

# YOU.FO ZONE - 10 Golden Rules

*YOU.FO ZONE is a self-refereed sport, where players are responsible for upholding the spirit of the game. YOU.FO ZONE only works if players respect the game itself and each other. YOU.FO ZONE depends on players having the right attitude, to compete but not to break or bend the rules. Cheating or actively seeking to gain an unfair advantage has no place in YOU.FO ZONE.*

- Scoring:** A point is scored when a team is able to successfully catch the ring in the scoring zone.
- Passing:** Throw and catch the ring with your stick (not allowed to throw or catch with your hand).
- Running:** Not allowed to run with the ring on your stick, only pivot (need to pass to a teammate).
- Defending:** Intercepting a throw, 'blocking' or 'claiming' the ring.
- Claiming:** Be the first to put the top of your stick into the ring when it's laying horizontal on the ground (for possession of the ring)
- Blocking:** Tactical positioning of one defender in front of the opponent (defender stands arm + stick length distance from the opponent: not able to throw the ring through or over the blocking defender's position).
- Personal Zone:** Always keep arm + stick length distance from the player who has possession of the ring.
- Non-contact:** YOU.FO Zone is a non-contact sport, however contact is allowed in order to keep your body between the ring and the opponent, and as long as if safety is maintained.
- Foul and Indecisive claims (Flip):** When a foul or indecisive claim occurs, a player must immediately shout "CALL". The alleged player either accepts the call (states: 'ACCEPT') or disagrees (states: 'DISAGREE'). In case of a disagreement the ring is 'flipped', whichever team's side lands face up wins the flip and gets possession of the ring.
- Field dimensions:** YOU.FO Zone is played 5 versus 5 (exclusive substitutes) and has a recommended field length of 50 metres, with on both sides a scoring zone of 5 metres. Field width is 40 metres.  
**10a** When the ring is out of bound, the opponent get's possession of the ring (on the spot where the ring has gone out of bound).  
**10b** When the ring lands in the scoring zone, it can be claimed by both teams. If the attacking team claims it, they need to pass it outside of the scoring zone in order to make another scoring attempt.

