

MANBOL

RULEBOOK



Dubai **MANBOL** world
fimanbol.com

FIMANBOL
Fédération Internationale de Manbol 

Welcome to Manbol Rulebook

For over 15 years, manbol has been played all over Brazil and even before our travels in South America, our sport was already practiced by athletes and sports lovers in many of our neighboring countries.

To present the rules of this game to the growing public, we created this handbook with the rules that make manbol a different and exciting sport.

All the rules you will learn here are validated by Fimanbol (International Federation of Manbol) and must be applied in any kind of matches - amateur or professional - with any types of teams (singles, doubles, trios, quartets, quintets or sextets).

RUI HILDEBRANDO
Inventor of manbol

Manbol Rulebook
3rd Edition / 2021
fimanbol.com



INDEX

The inspiration of the sport and its history	04
Our mission	05
What is Manbol?	07
Basic foundations of manbol	07
The court	08
The net	09
The ball	10
Official rules	12
Team formats	14
Throws	15
The Area 2L	17
Serve and ball possession	17
Score	18
Sets	19
Neutrality	19
Colliding balls	21
Fouls	21
Arbitration	26

The inspiration of the sport and its history

Manbol is a creative innovation in the world of sports with different rules from other modalities. Unlike everything, this is the true sport of the Amazon.

The idea arose in 2004 by his inventor Rui Hildebrando and today the manbol modality is already practiced throughout Brazil and other countries in Latin America. A contagious and easy-to-play sport that combines logical thinking and agility.

Today, manbol is organized through a national confederation and an international federation that work to expand it throughout Brazil and all over the world. Manbol is excellent for physical education activities, to play in beach areas and clubs, to have fun with friends or to lose calories at the end of the week in your free time with the family.

Our mission

These are Manbol's goals for the coming years.

Get support to build Federation units in all states of Brazil and take sport with that same structure to other countries, starting with the countries of Latin America;

Produce high quality sports equipment (balls, nets, t-shirts, shorts ...) in sufficient quantity to meet the demand for the growth of manbol in the market.

Propose public partnership and inclusion of this modality in programs of access to all social classes in projects developed by municipal, state, and federal governments;

Suggest this modality as a complementary activity of physical education, because it is accessible and adaptable to all;

Promote state, regional, and national championships, circuits, tournaments, seminars and training courses in universities;

Encourage and promote sports practice on beaches, clubs, and recreational social activities;

Operationalize a structure capable of serving all followers, via the internet, in a modern website updated daily;

Insert sport into national culture through the creation of 27 federations and strengthen the Brazilian Confederation of Manbol;

Create the International Federation of Manbol (FIMANBOL), with the aim of making Manbol an Olympic sport played worldwide.

What is manbol?

A sport different from everything and unique in the world that uses two simultaneous oval balls during the game. The manbol has in its rules, characteristics that make it an easy game to be learned and practiced. The innovation of the rules and the dynamics of the use of two balls make the manbol a great attraction for general practice by all audiences and optimal for school sports due to its ease of implementation in schools and social projects.

Basic foundations of manbol

Unlike soccer, where skill with the legs is essential, or volleyball where the correct execution of the technique is fundamental, in manbol the basic movements are very simple and natural, being fully executed with movements of the arms and hands to execute throws.

The court

One of the great attractions of the manbol is the play area. The court for the practice of the manbol constitutes a rectangle of ten meters in length (side lines) and five meters in width (bottom lines), surrounded by a free zone of at least one and a half meters wide on all sides .

Manbol can be practiced on any floor: The manbol court still has two intermediate lines that delimit the area 2-L. It has the shape of a straight line connecting the two sides and having two meters as a distance from the bottom line. The 2-L area is essential for the regular initial conditioning of the game.



The net

The manbol net has an exclusive size tailored for the practice of this sport. Its measures are 5 m long and 65 cm wide. The height of the base is 1.65 m.

The ball

One of the characteristics that make manbol attractive, especially among children, is undoubtedly the ball. The manbol ball has a unique shape that resembles the mango, the fruit that gave rise to the sport. The final format was defined in an attempt to improve the game, initially played with mangoes.

Each ball weighs approximately 90g filled with imported silicone fiber of oval shape, which generates benefits both for those who are attacking, for being able to apply different types of rotation in the ball to make it difficult for the opponent to receive, as well as for those who are defending, for making it possible to receive the ball with one hand.



The official ball must have an oval shape, be made of special or comfortable leather with synthetic fiber filling and must have two different colors, one in the center and one circulating on the sides, which can be of different combinations. The circumference and length of the ball must be 20 cm. To play an official match, two balls with different color schemes will be required.

Official rules

The official rules, in force for manbol, were developed by the creator, revised and instituted by the Brazilian Confederation of Manbol (CBM).

Play areas and zones

The manbol court has three zones and an area: the game zone, the free zone, the serve zone and the area 2-L.

The playing area corresponds to the entire internal area of the court and the area of the free zone, since it is possible to make plays within that area. The free zone is an area that surrounds the court. Its objective is to guarantee the athlete the performance of plays outside the court and to define a safe space between the athletes and any obstacle external to the game.

