



Jugger: Swedish rule book

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Introduction

Jugger

Jugger is a team based game in which aspects of ball games and martial arts are combined. Two teams of five players try to score a goal by placing the ball in the opposing team's goal while simultaneously trying to prevent the opposing team from scoring.

Jugger is played with a ball, which is called a skull, and padded equipment with different designs/appearance/shape called pompfen. What separates jugger from many other sports is that only one member of the team can pick up the skull and score. This player is called the qwik. The remaining players are called pompfen players, they will battle the opposing team to protect and help their qwik to score a point by using pompfen of different shapes. At the end of the match, the team which has scored the most goals is the winner.

Safety and fair play

The primary rule of jugger is “safety first”, and the referees have the main responsibility of making sure that this is adhered to. All players must play in a controlled manner and not let their feelings jeopardize the safety of other players.

Safety and honesty should always be the primary goal in every aspect of the game.

- Use of excessive force in a manner which might harm players is forbidden.
- It is not allowed to rush straight at another player in a collision course.
- Physical contact between players is prohibited, with the exception of qwik wrestling (see 5.8).
- Unsportsmanlike behaviour, such as verbal or physical assaults, are strictly forbidden. If a player through their actions endangers another player, they are immediately removed from play.

- You may not participate, neither as a player nor as a referee, if you are under the influence of alcohol or drugs.

Injuries are to be reported immediately to the referee team.

The pompfen are inspected before they are used in play. They have to be correctly built, and thus properly padded to ensure they do not endanger the safety of the players. Clear information has to be given when it comes to the risks of playing the game, and all players have to be careful regarding the tips of the pompfen where the core is close to the surface. If a pompfen is deemed unsafe, broken or otherwise flawed it has to be immediately taken out of play.

At tournaments, all pompfen are checked by the organizer.

- Safety: The spars have to be whole and properly padded (see: 3.2.1, 3.2.1.1, 3.2.1.2, 3.2.2, 3.2.3)
- Measurements: The pompfen have to be built according to the correct measurements (see: 3.2.1, 3.2.1.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5, 3.2.6, 3.2.7, 3.2.8, 3.2.9, 3.2.10)

Regulations

The regulations are written with the purpose of ensuring a fun, safe and sporting exercising of jugger. The regulations are to be followed in match as well as training situations, and the responsibility to ensure this are therefore placed on trainers, referees, captains and players. The game has to be fair as well as fun, and all participants shall work to minimize the risks of injuries.

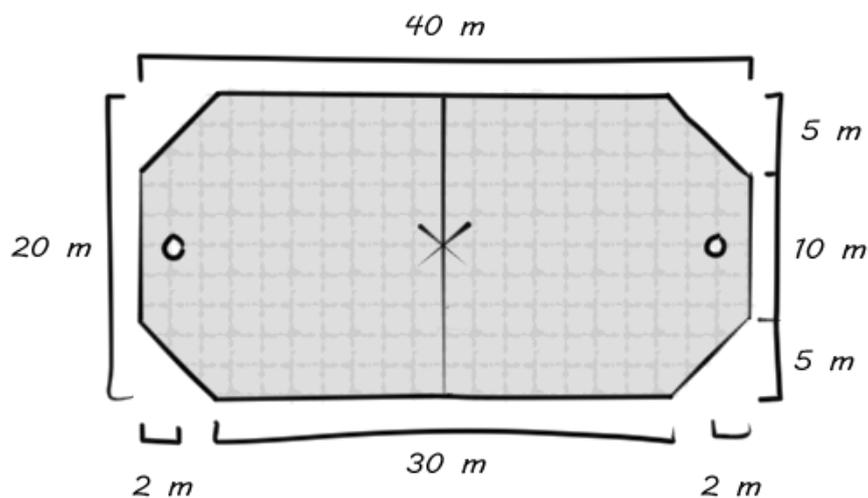
Adjustments of the rules are done according to decisions by the board of the Swedish Jugger Association. Changes have to be approved by the members at the following annual meeting.

Chapter 1: The field

1.1 Size and limits

The shape of the field is a rectangular shaped octagon, 40 meters in length and 20 meters wide. The short sides of the field (based on the original rectangular) are called baselines. The other lines are called sidelines.

The field should be clearly marked by lines. The lines are considered to be a part of the field.



1.2 Center of the field

The center of the field should be clearly marked. It is here that the skull is placed before the start of every round.

1.3 Goal

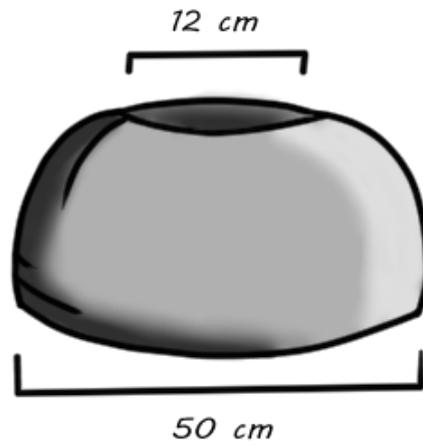
The goal is an object (usually round in shape) with a goal opening (a hole in the middle) where the skull fits in order to score. The goals are placed in the center, two meters in front of the respective baselines (as shown in the previous image).

