



IRIBF Rock-It-Ball Rules Rev 5.1 2011

The International Rock-It-Ball Federation

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Rules Committee 2011

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Rock-It-Ball

1) Equipment

- 1.1 The Rock-It. The game will be played with the IRIBF officially recognised Rock-It Pro or Rock-It-Junior. The structure of the Rock-It cannot be modified in any way other than using components from authorised suppliers. Players should adhere to competition rules regarding personalization of Rock-Its.
- 1.2 The ball. The game will be played with the IRIBF officially recognised low-impact ball.
- 1.3 Goggles. Players are recommended to wear eye protection to the standard resistance to low energy impact of a 6mm steel ball launched at a speed up to 45 m/s – 162 km/h.

2) Playing Area

- 2.1 The playing area for any Rock-It-Ball 5v5 game played under the auspices of the IRIBF, whether in league or tournament play, will be a hall which has a floor area of between 38 and 40 metres in length by 18 and 21 metres wide. (This approximates to an area the size of four badminton courts, with surrounding run-off space.) The hall will have a minimum height of 3.5 metres.
- 2.2 The area must be free of any obstructions and any potential hazards must be made safe to the Referee's satisfaction. Failure to comply will result in the game being postponed.
- 2.3 It is within the Referee's discretion to deem an obstruction to be a hazard to players and to require its removal or to be made safe before the beginning of the game.

3) The Game

The Players

- 3.1a The game will be played between two teams of up to ten players, with a maximum of five on court at any one time - each player having the correct equipment as per rule 1.1. Squad size to be determined by the respective league or tournament.
- 3.1b Teams can be of mixed gender but must adhere to the rules pertaining to age ranges (see Rule 6.2, Age Ranges).
- 3.1c Each team will declare its ten registered players prior to the commencement of play to the Referee.
- 3.1d If through injury and/or ejection a team has fewer than four players on court, the game will be abandoned. (See Appendix 2)
- 3.1e All players will observe any rules regarding uniforms, etc., which may be applied by tournament organizers.
- 3.1f All players must be members in good standing of the IRIBF to play in any IRIBF sanctioned games/tournaments and/or leagues, therefore they should be familiar with the rules of the game before attending the tournament





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Substitutions

- 3.2a A substitute is one of the declared players, as per Rule 3.1c, who is not on court.
- 3.2b Teams may substitute any number of players at the end of each quarter. In event of an injury which has required the Referee to stop the match clock (see Rule 3.3a), the injured player may be replaced.
- 3.2c In the event of an injury to a player which has required the Referee to stop the game clock, the player may be substituted. Play will recommence with a Referee's restart.
- 3.2d A substituted player may return to the playing area provided this is done within the substitution rules.
- 3.2e In the event of the team captain leaving the court a designated player will take responsibility for speaking for the team on court.

Injuries

- 3.3a In the event of injury to a player the Referee may, at his/her discretion, stop play (and stop the game clock). In this event, the team coach and/or medical personnel may enter the court, but only for the express reason of attending to the injured player. The injured player may be substituted (see Rules 3.1d and 3.2b). Play will resume with an Referee's restart.
- 3.3b If an injured player cannot immediately be removed from the court, the Referee will suspend play until such time as this can be done. Other players should leave those designated as First Aiders to deal with the situation.
- 3.3c In the event of a blood injury, the injured player must leave the court. He/she will be allowed back on court only when deemed fit to return by a designated First Aider and to the satisfaction of the Referee and within the terms of Rule 3.2
- 3.3d A previously-injured player may return to the court within the terms of Rule 3.2 if deemed fit by a designated First Aider. Referee reserves the right to deem a player unfit to return if (s)he feels the safety of the player or other players is at risk.
- 3.3e All teams must provide an IRIBF approved first aid kit.

Duration of game

- 3.4a The game will consist of four quarters. The standard time period for each quarter is four minutes. Increasing the time period to up to 10 (ten) minutes per quarter may be determined by the respective league or tournament organizers. The first and third intervals will last one minute. The second interval will last two minutes. The length of the intervals may be determined by the respective league or tournament organizers if they are using longer time periods for the quarters.
- 3.4b Variations will be allowed at school level where periods may be shortened in time or number and/or intervals extended; however this will not apply to IRIBF-sanctioned games where the duration of the game will be as stipulated in Rule 3.4a.
- 3.4c Teams must be on court ready to play at the allotted time. The maximum permitted delay to the game start is 5 minutes. After this period of delay the game will be forfeited and awarded to the team that is on the court ready to play. If a team is present at the venue but is not present on court for a punctual start, then point penalties will be applied as dictated by the rules of the tournament or league.
- 3.4d In the event that both teams fail to show the league will review the situation and sanctions may be applied.
- 3.4e The person designated as timekeeper will time all periods and intervals
- 3.4f After any incident requiring the stopping of the clock, the game will recommence with an Referee's restart.