The serve zone corresponds to an area five meters wide, located behind each back row. Its length extends over the entire area of the free zone, behind the bottom line.

This zone restricts only the first serve, after execution, the second serve can be performed from within the playing area up to the limit of row 2-L. The area 2L corresponds to the place where the first serve should be destined, it also marks the penetration limit in the court where the player in possession of the serve performs the second serve without exceeding his row in area 2L.

Among the peculiarities of manbol, when contrasting with traditional sports - where attention is usually focused on the ball or the player who owns it - we can see two elements to highlight:

- The simultaneous use of two balls in the game;
- The need to dominate the ball at all times.

Team formats

The manbol can be officially played in the following formats:

- Matches in "individual" mode (where one player plays on each side of the court);
- Matches in "double" mode (where two players play on each side).

The game's versatility implies the need for a wide range of physical and mental skills and techniques, favoring the game (also) in mixed form.

- Games in "trio" mode suggestive for children;
- Games in "quartet-quintet-sextet" mode suggestive for children and older people.

Throws

The first foundation of manbol is the throw. Through the throw we serve and perform all attacks during the game. It must be made with the hands (and only with them), always being executed below the shoulder line, or parallel to it. Pushing or basket movements (such as basketball passes on the chest), or movements that go out of the shoulder line (such as volleyball or handball cut) are not allowed.

A foul is characterized when the move of the shot comes from top to bottom. When the movement that the hand passes the shoulder line, but the throw is made from below upwards, like the bowling ball throw, there is no fault.

Throwing movements used with over-the-shoulder throws, common in other sports such as basketball and handball, are prohibited in manball. Consequently, those who have already played sports at school and people with "addictions" to other sports tend to commit many faults on this foundation in the early periods of practice. That's why it is, without a doubt, the most foul committed by beginners during a game of manbol.

After a throw, the ball remains "in possession" of the receiver until it touches the opponent or the ground.

There is a possibility that the balls will collide in the air. In that case, the game will continue normally as they fall. If the drop results in the balls falling, the points count will respect the "possession" of each player following the normal rules.

The Area 2-L

Corresponds to the place where the first serve should be destined.

Serve and ball possession

A - For the game to start, one side will have the so-called ball possession, whoever has possession of the ball will have both balls to serve and must do so following a basic rule of the game: the first ball must be thrown with the intention to hit the area called 2L. It's an initial conditioning rule: only when the ball reaches area 2L visually or on the ground, or the opposing player touches the ball, the second ball will come into play. After that the game will no longer contain the two balls at the same time. There is a maximum time limited to 2 seconds of ball control.

The dynamics occur with several reciprocating movements of the ball that only end when the two are defined in play.

B - The first ball must be thrown outside the serve area and the second ball can be thrown into the court respecting the limit of row 2L. Regardless of what happens to the first ball, the second must be put into play immediately.

Score

In manbol, the two balls have equal values. Each defined ball corresponds to 1 point. To make a point, the player must throw the ball in the opponent's court over the net in order to define it in the opposite field, the opponent has the same intention.

Sets

With 12 points a set is closed. In Manbol, matches are played in a best of 3 sets. A player (or team) scores a point when:

- The ball touches the ground of the opponent's court;
- An opponent makes mistakes;
- An opponent commits a serious foul.

In all plays in which the first ball is defined, that is, after touching the ground, the game will continue normally until the second is finished.

Neutrality

Neutrality is considered the central rule of manbol. As in manbol the balls have equal values, the interpretation by the referees and players requires very important attention in relation to the definition of the two balls, since neutrality is characterized when both players define the balls in the same way in the same play.

Neutrality occurs when there is:

- Equal strikes for player or team (A) + (B);
- Equal errors for player or team (A) + (B);
- Hit and miss by the same player or team (A) or (B).

If the player in possession of the serve scores, he will obviously receive on the scoreboard the 2 points obtained in the play. In the case of those who do not have possession of the serve and score the two points, the first point obtained will be subtracted by the recovery of the possession of the serve (advantage), this way it will count only 1 point for the score.

Note 1: In manbol, every serve always scores just one point on the scoreboard.

Note 2: Neutralities are not worth points to anyone. The play is neutralized and the service must be restarted with the player in possession of the ball.

Colliding balls

When the balls collide in the air, we must observe the natural rhythm of the game where they go after the fall. In this case the game can continue if the balls are dominated quickly, since the hit is considered an exceptional play, but if the colliding balls fall, the rules of the game must be applied, observing the side from which they were defined. If only one falls on the other, it will be necessary to compete until the end.

Fouls

In manbol, as in other sports, when a foul occurs, the game is interrupted, even if the foul occurs with the two balls still in play. Whenever a foul occurs, the team that suffers it will be rewarded with a point if the foul is considered serious, or only with the possession of service if it is a minor. Any serious infraction is equivalent to 1 point. There is a situation where it is possible to earn two points during a serious foul.

This occurs when any player or team commits a foul in the dispute for the second undefined ball, in this case, it counts the point of the first ball and the point of the foul.