The base of the goals should have a diameter of approximately 50 cm and the goal opening should be big enough for the skull to be easily placed in it.

The goal is built high enough for the skull to easily fit in the opening.

The goal should be padded in a soft material.

Players are not allowed to intentionally move the goals.



Kapitel 2: Players

2.1 The team

During a match a team can consist of up to eight players. Five on the field and up to three substitute players. The substitutes may not enter the field during an ongoing round. A team may start a round with less than five players if they have lost one or more players during the match.

2.2 Qwik

The qwik is the only player that can score goals and they may not wield a pompfen. An active qwik is the only player that may touch the skull and score. The qwik is allowed to be in physical contact with the opponents qwik (see: 5.8).

A team may only have one qwik on the field during each round.

2.3 Pompfen players

The rest of the players are called pompfen players. Their mission is to guard and assist the qwik as they try to score. Pompfen players do this by sparring with their pompfen. Pompfen players are not allowed to be in physical contact with other players.

Pompfen players can play with the following pompfen or combinations of pompfen:

- Chain
- Long pompfen
- Q-tip
- Staff
- Short pompfen and shield
- Two short pompfen

2.3.1 Limitations

A team may only have one chain on the field.

2.4 Captain

Each team appoints a captain who is responsible for the players in the team and represents the team in discussions with the referee team during a match. A team has to clearly notify the referees who their captain is before each match.

The captain fills the role of mediator if conflicts arise between players during a match. When needed, the captain has the authority to bench a member of their own team if they display a bad temper which might result in a risk for other players.

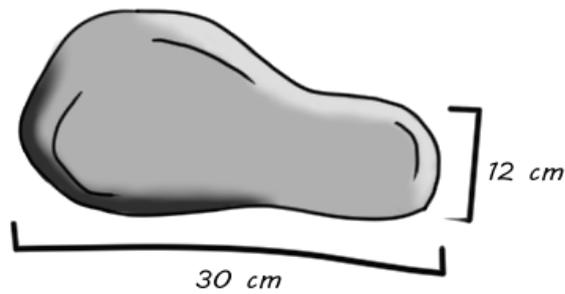
Chapter 3: Equipment

3.1 Skull

The skull is the object the qwik has to place in the opponent's goal in order to score. The skull is made out of a soft material.

The skull should be 30 cm long, and 12 cm across at one end. How the other end looks is less important as long as it fits the approximate measurements.

Traditionally, the skull is in the shape of a dog skull.



An active qwik is the only player who may touch, carry or toss the skull.

- Qwiks may not intentionally kick the skull, as it may put the other players at risk.
- A qwik may not intentionally throw the skull at another player.
- The skull may not be tossed outside of the field.
- Players may not hide the skull.
- Pompfen players may not intentionally touch the skull physically. They may sweep the skull with their pompfen, but they may not carry it with their pompfen.

3.2 Pompfen

The players are responsible for their own pompfen and have to be careful with the people around them, both on and off the field. The striking surface and pommel of all pompfen have to be padded. The padding has to ensure that the core can never be felt or poke out. Edges are to be rounded off and avoided.

The striking surface does not have to be even as long as it is built within the allowed measurements. This allows adjustments to the parrying area or other minor extensions on the striking surface of the pompfen.

To prevent injuries, cores that easily shatter, for example bamboo, have to be wrapped in a flexible material that cannot be shattered. Pompfen have to be built so that they cannot cause burns or rashes on any players.

For the purpose of safety and fair play, the players shall help each other in the event when a chain is wrapped around another player or pompfen. Only an active pompfen player may interrupt a chain player by catching and wrapping a chain around their pompfen. When the duel with the chain player is over, both players share the responsibility of untangling the chain in the smoothest way possible from the pompfen it is wrapped around.

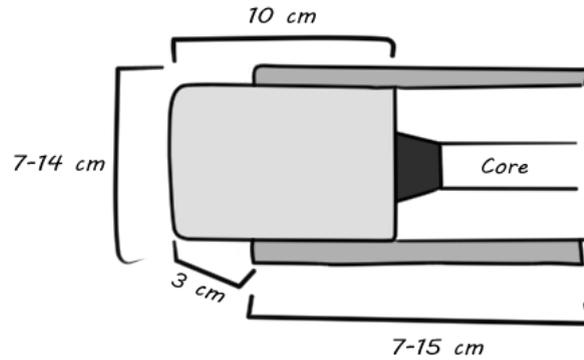
3.2.1 Striking surface

The striking surface is the only part of the pompfen with which you can tag an opponent or team member. The striking surface must be padded so that you can not feel the core of the pompfen through the padding. Striking surfaces should have a diameter of between 6-8 centimeters with the exception for the tip (3.2.1.1) and chain (3.2.1.2).