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3.4g Players should remain on court (or within 5m of the court) during the intervals unless they are being substituted.

3.4h During the interval, in addition to the players already on court, only the coach and players coming on as substitutes are allowed onto the playing area.

Game Format

3.5a Prior to the commencement of play the match balls are placed in the Classic Formation (see Definitions).

3.5b At the start of the game teams will stand at their designated end of the court, each player having one hand touching the wall. The referee will warn teams the game is about to start by reminding each team in turn that each player must have one hand on the wall. Any player who breaks contact with the wall prior to the Referee putting the balls in play will incur a points penalty. The Referee will start play by sounding his/her whistle while simultaneously kicking the balls into play. The game clock will be started at the Referee's signal.

3.5c If, during play, a match ball goes missing from the court the designated game day official will introduce another ball into play from his/her reserves. Any official who notes that a ball is required will make a ball call to the designated official. Any balls other than those used for the game must be stored away. Any person collecting a stray ball from off court must not return this ball into play. This ball must be returned to the designated official who will add the ball to the reserves.

3.5d If too many balls are in play the Referee will stop play and stop the game clock to retrieve the ball. Play will recommence with a Referee's restart.

Result

3.6a Each team will be awarded points, according to Rules laid down in Sections 4 and 5, and the winner determined upon that basis - the team scoring the greater number of points being the winner.

4) Scoring

Strikes

4.1a A strike is defined as a player being hit with a ball on any part of the body from and including the shoulders down to and including the feet whether from an opponent or team mate. One point is scored by the opposing team.

4.1b An exception to Rule 4.1a is that a player's hand up to the wrist, when gripping the Rock-It control bar with a closed grip, is deemed to be part of the Rock-It. This only applies to a blocking action. An attempt to catch or pick up the ball using the hand(s) holding the control bar will be deemed a strike.

4.1c A player may use his/her Rock-It to block or fend off an attempted strike.

4.1d If a ball rebounds from the floor before hitting a player below neck height, this is deemed a strike.

4.1e If a ball rebounds from another player or that player's Rock-It and, hits a player below neck height, this is deemed a strike.

4.1f If a ball rebounds from a wall or game day official before hitting a player, this is deemed a strike.

4.1g In summary, any ball touching a player's body below neck height, from whatever source, is deemed a strike (unless that player is out of play as per Rule 4.2a)





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Declaring a Strike

- 4.2a Any player struck by a ball as per Rule 4.1 is immediately out of play. He/she is permitted a maximum of two steps to come to a standstill and thereafter may not move the position of their feet but may pivot on the back foot until called to “play on” by the Referee and cannot use those two steps to retrieve a ball. The player will stand with one arm raised and look towards the Referee; the arm which is raised must **not** be holding the Rock-It. In the case of a player with an upper limb incapacity this will be difficult as that player would have to place the Rock-It on the floor and would therefore be at a disadvantage. In this case the player will be permitted to hold the Rock-It vertically as per Rule 4.4a to indicate a catch, but horizontally above his/her head to indicate a strike. As soon as the Referee calls “play on”, the player is back in play.
- 4.2b A player must not attempt to retrieve a ball while out of play or play a ball in any way. Failure to comply will result in a 3-point penalty.
- 4.2c No strikes may be made against a player while he/she is out of play. Any player deliberately attempting a strike while the opponent is out of play will incur a three point penalty.
- 4.2d If a player has a ball in his/her Rock-It at the time of being struck and put out of play, he/she may retain possession of the ball but may not use it until he/she has been allowed to “play on”.
- 4.2e Any player struck by a ball as per Rule 4.1 and who does not immediately comply with Rules 4.2a and s4.2b will incur a three point penalty.
- 4.2f If a player is struck just before, or just as the Referee is signaling the end of the quarter, he/she must comply with Rule 4.2a and the strike will be recorded.

