

VILLOWO INTERNATIONAL

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REGULAR RULES OF THE GAME 2012

Approved and passed by Villowo International Council on 5th August 2012

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Introduction: The laws of Villowo are maintained by the Villowo International (VI) having its registered office in Bengaluru, India. The standard game of Villowo is played for 20 sets' (each set is made up of 5 positive deliveries) each team.

Raghu Kumar Raghavelu a Social Entrepreneur and Wellness researcher from Bengaluru, India, designed and launched the sport Villowo on 5th August 2012 to take Raghu Kumar's health & longevity program to all the countries of the World on this sporting platform trademarked 'VILLOWO'. Thus the sport Villowo origins are from India and are first recorded in Bengaluru, South-India on 5th August, 2012. Raghu Kumar's Health & Longevity Program is made up of 12 Pillars of health & longevity, 5 components, six sutras and 9 conditions for health & longevity.

Villowo is a Villowo (the equipment used to strike the ball) and ball game played between two teams of 10 players each on an open field. Promotion of health and the empowerment of people living with disabilities are the most important part of the sport Villowo. A rectangular 62 feet long distance space divides the Striking Plank line and the bowl line. Three planks 4 inches wide and 30 inches in height with a gap of 1.5 inches between them are placed in the middle of the Striking Plank line and one 4 inches wide and 30 inches in height plank is placed in the middle of the bowling plank line. One team strikes first trying to score maximum points in the stipulated 20 set's while the opposite fielding team tries to restrict the number of points scored by the striking team. The team that scores the most points wins the Villowo match.

The most common forms of being declared out by the referees are **a) bowled**, when the bowler hits the Striking Plank directly with the ball while bowling, **b) body before Plank (BBP)**, when the striker prevents the ball which is in line of the Striking Plank by hitting/blocking the ball with his body instead of his Villowo, and **c) caught**, when the striker hits the ball into the air and it is intercepted/caught by a fielder before touching the ground.

Points are scored by two main methods: either by hitting the ball hard enough for it to cross the boundary, or by the two strikers swapping ends by each player simultaneously running the length of the Striking Plank line and bowl line in opposite directions whilst the fielders are retrieving the ball. If a fielder retrieves the ball quickly enough to strike or put down the plank with a player not having reached the crease at that end of the Striking Plank Line or bowl line, that player is declared run out by the referees.

Villowo International has instituted a Council named Villowo International Council to manage the Sport Villowo in all the Countries of the World. Villowo International is the Worlds governing body for all International Villowo Matches/Tournaments/Leagues including Regional Villowo Championships, World Cup, Indian Villowo League, Asian Villowo League, Australian Villowo League, Villowo World League, Asian Villowo League, African Villowo League and American Villowo League.

“Restoring Life – Let’s Do It Together” by Raghu Kumar R

“Increase Your Good Weight; Increase Your Good Thoughts & Actions Every Day for the Rest of Your Life” by Raghu Kumar R

1. Laws of the Game – VILLOWO

Modifications

Subject to Villowo International the principles of these Laws are maintained, the Laws may be modified in their application for matches for players of under 14/16 years of age, for women Villowo players, for veteran Villowo players (35 years of age and above) and for players with disabilities.

Any or all of the following modifications are permissible:

- Size of the field of play
- Kings Target Area
- Distance from Bowl line to Striking Plank Line
- Size, weight and material of the Villowo and ball
- Substitutions

Further modifications are only allowed with the consent of Villowo International (VI).

Male and Female

References to the male gender in the Laws of the Game in respect of referees, assistant referees, players and officials are for simplification and apply to both men and women.

2. THE SPIRIT OF THE GAME

Fair and unfair play

According to the Villowo International laws, referees are the sole judges of fair and unfair play. The referees may intervene any time and advise and caution the captain to take responsible actions.

The spirit of the game involves respect for the referees, captains, players, spectators and media. It is against the spirit of the game to dispute against the referee's decision by word, action or gesture.

It is against the spirit of the game to use abusive/offensive language against players, referees, officials and spectators. It is against the spirit of the game to bowl dangerously aiming to injure the strikers.