3.2.1.1 Tip

Pompfen with a core must have a padded tip. The tip must have a diameter of 7-14 cm and be made with at least 10 cm of padding (foam rubber mattress is recommended). For staff the minimum measurement for padding is 5 cm. The padding is secured to the pompfen with a 7-15 cm cuff. The cuff is placed so that at least 3 cm of the padding is sticking out above the cuff.

There should in no way be possible to feel the core through the tip.



3.2.1.2 Chain

The striking surface of the chain is made up of the ball and the chain body. However, the chain body only counts as a striking surface when it wraps a full turn around a tag zone.

3.2.2 Grip zone

The grip zone is the area of the pompen where players keep their hands. The grip zones must be wrapped in rope, tape or padding. The grip must have a diameter of 1,5-5 cm.

For a valid grip, the grip must be encircled.

3.2.3 Pommel

The purpose of the pommel is to pad the end of the pompen so that the core does not poke out. The pommel must have a diameter of 2-7 cm.

There should in no way be possible to feel the core through the pommel.

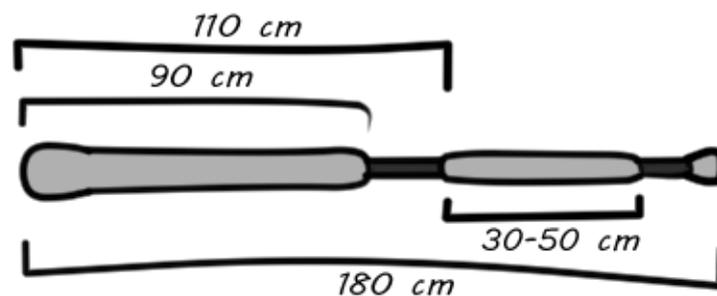


3.2.4 Tolerance threshold

When measuring and inspecting the pomphen, a margin of error of +/- 0.5 cm from the established measurements is tolerated.

3.2.5 Staff

The staff has a maximum length of 180 cm. The striking area is in the front end of the pomphen and includes a tip (see 3.2.1.1). The maximum reach of a staff is 110 cm. The staff has two grip zones on the other end of the pomphen, separated by a padded parrying area of 30-50 cm. The parrying area follows the same diameter requirements as the striking surface (6-8 cm). The grip zones may have a maximum length of 20 cm each. In addition to this the build of the staff must include a pommel.

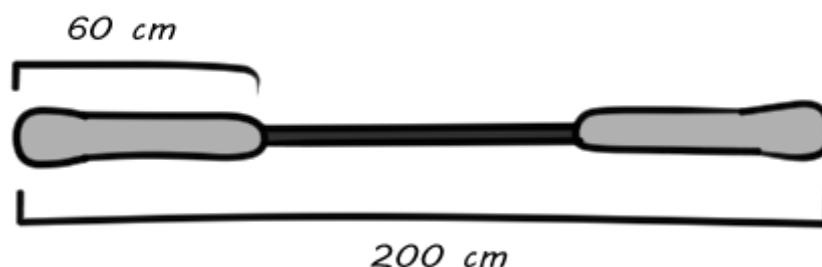


The staff is a two handed pomphen that can tag someone when both grip zones are encircled.

Jabbing with the staff is prohibited.

3.2.6 Q-tip

The Q-tip has a maximum length of 200 cm. It has a central grip zone and two striking surfaces, one in each end of the pomphen. The striking surfaces are at least 60 cm long and include a tip. The striking surfaces must be equal in length.

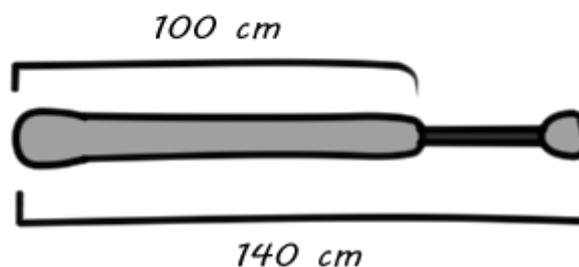


The Q-tip is a two handed pompfen that can tag someone when both grip zones are encircled.

Jabbing is allowed with the Q-tip.

3.2.7 Long pompfen

The long pompfen has a maximal length of 140 cm. The striking surface is 100 cm and includes a tip. In addition to the striking surface, the build of the long pompfen includes a grip zone and a pommel.

