



WHAT IS QUADBALL?

Quadball is a captivating mixed-gender, full-contact sport that has captured the hearts and minds of athletes and spectators alike. Drawing inspiration from various sports like rugby, dodgeball, and handball, quadball offers a unique and exhilarating experience. This fast-paced game is played by teams of seven athletes, each equipped with a tube between their legs as they compete to outscore their opponents.

What began as a spark of innovation in 2005 has rapidly grown into a global phenomenon, with enthusiasts in nearly 40 countries and a vibrant community of over 8000 players. On the surface, quadball may appear chaotic to the uninitiated, but once you dive into the core rules and strategies, its beauty and excitement become evident.

Quadball is not just a sport; it's a celebration of diversity and inclusivity. It proudly embraces participants of all genders, backgrounds, and abilities, fostering a welcoming and tight-knit community. This sense of unity is what truly sets quadball apart, making it more than just a game; it's a way of life.

In the world of quadball, chaos is not a drawback but a central part of its charm. It's a sport that thrives on the unpredictable and the unexpected, keeping both players and spectators on the edge of their seats. With its global reach and unwavering commitment to inclusivity, quadball it's a worldwide phenomenon that welcomes all to join in the fun and excitement. Whether you're a player or a fan, quadball promises a thrilling journey of athleticism, camaraderie, and unforgettable moments.

Let's dive into the captivating world of quadball and break down the basics in a way that's engaging and easy to understand:

The Essentials of Quadball

Quadball takes the thrill of other sports, adds a magical twist, and places a unique handicap on the players. Here's what you need to know:

The stick - In quadball, you're not bound by the typical rules of many other sports. You can run, pass, and move freely with the volleyball, making it an exciting, open game. But here's the twist: you must keep that tube between your legs at all times. If you lose it, whether intentionally or 'accidentally,' you're 'dismounted' and must head back to your hoops before rejoining the action. It's a unique mechanic that adds intrigue to the game and remarkably few injuries, even for players assigned male at birth

Team Composition - Each quadball team has up to 21 players on a roster, with seven on the field at one time. These players are divided into different roles, distinguished by colored headbands:

- **Chasers** (3) and **Keeper** (1) are like the offense and defense. They use a slightly deflated volleyball called the volleyball/volleyball to score through one of three hoops on the opposing side. Each goal is worth 10 points.
- **Beaters** (2) are the disruptors. They wield dodgeballs/dodgeballs to knock opponents out of play. When hit, a player is 'beat' and must drop any ball they're holding and return to their hoops.
- **Seeker** (1) is on a mission to catch the elusive flag/flag, a third-party person with a tag attached to their shorts. This tag is worth a whopping 30 points. The flag and seekers come into play only after 18 minutes of game time have passed.





The Playing Field - Quadball unfolds on a rectangular grass field, about twice the length of a basketball court, with goals inset from the edges. Goals can be scored from in front or behind.

Sticks Up and Substitutions - The game kicks off with a "sticks Up" call from the Head Referee. The teams rush to grab the balls. Quadball uses rolling subs, meaning players can swap in and out with their substitutes at any time. There are no limits to substitutions, adding to the dynamism of the game.

Contact Rules - Quadball isn't for the faint-hearted; it's a full-contact sport. Wrapping, tackling, and other forms of contact are allowed, but only on players holding the ball, between the knees and neck. Tackling is limited to players with the same ball (beaters tackle beaters, chasers tackle chasers, etc.). Seekers can't tackle but can engage in off-ball contact. The flag is the wildcard, able to pull off all sorts of moves.

Referees and Penalties - With so much going on, quadball has a team of referees to maintain order. There's a Head Referee (1), Assistant Referees (4), a flag Ref (1), Goal Referees (2), and more. Players who break the rules may face consequences ranging from dismounting and returning to their hoops to receiving cards of various colors, depending on the seriousness of the violation.

The Gender Rule - Quadball is all about inclusivity. The gender rule ensures diversity on the field by permitting only a maximum of three players of the same gender from one team at any given time.