In the event of a player failing to comply with instructions by the referee, or criticising the decisions of a referee by word or action, or showing dissent, or generally behaving in a manner which might bring the game into disrepute, the referee concerned shall in the first place report the matter to the other referees and to the player's captain, and instruct the latter to take action.

Finally, the players, referees, officials and staff are to respect each other and encourage each other to promote the spirit of friendship and sportsmanship.

3. PRIMARY OBJECTIVES OF THE GAME VILLOWO

The Primary Objective of the game Villowo is the empowerment of children, youth, adults and people living with disabilities through Villowo sport and also to promote R.K's Health & Longevity Program to all the citizens of this World through this sporting platform. (The VI Players Licence is given only to players who participate in achieving the primary objective of the game Villowo; and National & State membership is given to only national, State, District and Club Villowo Franchisees who participate in achieving the primary objective of Villowo International and the Sport Villowo).

4. THE FIELD OF PLAY

Field Surface

The Villowo matches may be played on natural or artificial surfaces, according to the rules of the competition. The Villowo matches may be played on surfaces such as grass, clay, hard ground. The Field is between 450 to 500 feet.

Field Markings

The field of play may be circular, rectangular or a combination of rectangular and circular.

The Strike box is the box within which the striker/villowoman and the plank keeper stand divided by the striking plank line. The strike box is 12 feet in width and 34 feet in length that is 4 feet front of the striking plank line and 30 feet behind the plank line.

The pitch lines are the striking Plank line and bowl line. The distance between planks to plank is 66 feet. The distance between the striking box and bowl line is 58 feet.

The back line is a part of the strike box. The line is 30 feet behind the Striking Plank line with a width of 12 feet. The plank keeper takes position within the strike box behind the striking planks.

The Kings Target Area is the Scoring Area on the boundary line right behind the bowler measuring 100 feet to either side from the middle point marked by flags or markers.

Field Measurements

The length of the Villowo field may be between 450 feet to 500 feet. The width of the Villowo field may be between 400 feet to 450 feet.

Bowling Width Marks

The bowling width marks are lines drawn 27.5 inches from the middle plank to either side of the striking Planks. If the bowler bowls outside the marks, the ball would be called a

negative ball on the offside; however if the bowler bowls the ball outside the leg side plank of the striking plank, the ball would be called a negative ball.

5. THE VILLOWO

Villowo Measurements

The **Villowo** is a specialised piece of equipment used by striker/villowomen in the sport of Villowo to strike the ball typically consisting of a cane handle attached to a flat-fronted single or double wooden blade or bamboo grass blade with its back painted in plain colour. The length of the Villowo may be no more than 38.2 inches or 970 mm and the width no more than 4.33 inches or 110 mm. Maximum Depth is 2.64 inches or 67 mm. The part of the handle that is wholly outside the blade is defined to be the upper portion of the handle. It is a straight shaft for holding the bat. The upper portion of the handle may be covered with a grip. The permissible Villowo weight is between 1 kg to 1.4 kg. Only Villowo approved by Villowo International may be used in the matches. The only material permitted for any insertion is wood with minimal essential adhesives. In the handle no material may be placed on or inserted into the lower portion of the handle other than the minimal adhesives or adhesive tape used solely for fixing these items, or for fixing the handle to the blade

6. THE VILLOWO BALL

Villowo Ball Measurements

A **Villowo ball** is a ball used in the sport of Villowo. A **Villowo ball** is made of **layers of twine wound around a cork core, inside a red leather shell. The Villowo ball when new should weigh not less than 155 grams and not more than 165 grams. The ball shall measure between 8.80 inches to 9 inches in circumference and 2.8 inches to 2.9 inches in diameter, and shall only be in four colours namely white, maroon, green and pink.**

Villowo Ball

All Villowo balls to be used in the match having been approved by the referees and captains shall be in the possession of the referees before the toss and shall remain under their control throughout the match. The referees shall take possession of the Villowo ball in use at the fall of each plank, at the start of any interval and at any interruption of play. For each match per team a maximum of one Villowo ball may be used as per the decision of the fielding captain. However if the ball gets damaged then 2 balls may be used per the directions of the referees.