Catches

- 4.3a If an attempted scoring shot is thrown by an opponent’s Rock-It and a player catches it in his/her Rock-It before the ball has touched the floor, this is deemed a catch. Two points are scored by the catching team.
- 4.3b If a player catches a ball as per Rule 4.3a after it has rebounded from another player or their Rock-It, this is deemed a catch.
- 4.3c If a ball hits the wall or game day official from a shot or a rebound and is then caught by an opponent then this is deemed a catch
- 4.3f An interception is deemed a catch if the ball has not touched the floor.

Declaring a Catch

- 4.4a Any player making a catch as per Rules 4.3a and 4.3b is immediately out of play. The player will stand and raise the Rock-It (holding the ball) vertically in the air and he/she will look to the Referee. As soon as the Referee calls “play on”, the player is back in play. Rule 4.2b also applies.

5) Other Rules of Play

Dribbling

- 5.1a The definition of a dribble is for a player to throw a ball from one Rock-It scoop and catch it in the other without the ball touching any part of his/her body, the floor, wall or any other player or Rock-It with the exception of Rule 5.2b.





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5.1b A player in possession of a ball may take a maximum of two steps in any direction before he/she is required to dribble the ball. Any breach of this Rule will incur a three point penalty against the offending team.

Other Restrictions

5.2a A ball may be stopped only by using the Rock-It. If a player stops or deflects, or attempts to stop or deflect, a ball using any part of his/her body (other than in situations covered by Rules 4.1b and 4.1c) this will be deemed a strike against that player.

5.2b The alternative permitted dribble is defined as bouncing the ball from the scoop to the floor and back to the scoop

5.2c The Rock-It may not be used to strike a ball, whether on the floor or in the air. Any breach of this Rule will incur a three point penalty.

5.2d A personal zone extends one metre, in all directions, from the longitudinal centre of the body of a player irrespective of whether that player has a ball in his/her Rock-It or not, or during the air/standard dribble. An opponent's Rock-It may not enter this personal zone. Any breach of this Rule will incur a three point penalty against the offending team.

Foul Play

5.3a At no time may a player intentionally obstruct, or come into physical contact with, an opponent. Any breach of this Rule will incur a three point penalty against the offending team in the first instance.

5.3b Any dissent and/or abusive behaviour towards players, officials, spectators or any other persons present will incur a three point penalty.

5.3c Violent and/or abusive conduct will result in immediate ejection from the game and no replacement will be allowed to take the ejected person's place for the duration of the game. Any ejected player will be subject to disciplinary proceedings.

6) Definitions

Ball Formation

6.1a The Classic Formation. This describes the arrangement of the match balls prior to the commencement of play. The five balls are placed on/around the halfway line approximately one metre from the Referee's wall and they are arranged in a V (see Appendix 5 for description).

Age Ranges.

6.2a Age Ranges are as follows: Peewee: 5 - 8 years; Cadet: 8 - 11 years; Junior: 11 - 14 years; Youth: 14 - 17 years; Adult: 18+; Masters: 40+.

6.2b A player may compete one level, but only one level, above their age group (for example a 12-year-old may play at Junior and Youth levels) if deemed sufficiently able by the coach except that any player involved in playing in a masters game must be 40 or older.





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6.2c If a player steps up to the next level/age group (s)he cannot step back down, unless that player finds that (s)he later has no team to play with, in which case, subject to approval by the league or administrative body, (s)he *can* step back down. There is no facility to step back down at regional or national level.

6.2d To participate in a tournament or league a player must qualify on age grounds at the beginning of the tournament or league. That player is permitted to compete to the end of the tournament/league even if (s)he surpasses the age limit by the end of the tournament/ league.





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Appendix 1: Equipment

Rock-It

The Rock-it Pro dimensions Control Bar Length = 760mms Scoop, Length = 280 mms

Rock-It Junior dimensions Control Bar Length = 500mms, Scoop Length = 280 mms

Maximum weights of the Rock-Its are given to prevent illegal alteration of the Rock-It.

Rock-It-Pro Weight: Max: 11b 8oz, (680g) evenly balanced

Rock-It-Junior Weight: Max: 11b 2oz (510g) evenly balanced

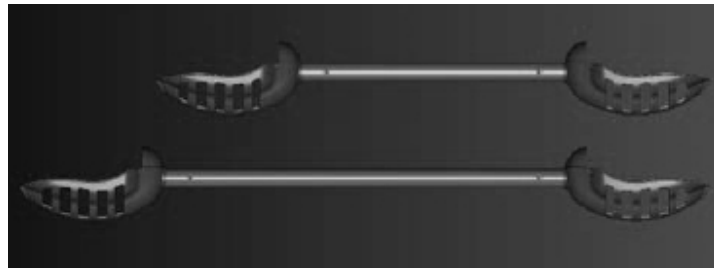


Figure 1:Rock-It-Junior and Rock-It-Pro

Score Counters

The Referee will score the game with a score counter for each team. This can be manual or electronic.