Faults in the manbol require the player to maintain a high level of attention, because even after having finished the first ball, he can lose everything and still give a point to the opponent if he commits a foul.

The faults are divided into 2 levels: serious faults that score and minor faults that do not score, but cause the reversal of ball possession.

SERIOUS FAULTS

1 - Front throws

Anywhere on the court. They are identified above the mid or high frontal shoulder line, jumping from inside the court for any attack above 20 cm or diagonally and back within the central area.

Note: Throws that are not fouls, even above the shoulder line: Side, diagonal or rear trains specifically from within area 2L or anywhere on the court when falling on their knees or lying down.

2 - Feint of arm

It occurs when a player makes a feint with his arm in order to deceive him (pretends to throw the ball to the side and ends up changing its direction).

Note: It is not necessary to feint using the body or just hand movements.

3 - Hold the ball for more than 2 seconds

To give more dynamism to the game, the player can only remain in possession of the ball for two seconds. The time will be marked from the moment the ball is under the player's control.

4 - Hold both balls simultaneously

Keeping possession of the same two balls is only allowed when serving. A player is not allowed to own both balls at the same time during the game.

Curiosity: It is normal for beginners to dominate the first ball and forget to throw it while waiting for the second, but the lack of attention can cause a fault.

3- Hit the ball

It is totally forbidden to hit the ball, whether to attack, pass or help in the field with light pats.

Note: If a player fails to dominate the ball at the beginning, generating a rebound or an involuntary kick,

continuous use of the ball is permitted until it is dominated by one or more players, provided that this act of rebound or kick is not intentionally caused.

MINOR FAULTS

1 - Invasion when serving

Make the serve of the first ball inside the court or the second crossing the line 2-L.

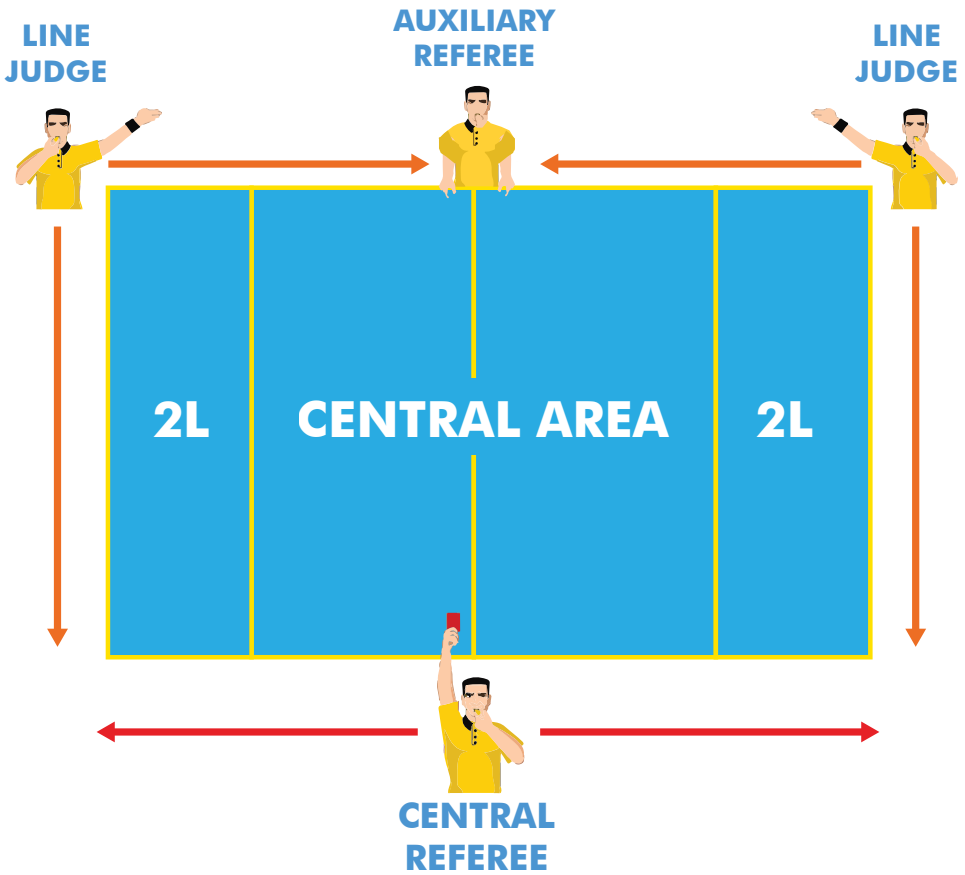
2 - Invasion of the opponent's court

To invade the opponent's court intentionally or unintentionally, over or under the net is considered a minor foul.

3 - Jump inside the court for any attack move above 20cm

Note: Every time a minor infraction is committed, as in serious fouls, the game will be immediately interrupted for the application of the penalty according to the rules in force.


Arbitration



Play **manbol**,
conquer a **world!**

Dubai **MANBOL** World
fimanbol.com

FIMANBOL

Fédération Internationale de Manbol 



MANBOL

Amazon Sport

Dubai **MANBOL** world
fimanbol.com

FIMANBOL
Fédération Internationale de Manbol 