7. THE PLANKS

There are three 4 inches width and 30 inches height wooden, fibre or Synthetic Planks placed firmly on the centre of the Striking Plank line with a 1.5 inches gap between them and one single 4 inches width and 30 inches height wooden, fibre or Synthetic Plank placed

firmly on the centre of the bowling plank line. The bottom of the planks has an extension of 2 to 3 inches used to fix the plank in the ground. The planks are 30 inches in height above the ground.

8. STRIKE BOX

The strike box is the area inside which the striker takes position in front of the striking Planks to strike the ball. The strike box is 4 feet from the Striking Plank Line and measures 12 feet x 34 feet. The Plank keeper must stand inside the strike box behind the strike Planks. However the striker/villowoman may take his stance standing on the strike line which is 4 feet in front of the striking plank line or stand outside the strike box if he wishes to do so.

9. BOWL START LINE

The bowl start line is a line marking measuring which is 60 feet from the bowling planks. The bowler must begin his/her run-up from within the line.

10. STRIKING

In the Villowo game, striking is referred to the striker striking/hitting the Villowo ball. Last man can continue to strike till he is out or the stipulated 20 sets are completed.

11. BOWLING

In the Villowo game the bowler must bowl overhand by his right arm or left arm which he will inform the referee in advance. The bowler must bowl the ball from front of the referee for it to be considered a legal delivery. Under-arm bowling is illegal in Villowo. A full toss ball must be bowled below the hip height of the striker for it to be considered a legal delivery. A short ball shall be bowled with a maximum of the chest height of the striker. Any ball bowled above the chest height of the striker shall be considered a negative delivery. However it is illegal for the bowler to attack the body of the striker. The bowler must avoid targeting the striker and at all times be careful not to injure the striker. Any bowler who bowls dangerously / intentionally will be disqualified immediately by the match referee and the remaining balls will be bowled by another bowler. Any ball that is bowled outside the leg side of the Striking Plank is a negative delivery. The bowler must begin his/her run-up from inside the bowl line which is 60 feet from the bowling plank. If a bowler bowls a ball which bounces twice or more before it crosses the strike box, it shall be considered a negative ball. The striking team receives two points/runs for each negative ball. If the bowler while bowling oversteps the bowl line it is considered a negative delivery.

Over the plank / round the plank – If, as the bowler runs up between the plank and the return crease, the plank is on the same side as his bowling arm, he is bowling over the plank. If the return crease is on the same side as his bowling arm, he is bowling round the plank. An Illegal Bowling Action is a bowling action where a bowler's Elbow Extension exceeds 16 degrees, measured from the point at which the bowling arm reaches the horizontal until the point at which the ball is released.

12. PITCH & CREASES

Area of pitch: The pitch is a rectangular area of the ground 22 yards/20.12 m in length and 10 ft/3.05 m in width. It is bounded at either end by the bowling creases and on either side by imaginary lines, one each side of the imaginary line joining the centres of the two middle planks, each parallel to it and 5 ft/1.52 m from it. The referees shall be the sole judges of the fitness of the pitch for play.

THE CREASES: The positions of a bowling crease, a popping crease and two return creases shall be marked by white lines, at each end of the pitch. The bowling crease, which is the back edge of the crease marking, is the line that marks the end of the pitch. It shall be 8 ft 8 in/2.64 m in length. 7.3 The popping crease The popping crease, which is the back edge of the crease marking, shall be in front of and parallel to the bowling crease and shall be 4 ft/1.22 m from it. The popping crease shall be marked to a minimum of 15 yards/13.71 m on either side of the imaginary line joining the centres of the middle/single plank and shall be considered to be unlimited in length. The return creases, which are the inside edges of the crease markings, shall be at right angles to the popping crease at a distance of 4 ft 4 in/1.32 m either side of the imaginary line joining the centres of the two middle planks. Each return crease shall be marked from the popping crease to a minimum of 8 ft/2.44 m behind it and shall be considered to be unlimited in length.

