

G O U B A K

Collective sports of collaboration-opposition (regulated), mixed, inclusive, in which two teams of 5 members each (♂♂♂♂♂ or ♀♀♀♀♀), face each other in shared court around a single central goal (three posts located at the vertices of an equilateral triangle with side 1 m), in order to pass the ball cleanly through the goal so on the other side, a partner can catch it before it touches the ground and before of being intercepted by the rival. The game time consists of two parts of 15 minutes each. With a total of 30 minutes, the teams must try to reach and maintain 15 points until the end of the match to achieve the goal of the game.

AIM OF THE GAME:
Reach and maintain
15 points.

POINT + : When the player in possession of the ball is able to pass it with his hand or hands through the goal, cleanly, and a partner, on the other side, catches it before falling to the ground and before being intercepted by the rival. Awarding value of the area where it receives 1, 2 or 3 points. [VIDEO](#)

POINT - : When the player in possession of the ball is able to kick the ball and crosses the goal cleanly, trapping it, on the other side, a teammate before falling to the ground and before being intercepted by the opponent. In this case, the opposing team will be subtracted 1, 2 or 3 points according to the reception area. [VIDEO](#)

PLAYER WITH THE BALL: You can only move in the area you receive, passing before 5 seconds. [VIDEO](#)

PLAYER WITHOUT THE BALL PASSES: Walk freely without invading the goal area (G). [VIDEO](#)

PASSES: Pin and receiver must be in different areas at the time of reception. [VIDEO](#)

VERTICALITY: All passes made with the hand or hands should come out in an upright position. With the foot the player will try to achieve verticality. [VIDEO](#)

GUM EFFECT: Not pass the ball to whoever has passed it to us. [VIDEO](#)

ADVANTAGE: Circumstance given when a player of the attacking team receives a ball and is able to touch an opponent with his hand (pivoting). In this case, the player touched will be sent off until the end of that play (he will automatically enter after the play). The player with the ball restarts the play with a still ball, vertical on the ground, in that same place with the possibility of kicking on goal or passing with foot to partner. The advantage can only be sought during the play, not when crossing the goal. [VIDEO](#)

POSSESSION: The possession of each team is conditioned to make a number less than or equal to 5 passes (including passing through goal), known by the name of PLAY. If they score, they continue with possession. [VIDEO](#)

CHANGE OF POSSESSION, ([VIDEO](#)) any change of possession begins starting from initial positions (Attacking Team, outer circle and Defender Team, inner circle). Situations that cause such change:

- *Rival intercepts the ball when it crosses the goal (not before). **REGULATED OPPOSITION** [VIDEO](#)
- *When the ball touches the ground.
- *At the infraction.

INFRACTIONS, bear in mind:

***Team with ball:** if it does not respect any of the previous rules change of automatic possession.

***Team without the ball:** if this team blocks passes or movements of the team with the ball during the play (before passing the ball through goal) receive a warning, the play is stopped and the team with the ball continues with possession and starts play again, in that same place, with the ball on the ground, vertical. If the team without the ball reoffends and reaches the three warnings, it is awarded -2 points, and the team with the ball remains in possession and starts the play again. (From initial positions)

***In case of any kind of unsportsmanlike behavior or disrespect,** change of possession (in case of possession of a team offender) and -2 points for the offending team.



May 2018

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