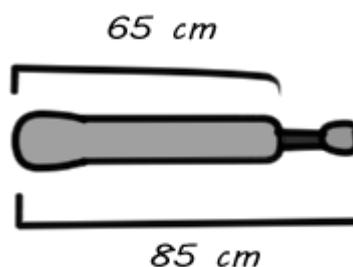


The long pompfen is a two handed pompfen that can tag someone when both grip zones are encircled.

Jabbing is allowed with the long pompfen.

3.2.8 Short pompfen

The short pompfen has a maximum length of 85 cm. The striking surface is at least 65 cm long and includes a tip. In addition to the striking surface, the build of the short pompfen includes a grip zone and a pommel.



The short pompfen is a one handed pompfen that can tag someone when the grip zone is encircled. The short pompfen is allowed to be played in the following combinations:

- Short pompfen and shield
- Two short pompfen

Jabbing is allowed with the short pompfen.

3.2.9 Shield

The shield must be round, up to 60 cm in diameter.

The front surface and the sides must be padded. The padding has to be thick enough for the core plate not to be felt when pressing the thumb into the padding of the side. The front can have a padded and centered shield buckle. The buckle may extend up to 5 cm from the shield.

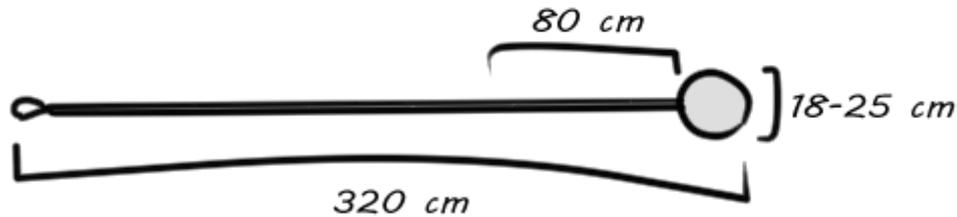


The shield is carried in one hand, in combination with a short pompfen.

The shield is not an offensive pompfen, and may not be used to strike or pin.

3.2.10 Chain

The chain has a maximum length of 320 cm and consists of a ball (18-25 cm in diameter), a chain body and a grip. The ball has to be soft. The body of the chain has to be padded from the ball and at least 80 cm up along the body of the chain.



The chain counts as a one handed pompfen and can be used to tag a player if the grip is held with one hand. The other hand may be used for gripping the body of the chain for the purpose of maneuvering the chain. Throwing or otherwise steering the ball directly with the hand is not allowed. Note that maneuvering the ball is allowed with the feet, but striking a player does not count as a tag if it is done by a direct kick to the ball.

The chain may not be used to pin.

3.3 Broken equipment

The game is typically not interrupted if a pomfen breaks. If a player's pompfen breaks during an ongoing match, in such a way that it is a safety issue, then that player becomes inactive but does not go down in the inactive state. The player instead raises their hand and calls out "damaged pompfen" then they bring the pompfen with them the shortest way off the field. The player can then return to their own baseline to fetch a new pompfen. With a new pompfen, the player may return onto the field, but enters in an inactive state and counts to five stones before becoming active again.

3.4 Other equipment

Workout clothes must be soft so that they can not cause harm to other players. Clothes should also be suitable for play in such a way that pompfen can not get stuck or entangled in them.

For their own safety, players are advised to avoid or tape over jewelry. Players may use protective gear such as soft knee pads, gloves and/or other gear as long as it does not present a risk to other players. Spiked track shoes are prohibited.

Chapter 4: Match

4.1 Preparation

4.1.1 Stones

Stones are the sound signals that are played at a regular interval so that players can count at the same rate. The stones sound at an interval of 1.5 seconds.

4.1.2 Round

A round refers to the period of a match spanning from the moment the main referee gives the start signal until a goal is made, half time is called or a referee interrupts the game. The stones are counted during the rounds of the match, but not during pauses.

4.1.3 Point

To score a point, the qwik must score by placing the skull in the opponent's goal.

The following are the requirements for a valid point:

- the tip of the skull must be placed in the goal opening.
- the skull is not gripped by either qwiks.
- the skull stays in the goal on its own.

The point is valid even if the qwik is tagged simultaneously or after the above mentioned criteria are met.

- If the point is invalid, the goal referee places the skull next to the goal and the game goes on.
- If the point is valid, the game is paused and both teams return to their own baseline for the next round.

Blocking the goal opening is not allowed, neither with pompfen nor parts of the body.

4.1.4 Line-up

Before each round the teams get ready by choosing which players they are going to field. When the team is ready, the qwik raises their hand to signal that their team is ready to play.

4.1.5 Start a round

The main referee starts a round if the skull is in the center of the field and both teams have signaled that they are ready. The main referee signals start by shouting “3-2-1-jugger”. At the word “jugger”, the players may step onto the field.