13. THE NUMBER OF PLAYERS & TEAM MEMBERS

Each team shall consist of 10 players, one of whom shall be the captain and another vice-captain. Two substitute players are allowed in any given match as a reserve. The substitute may Willowo, bowl, and field as any other player but may enter the game for the first time only while fielding. Only those nominated as substitute fielders shall be entitled to act as substitute fielders during the match. A substitute player may be called into play by the captain through a request to the match referee. In all two rotations by the substitute are permissible in any given match. The original player may return to the game and continue to play within a maximum time of 30 minutes. In a situation where the original player is not able to return to the game within 30 minutes, the substitute has to continue till the end of the game and shall strike in place of the original player compulsorily. All those nominated including those nominated as substitute fielders must be official squad members of that particular team and by such nomination the nominees shall warrant that they are eligible. In addition, by their nomination, the nominees shall be deemed to have agreed to abide by all the applicable Willowo International Regulations pertaining to international wheelchair and regular Willowo and in particular, the Clothing and Equipment Regulations of the said championships, the Code of Conduct for Players and the Anti-Doping Code.

14. THE CAPTAIN

The captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws. The captain shall nominate his players in writing to one of the referees before the toss. No player may be changed after the nomination without the consent of the opposing captain. If at any time the captain is not available, a deputy shall act for him; however If a captain is not available to nominate the players, then any person associated with that team may act as his deputy to do so.

15. THE REFEREES

The Referees for all International Willowo Matches shall be appointed by Willowo International Council from among their Panel of International Certified Referees. Neither team will have a right of objection to the appointment of any referee or match referee. To apply the law and make sure the Willowo rules are upheld throughout the game there are two referees appointed for any given match. The match referee is the senior most referees for the match and shall consult with the other referee under circumstances of doubt. The match referee shall stand on the leg side of the striker at a comfortable distance with giving enough space for him to be comfortable for refereeing. The other referee is placed behind the bowl line plank. The bowl line referee is responsible for making decisions and notifying the scorers of these decisions. In Willowo electronics or television is not used to make decisions however Willowo International may change this rule when found required. Before the match, the referees shall consult with the Ground Authority to determine; which clock or watch and back-up time piece is to be used during the match; if the right equipment is being used and the boundary of the field of play. The referee and match referee together shall decide if the condition of ground, weather or light would be dangerous or unreasonable for play to take place. If at any time the referee and match referee together agree that the conditions of ground, weather or light, or any other circumstances are dangerous or unreasonable, they shall immediately suspend play. The referee shall start or restart play after they are satisfied with the ground and weather conditions.

16. SCORERS

Appointment of two scorers shall be done to record all points/runs scored, all planks taken and, where appropriate, number of sets bowled. The scorers shall frequently check to ensure that their records agree and consult with the referees if necessary. The scorers shall accept all instructions and signals given to them by the referees and shall immediately acknowledge each separate signal.

17. SIGNALS

The relationship between the referees and scorers is important for the smooth running of the game. When on the field, referees communicate to the scorers, players and each other using a series of signals. The referees are in charge of the game, and the scorers work with the referees to record their decisions. Don't question the referee if you think they have made an incorrect call. However the scorer should advise the referees if a bowler has bowled the maximum number of sets allowed in a match.

The following code of signals shall be used by referees:-

(i) Negative ball 2 points - by crossing the hands at the wrists and then showing two fingers at the chest height. Out - by raising an index finger above the head. (If not out the referee shall remain quiet or call not out.). (ii) Boundary 5 points- by waving an arm from side to side finishing with the arm across the chest. (iv) Ten 10 points- by raising both arms above

the head (v) 20 points - By raising both arms above the head and placing the hands on the head as Crown (vi) New ball - by holding the ball above the head. (vii) Revoke - by touching both shoulders with crossed hands, and showing the new signal. (viii) Short point - by bending one arm upwards and touching the nearer shoulder with the tips of the fingers. (ix) Body before Plank (BBP) – If the referee finds the ball is in line with the Striking Planks while the striker intercepts the ball with any part of his body, the referee signals out by raising an index finger above the head. The referee shall wait until each signal to the scorers has been separately acknowledged by a scorer before allowing play to proceed.

