kick is allowed.

Pénalty :

- The penalty consists of a shot on goal at a distance of 4 meters.
- Both feet must remain on the ground for the goal shooting session ; only the heel of the foot can be lifted off (if applicable : points cancelled).
- Free choice to the shooter of the color unless exception during a competition in tournament mode, on a draw, the referee will define the color for the 12 shooters. It's up to you to be clever !