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Appendix 2: Scenarios regarding abandonment of games:

Scenario 1

Team A is leading Team B 71:12

Team A has 2 players injured and has no replacement players.

In this case the game should be abandoned and replayed at a different date.

NB: If team B 'try' to injure players from Team A in order to get the game abandoned the Referee would clearly be able to eject the Team B players for violent conduct

Scenario 2

Team A is leading Team B 71:12

2 players from Team B become 'injured'. The game is abandoned.

If there is a suspicion that the players are feigning injury to ensure the game is abandoned the opposing team and/or the Referee can report this to the disciplinary committee. Following investigation the committee has the power to instruct the game to be replayed or to award the game to the opposition.

Scenario 3

Team B has two players ejected.

The game is awarded to Team A





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Appendix 3: Positioning of Game Day Officials

1. The Referee – Will stand at the half way line as close to the wall as possible to ensure as little disruption to the game as possible.
2. The Umpires – Will stand at the opposite side of the court with one on either side of the half way line. Each Umpire has responsibility to the Referee for any infringements in their half. They should stand as close to the wall as possible causing as little disruption to the game as possible.

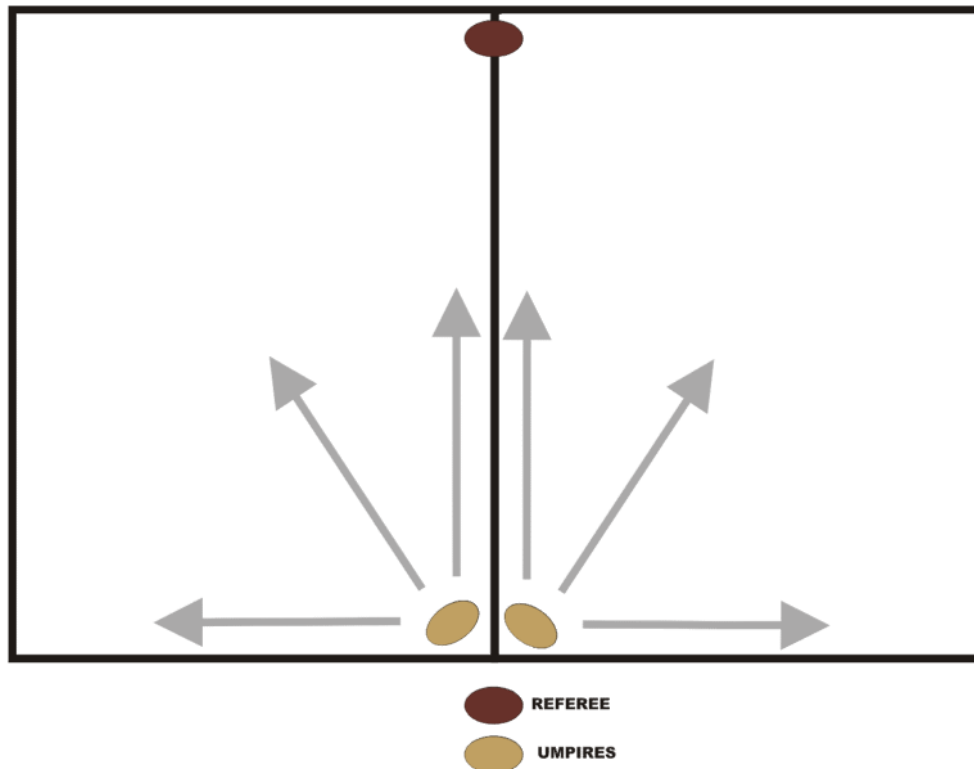


Figure 2: Positioning of Game Day Officials





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Appendix 4: Penalty Point Summaries