18. VILLOWO PLAYERS & EQUIPMENT

Captains and referees together set the tone for the conduct of a Villowo match. Every player is expected to make an important contribution to this. The players, referees and scorers in a game of Villowo may be of either gender and the Laws apply equally to both. The use, throughout the text, of pronouns indicating the male gender is purely for brevity. Except where specifically stated otherwise, every provision of the Laws is to be read as applying to women and girls equally as to men and boys.

The Villowo players equipment includes Villowo, helmet, box, arm guard, striker/villowomen gloves, keeper pads, keeper gloves, fielders gloves, thigh pad, Villowo ball and chest pad. It is compulsory to wear all the players' guards while striking/villowoing.

19. KINGS TARGET AREA

The Kings Target is the Scoring Area on the boundary line right behind the bowler measuring 100 feet to either side from the middle point marked by flags or markers. The striker gets double the points for scoring in the Kings Target Area. When a 5 or 10 pointer is hit the striker gets 10 and 20 points respectively. However if the ball passes on or over the flags or marker, only 5 or 10 points are given.

20. SET'S PER MATCH

Each fielding team shall bowl 20 Set's per match of the game; each bowler may bowl a maximum of 5 Set's. Each set is made up of 5 positive balls excluding the negative balls.

21. THE METHOD OF SCORING

The aim of the striker/villowomen is to score points. One of the main Villowo rules for the striker to score points is, they must run to each other's end of the pitch (from one end to the other). In doing this one point is scored. Villowo rules state that they may run a maximum of 2 points only per strike. As well as running they can also score points by hitting boundaries. A boundary scores the striker 5 or 10 points. A 5 is scored by hitting the ball past the boundary after hitting the ground, while a 10 is scored by hitting the ball past the boundary on the full (before it hits the ground). When a striker hits the ball in the Kings Target Area he/she gets double the points. Ex: For 5 and 10 will fetch the striker 10 and 20

points in the Kings Target Area. Villowo Rules state that once a 5, 10 or 20 points have been scored any points physically run by the villowoman is null & void. They will only obtain the 5, 10 or 20 only. Other ways points can be scored according to the Villowo rules include negative points. Negative points are scored when a bowler bowls a negative ball. If the bowler bowls outside the line of the leg side of the striking plank and the goes past the striker, 2 negative points/runs are scored apart from the points the villowomen scores by running between the planks or get through boundaries and the ball is re-bowled. If the ball is bowled full toss at or above the hip height 2 negative points are scored and the ball is re-bowled. If the bowler crosses the bowl line while bowling, two negative points are scored. If the bowler bowls the ball over or wide of the offside bowling width mark two negative point are scored.

22. VILLOWO PROTECTIVE EQUIPMENT

The sport Villowo has optional protective equipment that the villowomen may wear in order to prevent any injuries. The following are the list of protective equipment in the sport Villowo.....a) Chest Pads b) Thigh Pads c) Leg Pads d) Arm guards e) Gloves f) Box g) Shoes h) Helmet and i) Shoulder guard.

23. START OF MATCH BY TOSS

The captains shall toss for the choice of who is going to strike first, on the field of play and in the presence of the Villowo Match Referee, who shall supervise the toss. The toss shall take place not earlier than 30 minutes or later than 5 minutes before the scheduled or any re-scheduled time for the match to start. The captain of the side winning the toss shall notify the opposing captain as soon as the toss is completed of his decision to bowl or to strike first, shall apply.

24. WAYS TO BE GIVEN OUT

There are a number of ways to be given out in the game of Villowo. When a bowler gets a striker out it is said that the bowler gets a "plank". Following are the different ways a striker/villowoman can be given out according to the rules of Villowo: Villowo rules state that if the ball is bowled and hits the striking villowoman plank in full or after pitching once on the pitch, the striker/villowoman is given out. It does not matter whether the ball has touched the strikers Villowo, gloves, body or any other part of the striker. However the ball is not allowed to have touched another player or referee before hitting the plank. If the villowomen are running between the planks and the fielder throws the ball which hits the planks, the villowoman running towards that plank which is hit is declared run out if the villowoman has not crossed the line with his Villowo or any part of his body. If the bowler bowls and the ball hit the villowomen in line with the Striking Plank without touching the Villowo the referee may give the villowomen leg before plank out. Villowo rules state that if a villowoman hits the ball or touches the ball with his Villowo or hand/glove holding the

