

## *Table of contents*

### *Preambles*

#### *I. Aainball Rules – Introduction*

*1. The Field of Play*

*2. The Ball*

*3. The flags*

*4. The Number of Players*

*1.1.1 Points*

*6. The center Referee*

*7. The Assistant Referees*

*8. Arbitration committee*

*9. The Duration of the Match*

*10. The Start and Restart of Play*

*11. 1.Evaluation system:*

*1.1.1. Fouls*

*1.1.1. Points*

#### *II– Aainball rules*

#### *III–Physical preparation and warm–up exercises*

*1–Warm–up exercises*

*2-Fundamentals*

## *IV-Focus Groups*

*IV.1 -Children and Aainball*

*IV.2-The deaf/dumb and Aainball*

*IV.3-The trisomes and Aaainball*

## *Appendix*

*-Powerful impact of colours on the brain*

*-Learning by colours*

## *Preambles*

*This manual has been designed to provide a detailed description of the Aainball sport, a step-by-step illustration of the different sequences of the game.*

*The objective is to standardize the learning process enabling coaches to find clear guidance about how to lead new players into understanding and mastering the rules of the game.*

*Like any sport, adequate physical preparation has to be ensured on regular basis to keep players fit. Additionally, as Aainball sport combines features of many sports like soccer, handball and Athletics, coaches need to master a set of fundamentals that will benefit the players.*

*For example, a coach with soccer background will incorporate many soccer techniques in his/her program. He/she can show the players how to make and perfect a head kick or a feet kick whereas a coach with basket ball record will rather focus on the techniques of shooting and scoring by hand.*

*The ideal coach would possess a broad sport knowledge and experience. He is able to help work on a specific movement and be comfortable with it.*

*Before the game, some warm-up exercises have to be accomplished that involve running, the stretching of the neck, the legs, the shoulders, the arms and the feet as these body parts are heavily solicited.*

*Coaches are also animators who arouse enthusiasm, motivate, cultivate the team spirit and monitor the performance of their teams in order to adjust their training programs.*

*Hence, some tips are also provided to help coaches effectively manage their teams.*

# *Aainball Game Rules*

## *Aainball Rules – Introduction*

*Passionate for colours and convinced that they have a powerful power on the brain and can help stimulate the learning process, Mohamed Hamane conducts an in-depth study on colours and their impact by compiling and synthesizing different recent researches.*

*Either in Marketing or other fields, colours are being used as an effective means to achieve a targeted response and to influence behaviours.*

*He, then, thought of designing a game that combines the main colours and a sport that involves all parts of the body and skills.*

*For this sport to be fully enjoyed and by a the largest population possible, the rules have been carefully set out so that any violent body contact is eliminated without impairing the competition spirit that is vital for a sport.*

*In 2008, Mohammed Hamane put the last final touches to his invention .A name had to be given to it. As it is based on the detection of colours which involves the sight organ, the eye, he decided to call it Aainball, Aain is an arabic word that means “eye” in English.*

*Since its invention, Aainball has undergone a slight adjustment that stem from observations in field during the organized matches.*

## *1. The Field of Play*

*The field of play is the surface on which the game of Aainball is played on. This regulates everything regarding line markings, Aainball pitch dimensions and how to use them properly.*