Infringement examples

All infringements incur three-point penalties

1. Any player who breaks contact with the wall prior to the Referee putting the balls in play is committing an infringement
2. No strikes may be made against a player while he/she is out of play. Any player deliberately attempting a strike while the opponent is out of play will incur a penalty.
3. A player in possession of a ball may take a maximum of two steps in any direction before he/she is required to dribble the ball. Any breach of this Rule will incur a penalty against the offending player.
4. Any player/s that uses the Rock-It or any part of his/her body to strike an opponent's Rock-it will receive a 3 point penalty.
5. Any player/s using the Rock-it to deliberately strike an opponent will receive an immediate ejection from the game and a 3 point penalty.
6. Any player guilty of violent behaviour will receive an immediate ejection from the game and a 3 point penalty.
7. Any player/s encroaching on a player's personal zone will receive 3 penalty points
8. A player/s that does not register a strike will receive 3 penalty points
9. Any player intentionally obstructing or coming into physical contact with an opponent will incur a 3 point penalty
10. Dissent or foul or abusive language will incur a 3 point penalty.
11. The Rock-It may not be used to strike a ball, whether on the floor or in the air. Any breach of this Rule will incur a three point penalty against the offending team.
12. Throwing the Rock-It (eg at ball) is deemed to be unsporting behaviour and incurs a penalty.

The Referee has the discretion to award three point penalties for unsporting behaviour or ungentlemanly conduct. The Referee has the discretion to eject a player for subsequent infringements.

An ejected player cannot be replaced during the rest of the game.

Distracting a game day official

The job of game day official is particularly demanding and is made more difficult by players and other persons taking their attention away from the game for trivial or personal reasons. This can be hazardous to players and officials as well as potentially altering the outcome of the game through points being missed / players standing for longer than they need to.

A three point penalty will be given if any person on or off the field of play; players, team staff & volunteers or spectators supporting a particular team attempt to divert the attention of any game day official away from the game in progress without due cause. Due cause includes any emergency that would require the stopping of the game.

Penalties will be given for any of, but not limited to the following list of common distractions;

- Questioning a Referee's decision
 - The Referee's decision is final
 - Honesty is in the spirit of the game and this extends to the impartial officials as well as players and coaches
 - Where there is any accusation of dishonesty amongst officials this must be directed in writing to the Head of Technical Development of the IRIBF.
 - Rule clarification will not be allowed during the game
- Enquiries about game timing





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Where a game clock is not displayed the time keeper will call the time at set increments

- Half way through each period
 - 1 minute left in each period
 - 30 seconds left in each period
 - full time
- Enquiries about scores
Where a scoreboard is not displayed, officials will give the score at each break to the team coach. After the officials' conference and before the commencement of the next quarter. It is the coach's responsibility to pass the score on to his team





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Appendix 5: Terminology

1. IRIBF = The International Rock-it-ball Federation, the International Governing Body of the sport
2. Rock-It-Ball – the ‘pure’ version of the sport
3. Rock-It = The implement used to play Rock-it-ball it is made up of a control bar and 2 scoops
4. Score counter = The implement used to count the number of strikes culminating in the total score
5. Personal Zone = A one metre zone starting from the centre of a player’s body. This zone cannot be entered by another player’s scoop
6. Referee = The head game official who registers strikes and oversees the whole game
7. Umpire = One of two officials who act as the eyes and ears for the Referee and will signal to the Referee any infringements that they see.
8. Ejection = Where a player is sent off the court for the remainder of the game. Another player cannot take his/her place for the remainder of the game
9. Suspension = a player is banned from playing for a number of games.
10. The Classic formation = The V shape adopted with the game balls used by the Referee prior to the kickoff
11. Kickoff = The action used by the Referee to put the balls in play
12. Foul Play = An action used to gain an unfair advantage over an opponent.
13. Game Clock = The time kept by one of the game day Officials or the Time keeper that dictates the length of time that the game has been played.
14. Game Day Official = Refers to the Referee and the Umpires
15. Rebound = when the ball changes direction from coming into contact with a player or object
16. Referee’s restart = when the game is stopped (eg for injury) the clock is stopped the balls are returned to the Referee, players restart from their respective ends and the Referee kicks the balls into play as per the game start. The clock is restarted.
17. Interception = an action where a player intercepts an attempted pass between two opponents.