Villowo then the villowoman can be caught out in full. This is done by the fielders, plank keeper or bowler catching the ball on the full (before it bounces). If this is done then Villowo rules state the villowoman is out. If the villowoman willingly handles the ball with the hand that is not touching the Villowo without the consent of the opposition then the referee may give the villowoman out. If a villowoman hits a ball twice other than for the purpose of protecting his plank or with consent from the opposition he is out. A Villowoman is given out BBP (body before plank) if the ball strikes any part of his body before touching his Villowo and the ball is in line with the strike plank. A villowoman may be given out if he willingly obstructs the opposition by word or action.

25. VILLOWO FIELDERS PLACEMENT

Before the release of the ball by the bowler the field has to be set in this following format:- Four players on the left side, four players on the right side, one player (inside the bowl line) and one players inside the strike box behind the striking planks)

26. FIELD PREPERATION & MAINTENANCE

Rolling: During the match the pitch may be rolled at the request of the captain of the batting side, for a period of not more than 10 minutes, before the start of the match and before the start of each subsequent innings.

Debris: The pitch shall be cleared of any debris before the start of play. This shall be after the completion of grass mowing and before any rolling, not earlier than 30 minutes no later than 10 minutes before the time or any rescheduled time for start of play. Debris may be cleared from the pitch by sweeping or by hand before mowing and whenever either referees considers it necessary.

Covering the Pitch: The use of covers before the match, is the responsibility of the ground Authority. The pitch shall be entirely protected against rain up to the commencement of play. However, the Ground Authority shall grant suitable facility to the captains to inspect the pitch before the nomination of their players and to the referees to discharge their duties.

27. START & END OF PLAY

Start of Play: The bowler's end referee shall call play before the first ball of the match and on the resumption of play after any interval or interruption and match stop/end time the bowler's end referee shall call time, when the ball is dead, at the end of any session of play or as required by these Playing Conditions; Starting a new set another set shall always be started at any time during the match, unless an interval is to be taken in the circumstances; if the referee, walking at normal pace, has arrived at the position behind the planks at the bowler's end before the time agreed for the next interval, or for the close of play, has been reached; Completion of a set other than at the end of the match; if the agreed time for an interval is reached during an set, the set shall be completed before the interval is taken.

28. CONCLUSION OF MATCH

The match is concluded (a) as soon as a result is reached (b) as soon as both (i) the minimum number of set's are completed (c) if, without the match being concluded either as in (a) or in (b) above, the players leave the field, either for adverse conditions of ground, weather or light, or in exceptional circumstances, and no further play is possible thereafter. Under such weather conditions where the match has to be abandoned the match referee calls the match drawn.

29. R.K's Health & Longevity Program

"Increase Your Good Weight Evert Day. Increase Your Good Thoughts and Actions Every Day for the Rest of Your Life." **Raghu Kumar R Founder of the sport Villowo.**

Villowo International Villowo International

Note:

1. Each side may strikes till the last man striking.
2. Each team bowls 20 Sets per match. Each set is made up of 5 positive deliveries.
3. Points scored by hitting the ball along the ground across the boundary line will get you 5 points/runs. However if the ball is hit along the ground across the boundary line within the Kings Target Area the striker will get 10 points/runs.
4. Points scored by hitting the ball over the boundary line without pitching on the ground gets you 10 points/runs. However if the ball is hit over the boundary line without pitching on the ground within the Kings Target Area the striker will get 20 points/runs.
5. Negative Points: A No-ball, Wide-ball gets you 2 points.
6. Planks: 3 planks measuring 4 inches wide and 30 inches tall are placed on the Striking Plank Line and 1 4 inches wide and 30 inches tall plank is placed on the bowling plank line.
7. A maximum of 2 points may be scored while/by running between the planks.
8. Any points scored in the Kings Target Area will fetch the striker double the points. A 5 or 10 will get the striker 10 and 20 points respectively.
9. Field Placement: Four players on the left side, four players on the right side, one player bowling and one player planks keeper. www.villowo.org