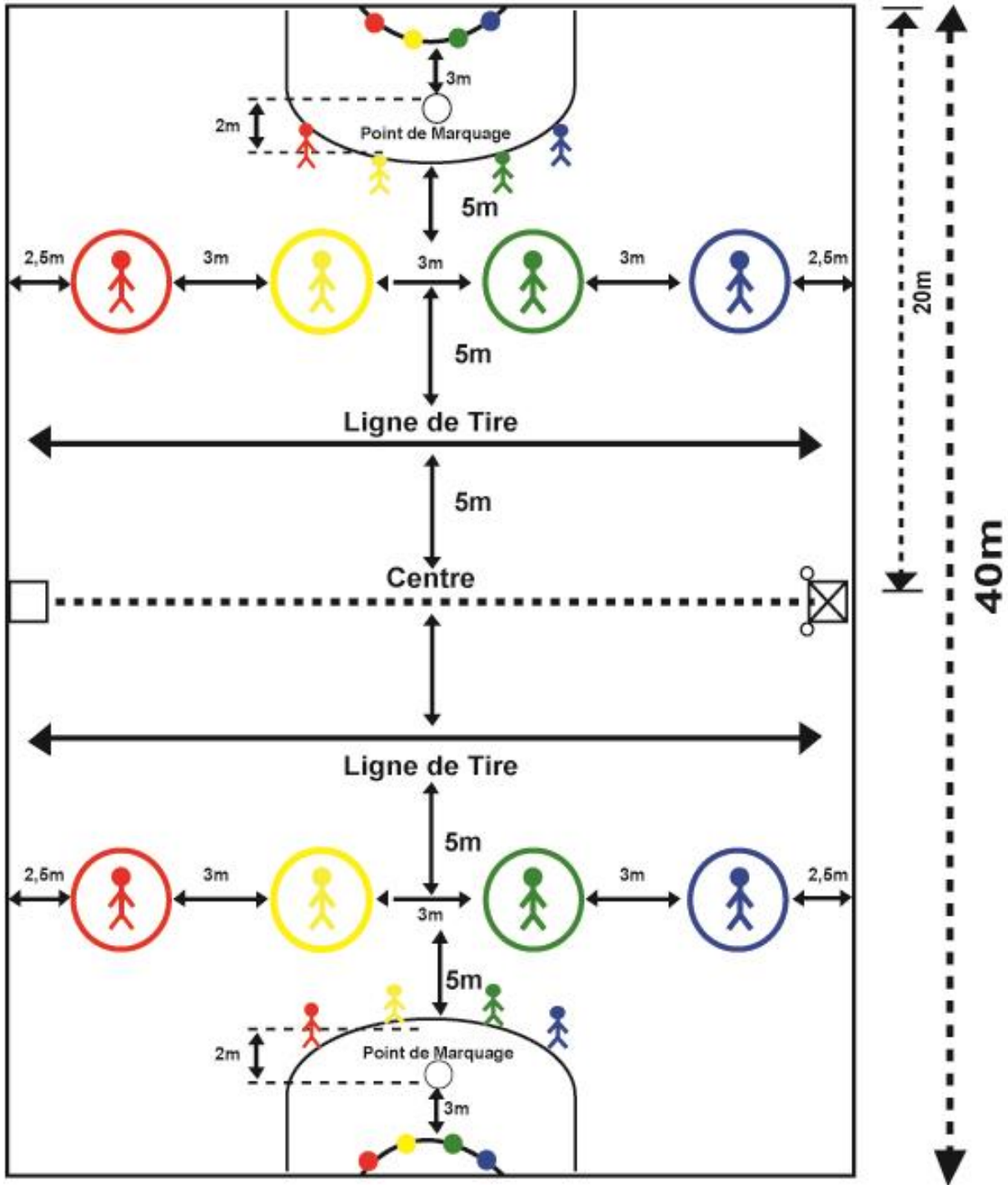
*Aainball is played on a pitch with the same shape as the hand ball one measuring 40x20 m.*

*Each goal of the field is equipped with 4 baskets that have 4 different colours , ie green, blue, red and yellow. The basket is high .*

*See the play field layout and the measurements details below.*

*PICTURE / ONE PAGE ( plan du terrain)*

# TERRAIN AAINBALL



## *2. The Ball*

*The rules state that the soccer ball must have a circumference between 68 and 70 centimetres and a weight between 410 and 450 grams but they also state that the ball can be made out of "leather or any similar material".*

*As Aainball sport involves the hands, feet, the head, the ball should be*

*The total number of balls required is 08 balls, 02 balls of each colour :*

- 02 balls of blue colour*
- 02 balls of green colour*
- 02 balls of red colour*
- 02 balls of yellow colour*

## *3. The flags*

*The number of flags is 16, 4 flags of each colour.*

*The flags are covered and kept in a box that is on the sides the pitch at the center.*



## 4. The Number of Players

*Each team is composed of 8 players, 4 players are in the front position inside circles 5 meters from the throw line and other 4 players are positioned in circles 5 meters behind the front team-mates.*

*Each player is dressed in one of the 4 colours and holds position inside the circle with the same colour.*

*2 or 3 substitutes are on the bench to replace any player who can't continue the game.*

*However, a coach can fit in as many players as he wants on the bench and usually he can also make as many substitutions as he needs.*





## 5. The Player's Equipment

*Basically the rules of Aainball state that the front and back players of each team must wear a shirt or jersey of one of the 4 colours , footwear, shin pads, shorts and socks. Both teams have the same equipment and are easily differentiated as they don't mix and go back to their positions right after taking back the ball to its initial place.*



