



Cardiogoal is a collective sport that is played by hand between two mixed teams of six players: four players on the field and two alternates who come and go freely. The game consists of passing the ball through one of three coloured circles (yellow-blue-red) placed vertically at a total height of 3 meters.

Each ring color corresponds to a number of points :

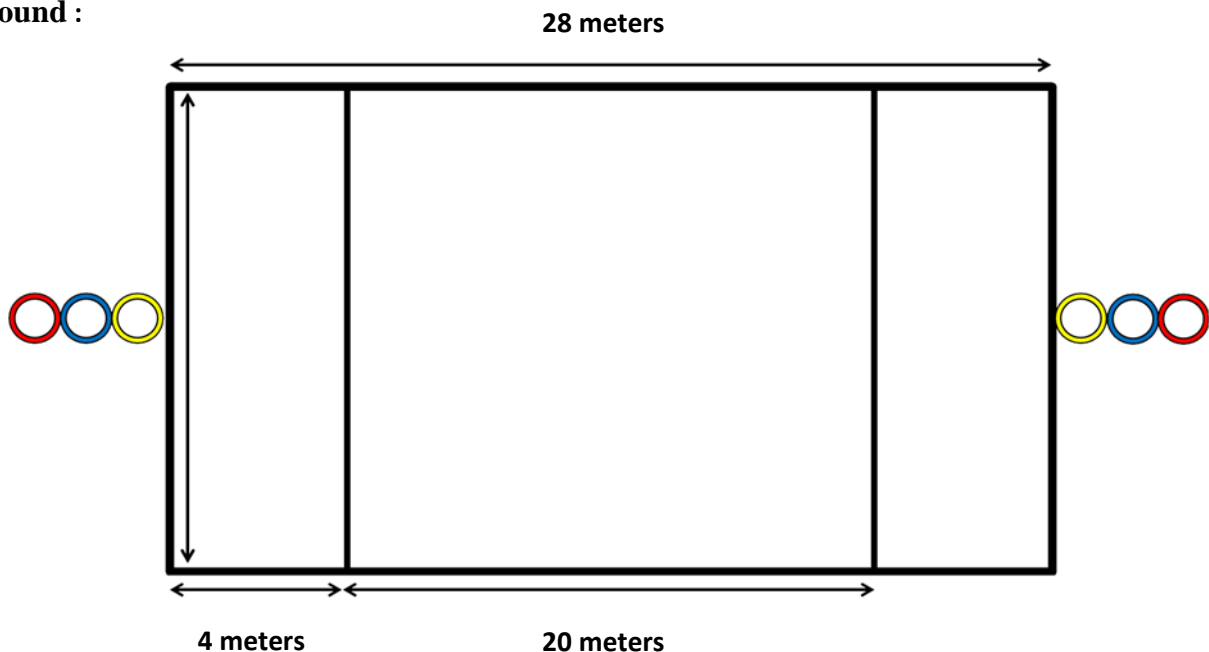
Red : 15 points

Blue : 10 points

Yellow : 5 points

The team with the most points wins the game.

The ground :



The essence of the rules :

Rules 1 - Passes are made only on the front, passes on the back of the carrier of the ball are prohibited. If the ball falls to the ground, it is replayed by the opposing team at the place of its fall.

Rule 2 - Contact between players is strictly prohibited. As soon as the ball is hit by the opponent, the opponent recovers it.

Rule 3 - No more than 3 seconds with the ball in hand on the court, after this time, the ball returns to the opponent.

Rules 4 - The ball is not allowed to run but is allowed to walk two steps.