When one team signals that they are ready, then the other team may be given ten stones to get ready for a new round. The main referee signals this by calling out that one team is ready, whereupon they count down from ten. The referee does not need to count every stone aloud, but needs to signal the countdown at the count of ten and five. When the main referee has reached one, then they start the round regardless if the other team is ready or not by calling “ready, 3-2-1-jugger”.

4.1.6 Pauses

Pauses are the time in between the rounds. During all the pauses, the teams have time to talk about tactics as well as switching pompfen, players and positions within the team. A pause can also happen as the result of a referee stopping play.

Half-time pauses are longer (up to 5 minutes) since the teams switch sides.

The game is not to be paused if the skull leaves the field.

4.3 Winning a match

The team that first fulfills the chosen winning criteria of the game modality is deemed the winner. The game modalities that exist are stones and sets.

4.3.1 Stones

The goal is to score the most points within the timeframe of a predetermined amount of stones. Usually there are two times 80, 100 or 150 stones with a half-time break in the middle. Upon a draw, the winner is decided by a Golden skull.

The last ten stones before half-time or end of the game are counted loud and clear so the teams are aware that the stones are running out.

If there are five or less stones remaining before the half-time, these can be moved to the next half, provided that both teams agree on this.

4.3.1.1 Golden skull

If a match results in a draw, the game is decided by a Golden Skull. A new round is started, but the game time is not limited by stones. Instead, the win goes to the team that first scores a goal.

4.3.2 Set

The goal is to first win a predetermined number of sets. A team wins a set by making a predetermined number of goals. For example two sets can be played where five points have to be scored to win a set. In between sets there is a pause for the teams to switch sides.

In the game modality sets, no stone counter is needed.

Chapter 5: Game system

5.1 Strikes and tags

A strike is contact between a pompfen and another player (unregarding of which team the player is on). To consider a strike to be a tag the following conditions must be met:

- it must be made by an active player.
- it must land on an active player.
- it must land on a tag zone.
 - the skull is a tag zone if the qwik holds it
 - the hands of a chain player och qwik are a tag zone.
- it must be done with the striking surface of the pompfen.
- it must be done with a validly gripped pompfen or combination of pompfen.
- In case the impact is performed with the staff, it must not be a jab.

Note that one can tag a teammate.

Every player has the obligation to admit to being tagged as well as notify and correct one's own mistakes according to fair play. Once tagged a player turns inactive and starts counting penalty time.

Pompfen players may use their pompfen to fend off another player without validly grasping the grip zone. However, a player is not allowed to let go of the pompfen and use the free hand to fend off a strike. If this is done the hand turns into a tag zone.

5.1.1 Chain

A strike with a chain is regarded as a tag if:

- the above mentioned criteria for a tag is met.
- the chain is moving.

- the ball lands on a tag zone or if the body of the chain makes a full turn (360°) around a tag zone.
- the chain is not wrapped around a pompfen.
- the chain strike is not made with a direct kick to the ball.

When a chain is wrapped around a pompfen:

- it can not tag a player.
- the tangled pompfen can only tag the chain player.

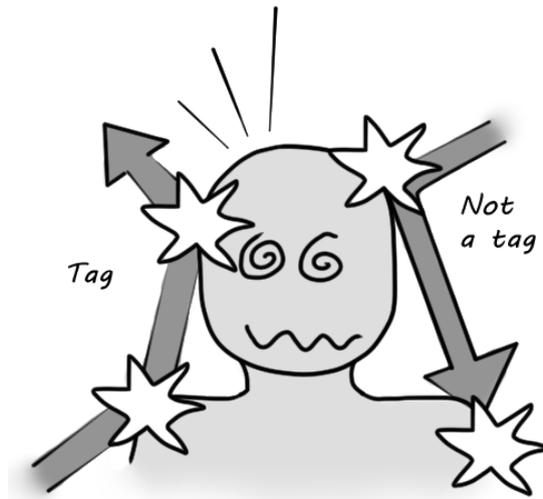
5.2 Tag zones

Tag zones are part of a player's body including clothes with the exception of the head (5.2.1) and hands (5.2.2). The skull is a tag zone if it is held by a qwik.

5.2.1 Head

Head, neck and throat are not tag zones on any player. If struck on head, neck or throat, the player calls out "head" to clearly signal to the opponent and referees why they do not become inactive.

- A strike that first lands on a tag zone and then moves on to land on the head, neck or throat is a tag.
- A strike that first lands on head, neck and throat and then moves on to land on a tag zone is not a tag. If the head, neck or throat is struck first a player needs to shift the movement into a new strike that lands on a tag zone for it to be a tag.



5.2.2 Hand

Hands (not including the wrists) are not a tag zone on players except for chain players and qwiks. If a player, whose hand is not a tag zone, gets struck on the hand they are to call out “hand”. This is done to clearly signal to the opponent and referees why they do not become inactive.

A strike that first lands on a hand and then further up on a tag zone is a tag.