## 6. The center Referee

*He carries out the following duties:*

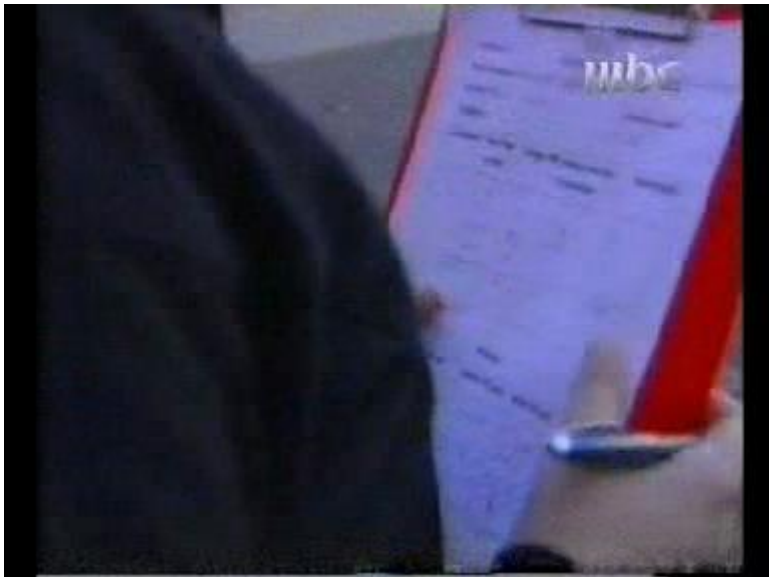
- *By raising a flag and whistling, he gives the go-ahead for the match*
- *Throughout the game, he must stay alert and ready to raise an another flag once one of the teams has returned the ball to its initial place. He is required to repeat this operation until the 16 balls have been played out.*
- *He announces the end of the half-time and the game*
- *He declares, after deliberation with the arbitration committee, the winning team.*
- *In general, he sees to it that the rules of the game and good conduct are respected.*



## *7. The Assistant Referees*

*The centre referee is assisted by two assistant or lateral referees who are respectively assigned to one team and their role consist in noting, in an arbitration form, the points gained and the fouls made by the teams.*

*They sit at an arbitration table placed on the side of the pitch perpendicular to the centre.*



## *8.Arbitration committee:*

*It performs two main tasks:*

- *It notes in a form the first team that has returned the ball to its initial place*
- *It holds a meeting at the end of the match in order to decide on the winning tea*
- 



## *9. The Duration of the Match*

*There is actually no exact time limit because it depends on the pace of the game that is tied to the length of time used to play all the 16 balls.*

*So, each game has a time limit that mainly depends on the physical condition and the rhythm of the teams.*

*But, in general the duration of the match is between 80 and 85 minutes with 15 minutes break.*

## *10. The Start and Restart of Play*

*The game starts when the referee chooses randomly a flag from the flags box, draws it out of its cover and by raising it, he shows the colour that must be played.*

*The game is restarted by raising another flag once one of the teams is first to score and returns the ball to its initial place while the other team may be still trying to put the ball back to its place.*

## *II- Aainball rules*

*In this part, a detailed description of the game is provided along with illustrations and examples.*

*Instructors and coaches will find here the whole process of the game. They will use the following step by step description for their coaching and teaching.*

- 
- *The referee draws randomly a flag out of its cover from the flag box*



- *Players are alert, focus on the direction of the box and are ready to run to fetch the ball of the raised flag colour*



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- *The referee, then, raises the drawn flag while whistling to signal the start of the game.*
- *One player of both team with the same colour runs in the opposite direction toward the opponent field to fetch the ball of the same colour*

*of the flag and his/her jersey.*



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- *The ball in hand, he/she passes it from behind the throw line to his/her front team-mates and quickly goes back to his/her position. The ball can be shot by head, hand or feet. Each type of kick is awarded a certain number of point*
- *The front receiving players pass it on to each other and the ball must end up in the hand of the first player.*
- *The front first player passes it, then , to the player with the same colour who is positioned right back him.*
- *The back player scores 3 meters from the scoring line in the basket of the same colour of the ball.*



- *After scoring, the back player must run toward the basket to take hold of the ball before it falls on the ground.*
- *With the ball in hand, he/she must run to bring the ball back to its initial place in the opponents' field before his/her opponents in order to win points.*
- *Once one of the team has scored and returned the ball to its initial place in the opponent field, the referee raises another flag with another colour and the same process goes on until all the 16 balls are played.*

## *1.1. Evaluation system :*

### *1.1 Fouls and points*

#### *1.1.1 Fouls*

- *Players must not grab the ball whose colour does not correspond to that of the raised flag*
- *The ball must be shot before the throw line*
- *Players must not step outside the circled zone*
- *The ball must not fall on the ground after scoring*
- *Players must not score in the basket whose colour is different from that of the ball*



### *1.1.1 Points*

<i>Hand kick</i>	<i>Foot kick</i>	<i>Head kick</i>	<i>Goal 3 meters from the scoring line</i>	<i>Return of the ball before the other opponent team</i>
<i>1 point</i>	<i>2 points</i>	<i>3 points</i>	<i>3 points</i>	<i>3 points</i>

### *III-Physical preparation and warm-up exercises:*

*Aainball is a sport that involves a lot of running and the use of feet, head and hands for shooting, scoring and passing. It combines some techniques of athletics, hand, foot and basket ball.*

*Hence, the coach should work out a weekly program for the players to improve their overall physical condition and enable them to master a set of fundamentals.*

*The fundamentals include working on the little things that make a player better.*

*For example, the fundamentals of shooting include proper foot alignment, leg bend, hand position, arm angle.*

*The program includes the following:*

*1–Warm-up exercises*

*2–Fundamentals*

*III–Focus Groups*

*IV–Focus Groups*

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