With these fundamentals, you're ready to step into the enchanting world of quadball, where sticks, balls, and bold plays combine to create a thrilling experience for players and fans alike. It's a sport that celebrates diversity, pushes boundaries, and brings people together to enjoy the magic of the game.

Let's continue exploring the captivating world of quadball with a closer look at the position-specific rules. These are the intricacies that make the game so exciting and unique:



Chasers - The Scoring Artists

Picture the chasers, donned in white headbands. They wield the volleyball, a semi-deflated volleyball, to score points. The goal? Propel it through one of the three hoops, worth 10 points each. But here's the kicker: you can score from the front or the back of the hoop, adding an element of strategy.

Chasers have the freedom to move, run, and pass the volleyball in any direction without any offside rules. Their versatility knows no bounds. They can attempt to strip the ball from opposition players, tackle them, and even use the volleyball to deflect incoming dodgeballs. The variety of chasers is remarkable, ranging from powerful and brawny players to swift and agile ones. Think of this position as the closest to basketball, full of thrilling plays and remarkable teamwork.

Keepers - The Guardian of the Hoops

Keepers, recognized by their green headbands, are essentially chasers with unique powers within their Keeper Zone, the area surrounding their team's hoops. Only one keeper is allowed, and within their zone, they become virtually invulnerable. Dodgeballs can't knock them out, and once they have the volleyball, it's nearly impossible to tackle or steal from them.

Keepers often adopt a defensive role, guarding the hoops by blocking shots and tackling opponents attempting to score. Their strategic contributions extend to coordinating the team's defense and directing offensive plays. However, keepers are not confined to the defensive zone; they can join chasers on the offensive, contributing to scoring points.

Beaters - The Game Changers

Beaters sport black headbands and wield dodgeballs (dodgeballs) as their weapons of choice. When a player is hit by a dodgeball, they are promptly dismounted, required to drop any balls they have and return to their hoops before rejoining the game.

Beaters play a crucial role on both offense and defense. On offense, they use dodgeballs to clear the path for their attacking chasers. On defense, they stop opponents from scoring and force turnovers. Beaters can target any player - chasers, keepers, or seekers. They can also attempt to wrestle dodgeballs away from opposing beaters and deflect incoming dodgeballs to protect their teammates. With just two beaters per team and three dodgeballs in play, the constant tug-of-war for dodgeball control adds a strategic layer to the game.

Seekers - The flag Hunters

Seekers wear the coveted yellow headbands and have one mission - to catch the flag, a tennis ball in a sock attached to the back of the flag runner's shorts. Catching the flag is a game-changing move worth 30 points and ends the match. However, it's not as simple as it sounds.

Seekers are on sticks, while the flag runner is not. Seekers can use only one hand, while the flag runner has both hands at their disposal. Seekers are not allowed to obstruct the flag runner, who can fend off seekers in various ways, from pushing to ground throws.

To make things even more exciting, seekers may be targeted by opposition beaters, making their quest to catch the flag both thrilling and challenging. If a team is more than 30 points behind and cannot win even if they catch the flag, the seeker may choose to play defensively and block the other team's seeker, known as defensive seeking.

Flag runners come in various forms, from the elusive and agile to those who rely on their strength to withstand seekers. They take immense pride in their role, especially in how far they can push the handicaps applied to them over time. Every five minutes, the flag receives a handicap, such as using only one arm or staying in a confined part of the pitch, making the game even more intense. Spectators often enjoy the show, but it's a real challenge for the seekers who have their work cut out for them. This adds an extra layer of strategy and excitement to quadball, making it a sport unlike any other.

Closure

Are you eager to witness how it all unfolds on the quadball field? Discover more about this enthralling sport on our dedicated [YouTube channel](#). As the [International Quadball Association](#) (IQA), we serve as the global governing body for quadball, bringing excitement to enthusiasts around the world. Each country has its own governing body, and they are recognized as valued members of the IQA family.

So, whether you're a passionate player, an avid fan, or just curious about this captivating sport, our YouTube channel is the perfect place to explore the thrilling world of quadball. Join us on this adventure as we continue to champion diversity, inclusivity, and the sheer joy of this remarkable game.