5.3 Double

If a player gets tagged at the same time as they tag another player, or if the players can not decide who was first, a double is called. Both players call out “double” and become inactive.

Fair play: It is important that both players are honest. In case of disagreement the referees have the final say.

5.4 Active player

A player is active as long as they are on the field and not in or on the way to the inactive state.

5.5 Inactive player

An active player must immediately become inactive and start counting their penalty time when they are tagged or have stepped out of bounds.

A player become inactive by:

- kneeling by placing one knee to the ground.
- placing one closed fist behind the back.
- placing the pompfen on the ground (only one hand may touch it).

The penalty time must clearly be counted on the hand placed behind the back, with the help of the fingers, once the above criteria are met.

An inactive player can only influence the game by shouting/talking. They may pivot on the spot as long as the knee does not leave the ground and the player does not interfere with the game with their body movement. They can also move their pompfen as long as this does not disturb the game.

If a player drops their pompfen and is then tagged they are not allowed to retrieve it, they are to go straight down to the inactive position once tagged. The pompfen can be picked up when the player becomes active again. However, if the extent of the body is sufficient to reach the pompfen, then it is permissible to retrieve it.

5.5.1 Penalty time

- The penalty time for a tag by chain is 8 stones.
- The penalty time for other pompfens is 5 stones.
- The penalty time for stepping out of bounds is 5 stones.
- The penalty time for throwing or with a pompfen moving the skull out of bounds is 5 stones.

Players must restart their count if they:

- leave the inactive position before the penalty time is counted.

- interfere with the game from an inactive state.

5.5.2 From inactive to active state

An inactive player (that is not pinned) may leave the inactive position when they have counted their penalty time, but they can stay inactive longer if they want to.

A player may leave the inactive position before the penalty time is counted if:

- a referee calls the player up.
- the dueling opponent considers that the player tagged first.

A player leaves an inactive state by lifting the knee off the ground or releasing the hand from the back. The qwik is also considered active as soon as they, with any hand, touches the skull.

5.6 Pinning

Pinning locks an inactive player in the inactive position even after the inactive player has finished counting their penalty time.

An active pompfen player can pin an inactive player by placing the striking surface of the pompfen upon the inactive player's tag zone. To do this the pompfen/pompfen combination must be gripped correctly.

- A pompfen player can not pin with a chain or a shield.
- A pompfen player can not pin multiple players at once.

A player who gets pinned continues to count their penalty time. If the player is pinned when the penalty time has been counted, the player must wait until the pin has been released and another stone has been counted. Only then can the player become active again.

An interrupted pin can be resumed if the player has not yet had time to start getting up.

5.7 Rush

A player must not deliberately rush or jump in a collision course towards another player.

5.8 Qwik Wrestling

When the qwiks interact with each other they must follow the rules for qwik wrestling. The degree of body contact may be reduced as agreed before the match, never increased. Agreement between qwiks must be notified to the referee before the start of the match. Below is a list of techniques which qwiks may or may not use against the opposing qwik.

A qwik may:

- grip over/on a valid zone.
- pull with regard to the joints of the other qwik.
- lift.
- push with the shoulder, torso or arms provided that it is never done in the opposing qwik's direction of movement while they are running.
- perform the aforementioned actions in a way that does not endanger the opposing qwik.

A qwik may not:

- grip over/on an invalid zone.
- throw.
- pull on clothes.
- release the opposing qwik in an endangering manner that has them risking landing on the upper body or head.
- attack with blows or kicks.
- pull hard and suddenly on the opposing qwik's limbs, for example pull the opposing qwik's arm while they try to run past.
- use the opposing qwik's arms or legs as a lever against their direction of movement.

Valid zones:

- If the opposing qwik stands up, then the upper body (arms and torso) is considered a valid zone. Grips that enclose the arms and torso are allowed.
- If both qwiks are on the ground, then they may interact with the lower body.

Invalid zones:

- under no circumstances may qwiks interact with the head or neck.
- qwiks must immediately release if they get hold of or risk hitting/pushing an invalid zone.