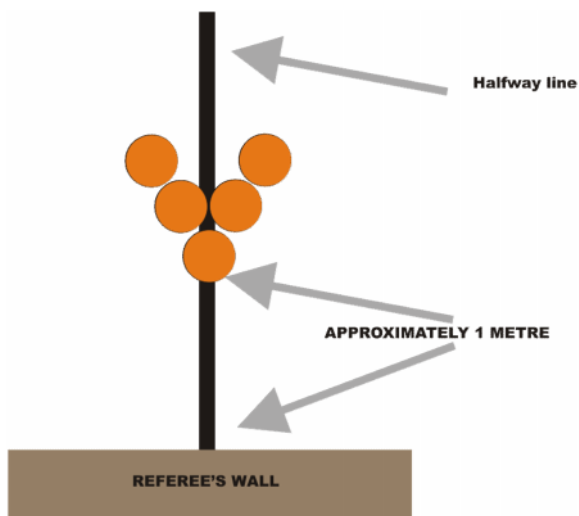


Figure 3: Classic Formation of Rock-It-Balls for Game Start

18. V2 is the name of the singles discipline of 1v1 generally played on a squash court
19. v3 is the name of the singles discipline of 1v1v1, generally played on a squash court
20. v4 is the name of the pairs discipline, 2v2, generally played on a squash court





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21. v6 is the name of the triples discipline, 3v3
22. The 'mouth' refers to the 'cut-out' at the end of the scoop





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Appendix 6: Team Uniforms

1. All team members are required to have the same coloured (which should be the colour declared on the team sheet) and style shirt.
2. Variation on rule 1: long and short sleeves and the type of collar.
3. All teams must have a change of shirt in the event of a colour clash and this shirt must be white or where the team's colour is white, in which case a different colour must be used.
4. All team members must wear the same colour and type of shorts.
5. Any player wishing to have his/her name on the gameshirt can only have the surname or initial and surname.
6. Variation on 4 is that team members can wear tracksuit bottoms, however they must be the same colour as the shorts that the rest of the team is wearing and if more than one player is wearing tracksuit bottoms then they must be the same throughout.
7. Socks worn by the team must be the same colour but may be of any length.
8. Failure to comply with the above rules will result on the offending player/s being removed from the game roster.
9. Sponsors' logos - Teams will not be permitted to wear sponsors' logos that are deemed as detrimental to the IRIBF and its members. This includes alcohol, tobacco and pornography.
10. Failure to comply with rule 9 will result in suspension from the league.





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Appendix 7: Game Day Requirements

It is recommended that teams provide:

1. Adequate changing facilities
2. The facility to supply drinking water
3. 5 spare Rock-its
4. 10 Spare Rock-it balls
5. 4 Score Counters
6. 2 Stop watches
7. Score cards
8. 2 Whistles
9. 1 First Aid box/bag with the recommended contents

NB: items 4-9 are spares in the case of no Referee being available for a game and a club having to provide the game day officials





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Appendix 8: Advertising

Advertising will be allowed in the game area but the rules governing advertising must be adhered to as laid down in the forthcoming IRIBF Advertising and Media rules. Copies will be available from IRIBF head office on request.





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Appendix 9: Jewellery

The IRIBF recommend that jewellery should *not* be worn during practices and games. Any jewellery that is worn must be covered using medical tape. All piercings **MUST** be taped over, whether visible or not. Necklaces must be taken off however if this is not possible for religious reasons they must be taped to the body in such a way that it prevents the item from showing over the top of game and practice wear. The IRIBF will take no responsibility for players not adhering to this policy.





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Appendix 10: Game Day Officials

Uniform

1. The Referee is the head official on the day of a game and where that official is a qualified Referee he/she will wear an official Referee's shirt which is Maroon and White Stripes.
2. The Referee's supporting officials are the Umpires and if they are qualified Umpires they will wear an official Umpire's shirt which is gold and white stripes.
3. Both the Referee and the Umpires will wear black coloured trousers, tracksuit bottoms or shorts.

Injuries to Officials

If a referee is injured, the most qualified umpire will take the referee's place.

If no fourth official is available the remaining umpire will cover both umpire roles.

Equipment

1. Officials' score card
2. The Referee must have two pairs of score counters
3. Two stopwatches
4. Two whistles
5. Ten game balls
6. One Referee's ball bag

Game Clock

Where there is more than one official the Umpire will take the game day clock unless the home team has a designated time keeper.

The game clock will stop in the following instances:

1. Injury to on court personnel
2. In the event that a person not involved in the game enters the game area.
3. In the event of the court becoming unplayable
4. In the event of an emergency
5. In the event that players or game day officials are receiving abuse from ANY person/s
6. In the event of a player being ejected
7. In the event of any of the above the time keeper will take a note of the time on the game clock, the period, and the score at that time.

Number of game day officials

	Referee	Umpire	Time Keeper	Score keeper
International	1	2	1	1
National	1	2	1	
Regional	1	1		
Club	1			





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