5.9 Stepping out of bounds

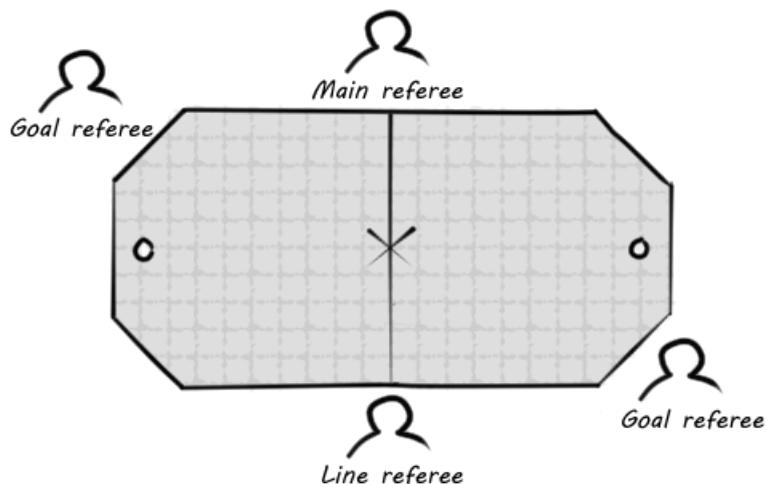
A player has stepped out of bounds if they, with any part of their body, touches the ground outside of the outer lines of the field. The player must return to the pitch before they go to the inactive state to count their penalty time. The player must return to the field at the same place where they stepped out of bounds.

An active qwik can be exempted from the rule if the skull has gone out of bounds and has not yet been picked up by a referee. On these occasions, the qwik may leave the field without becoming inactive if they take the fastest route to the skull and return to the field at the place where they stepped out of bounds.

Chapter 6: Refereeing

6.1 The referee team

Jugger is based on fair play, and it is primarily the players task to play honestly and communicate to resolve any ambiguities on the field. In the cases where players cannot agree, the matter is taken to a referee. Referees have the final say in uncertain situations, and their decisions are to be followed.



A jugger match must be refereed by at least four people. These hold different roles, see 6.2 referee roles. To act as a referee, good knowledge of the rules is needed. The role of the referee team is to ensure that the game is played according to the rules. They act to ensure the safety of the players and can when necessary stop the game. This may happen when:

- one or more players are in danger.
- too many players are on the field.
- unsportsmanlike conduct.
- safety of fair play is jeopardized.
- external influence poses a risk to active players.
- a false start occurs.

Referees must actively follow the game and may enter the field when necessary. The referee team has the authority to order a player to the inactive state if the player has not perceived:

- a tag.
- stepping out of bounds.
- incorrect counting of stones.
- that they have caused the skull to leave the field.

The referees are authorized to call a player out of the inactive position prematurely if they have taken the inactive state without a proper cause.

The referees help bring back the skull if it leaves the field.

Ambiguities on the field that may affect a point will first be discussed by the team captains. If necessary the discussion will include assistance from referees and possible witnesses. If no consensus is reached, this issue will be resolved by the referees. Both teams may argue for their case, but when a decision is made by the main referee the matter is concluded. In these situations there are two possible outcomes. Either the ambiguity is considered to have affected the point, in such a way that it gave the scoring team an advantage, or not.

- If the ambiguity is deemed not to have affected the point then that point is valid and the teams get ready for the next round.
- If the ambiguity is deemed to have affected the point then that point is invalid and the round is replayed.
 - In the game modality stones, the stone counter begins from where they left off by the last valid point.

6.2 Referee roles

6.2.1 Main referee

The main referee has the final say in the referee team and is the main person responsible for the match. Before each match the main referee is informed who is the captain in the respective teams. They are also informed of any agreements between qwiks in regards to qwik wrestling.

The main referee is responsible for distributing information so that the entire referee team is informed about the conditions of the match. In the beginning of each round, the main referee shall stand in line with the skull at one of the field's sidelines.

The main referee has the final say in regards to their own and joint referee rulings. They are also responsible for:

- starting each round.
- pausing and starting the game again when paused.
- informing about stones and scores when asked by a captain.
- validating points.
- reporting fouls to the relevant captain, as well as possible consequences for these.
- ensuring that the skull is placed in the middle of the field before each round.
- ensuring that the rules of the game are followed.
- supervising tags and the players' counting of stones.
- check so that the players stay inside of the field.

6.2.2 Line referee

The main purpose of the line referee is to assist the main referee with their tasks. This is done from the opposite sideline.

6.2.3 Goal referees

The goal referees start each round at their respective baseline placed to the left of the goals. They referee from the baseline and assess when a valid point has been made.

Goal referees shall:

- clearly signal to the teams and main referee when the skull has been validly placed in the goal.
 - By stretching their arms up in the air and shouting goal or point.
 - In the case of an incorrectly placed skull, the referee crosses their arms in front of them, facing towards the ground and moves them to the sides while shouting continue or no.
- remove the skull from the goal when incorrectly placed, unless one of the qwiks are able to do so before the referee.
 - The skull should then be placed next to the goal so that it does not lie in favor of either qwik.
- check for false starts in the beginning of the round.
 - Upon a false start, the goal referee shouts false start and pauses the game.
- check that only five players enter the field each round.
- check that the team does not consist of more than eight players.
- ensure that the game is played according to the rules.
- check tags and the players' counting of stones.
- check so that the players stay inside of the field.

6.2.4 Stone counter/Goal counter

The stone counter keeps track of how many stones that have been played during the rounds of the game. They announce how many stones that remain at the start of each new round.

The stone counter is responsible for clearly counting out the last ten stones of each half-time.

The goal counter keeps track of how many goals the two teams have made during the match. They announce the result to the main referee at the start of each new round.

Chapter 7: Penalties

7.1 Fouls

A foul is made when a player breaks a rule whether it is intentional or not.

The referees have the authority to hand out penalties when a foul occurs. It is not common for penalties to be handed out during matches, generally referees only need to correct mistakes.

Penalties are used to ensure a safe, fun and fluent gameplay and not for the sake of the rules themselves. When a referee considers giving out a penalty they must take into account if the foul was intentional or a simple mistake, and if the foul influenced the goal or gave a clear advantage.

Refereeing is done with the perspective that the players want to play according to the rules. Mistakes happen but when referees feel that they see a pattern in the fouls that are made or that the players clearly and carelessly break the rules, then they have access to penalties to manage their assigned role.

7.2 Types of penalties

The purpose of handing out penalties is to deter and stop players from breaking the rules. Players must respect the assessment and decisions of the referee team. False start is to be handled according to the following heading and can be a guide to the assessment of repeated fouls.

7.2.1 Penalties for false start

False start is assessed separately for each team on an escalating scale.

- The first time, the team is warned.
- At the second, the skull is moved to the quarter level of the field and gives the opposing team the advantage.
- At the third, the opposing team's qwik gets to start with the skull.

- At the fourth, a point is awarded to the opposing team.
- Additional false starts are treated similarly to the fourth.

7.2.2 Warning

A warning is issued to a player to make them aware that a foul has been committed or is in danger of being committed. The player must heed the warning and adapt their game in accordance with the rules.

7.2.3 Suspend a player

A player can be suspended from play if they do not follow penalties from referees or show a temper that can cause danger to other players. The player is suspended until the captain can guarantee that the player is in a condition to play again.

7.2.4 Qwik starts with a skull at the beginning of the round

Obvious advantage is given to a team when they get to start with the skull at the beginning of the round. This must be justified with repeated or serious violations of the rules by the opposing team which have given that team an advantage in style with the advantage the referee team now gives the team that gets to start with the skull.

7.2.5 Negate a point

Obvious advantage is given to a team when a point is negated. This must be justified with repeated or serious violations of the rules by the opposing team which have given that team an advantage in style with the advantage taken from them when a point is negated by the referee team.

7.2.6 Hand out a point

Obvious advantage is given to a team when they get a point. This must be justified with repeated or serious violations of the rules by the opposing team which have given that team an advantage in style with the advantage the referee team now gives the team that gets a point.

7.2.7 Exclude players from match

When the refereeing team notices any of the following, players must be excluded from the match. (Please note, referees must see the rule violation themselves.)

- A player who plays under the influence of alcohol and/or drugs.
- A player ignores the refereeing team despite being warned and handed other penalties to prevent the player from continuing to break the rules.
- A player goes to verbal attack against another player.
- A player goes to verbal attack against a referee.

The organizer must be notified when the referee team excludes a player from a match.

7.2.8 Exclude a player from a tournament

Exclusion of a player from a tournament is decided by the organizers who consults with the relevant teams and the referee team.

In addition to systematic and repeated cheating that cannot be stopped with any other form of penalty, the following actions must not be accepted. As in 7.2.7, the referee team must see the rule violation themselves.

- A player acts abusively towards another player in the form of racism, sexism, etc.
- A player goes to physical attack against another player.
- A player uses a pomphen as a weapon.

Chapter 8: Changing the rules

8.1 Purpose and way of making changes

The priority of a rule should always be: Is this rule necessary to ensure a fun and sportsmanly experience?

Changes of the rules are implemented in accordance with the Board's decision. Changes that are implemented must be approved at the next annual meeting.

8.2 Addition

The Swedish Jugger Association's rule book is the foundation of every game played in Sweden. Additions to the rules can be made by organizers of events. As long as they do not conflict with or break any rules in the Swedish Jugger Association's rule book

The Swedish Jugger Association recommends that additions of rules or guidelines at events should be clearly informed to the participants in time before the event.

8.3 What does the Statutes say?

Excerpts from the Swedish Jugger's Association's Statutes regarding the regulations:

“§6 Regelverk

Regelverket hanteras av styrelsen och kan utfärdas samt publiceras av dem. Detta regelverk gäller på alla matcher och turneringar som genomförs i Svenska Juggerförbundets namn.

Ändringar av regelverket kan endast ske på årsmötet. Ändringar av regelverket ska komma in som motioner till årsmötet. Regelverket bör uppdateras snarast efter varje årsmöte.

Regelverket får ändras av styrelsen när det gäller språkfel och formuleringar. Styrelsen ansvarar för att informera om ändringar.

Vid otydligheter kring reglerna har styrelsen tolkningsrätt.”