

The origins

Yanik (a 42-year-old former journalist and teacher trainee for children aged 9 to 12) and Elaine (a 14-year-old student) met through a French coaching program run by the Proactif Foundation in Vevey. Together, they designed the foundations of *Vockys*, a sport that they hope will one day be taught in schools both locally and abroad. There are variations of the rules that allow children as well as seasoned athletes to practice this new sport.

Special thanks to everyone who contributed to making this sport a reality. Thanks to HEP Vaud for making it possible to hold the first match, and thanks to François Ottet, lecturer, who after a class at HEP Vaud mentioned the story of a teacher who created a sport based on repurposed gestures. This anecdote inspired Yanik when he suggested to Elaine that they develop the foundations of a new sport as part of a French assignment. And that is how *Vockys* was born...

General Information (*identical for the 3 modes*)

To simplify and streamline the text, the generic masculine form is used. Everything written applies equally to women and men. *Vockys* is intended for children and adults alike, for women as well as men.

When the symbol ① appears, it indicates a more difficult variation.

When the symbol ② appears, it indicates an easier variation for children / beginners.

Basics

Court dimensions: those of a handball court.

② It is possible to play across the width of the gym, use poles as goals, and cones to form the attacking zone (circular arc). The run-up zone is not mandatory.

Handball goals are used for all three modes.

The game is played 5 vs 5 (4 outfield players and 1 goalkeeper).

② It is possible to play with 5 or even 6 outfield players.

There is a run-up zone between the basketball 3-point line and the handball 6-meter line.

There is an attacking zone between the handball 6-meter line and the goalkeeper's area (see section "Goalkeeper").

The attacker may start once the passer has executed the pass. The attacker strikes the ball between the basketball 3-point line (run-up zone) and the goalkeeper's area. Ideally, the strike is made in the attacking zone, between the handball 6-meter line and the goalkeeper's area.

The attacker has a single attempt. The possible outcomes after the action are as follows:

goal; the goalkeeper deflects the ball for a corner; the goalkeeper blocks the ball and restarts play; the goalkeeper releases the ball inside their goal area, picks it up, and restarts play; the goalkeeper releases the ball into the attacking or run-up zone, and only a defender may take possession of the ball; the goalkeeper releases the ball into the neutral zone and play continues.

At the moment of striking the ball, both feet of the attacker must be in the attacking zone or in the run-up zone, but the arms may be in the goalkeeper's area.

① The attacker strikes only from the run-up zone (between the basketball 3-point line and the handball 6-meter line). The attacking zone is removed or recreated artificially using marking cups.

In the case of competition: a team of 10 players (8 outfield players and 2 goalkeepers). 5 substitutions distributed over the entire match, which is played in 3 × 10 minutes, played twice. Each team appoints a captain.

② Match of 3 × 5 minutes, played twice.

Kick-off takes place at the center, as in football (soccer): Team 1 (the home team) takes the kick-off for all three modes in the first half, and Team 2 (the visiting team) takes the kick-off at the beginning of each mode in the second half. After a goal: kick-off at the center.

Game sequence, as indicated by the name of the sport:

1. volleyball mode, 2. floorball mode, 3. rugby-ball mode, halftime, then the sequence starts again.

If the ball goes out of bounds, a throw-in is awarded. This consists of a simple pass, as in play in the neutral zone.

If the ball is deflected by the goalkeeper behind the goal line: corner kick. An attacker may enter the attacking zone once the corner kick has been taken and may attempt any action, depending on the mode being played. The corner kick taker may also pass the ball into the neutral zone.

Goalkeeper

The goalkeeper plays within their area, formed by the lateral lines of the basketball key and by a line parallel to the goal line, located 4 meters from it. In principle, a line exists 4 meters from the goal line; if not, it must be created artificially using marking cups.

The goalkeeper's feet must remain in their area, but their arms may be in the attacking zone.

If the goalkeeper punches the ball beyond the basketball 3-point line, play continues.

The goalkeeper may play with the foot or with the hand in all three modes.

If there is no goalkeeper, a vaulting box may be placed in front of the goal. For beginners, it is also possible to leave the goal empty.

Prohibited actions

A foul is called in the event of a sliding tackle, shirt pulling, shoulder charge, or if a player pushes another with the hands, in all three modes.

Contact is allowed when two players jump to catch a volleyball or a rugby ball.

In the floorball mode, light body contact, without the use of hands, is permitted.

Only one player may enter the run-up zone and then the attacking zone. If several players enter the run-up zone, a foul is called and the ball is awarded to the defending team.

Free kick

There are two ways to take a free kick:

1. make a decisive pass into the attacking zone with a defender positioned 1 meter from the ball (potentially in the run-up zone); the defender forms a wall;
 2. make a pass into the neutral zone.
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Penalty Shot

A penalty shot is awarded if there is an attempt to prevent an attacker from entering the run-up zone, if a defender enters the run-up zone, or if the goalkeeper leaves their area.

The shooter performs the 1-point action while remaining stationary on the 6-meter handball line.

If the foul is severe, the referee imposes a 1-minute penalty: the offending player leaves the field of play for 1 minute.

Penalty (time penalty)

If a severe foul is committed, the referee imposes a 1-minute time penalty and the offending player must leave the playing area for this period. Upon the third penalty, the player is permanently sent off.

Unsportsmanlike behavior is also punished with a 1-minute penalty.

Signals: when a penalty is imposed, the referee raises the index finger. When the third penalty is imposed on the same player, the referee raises the index finger and then shows the fist, indicating permanent expulsion.

Stopping the clock

After a goal, when a penalty shot is awarded, and when a time penalty is imposed.

Tip

The decisive passer may indicate the intended recipient of the pass, or an attacker may call for the ball to prevent other attackers from entering the run-up zone.

Volleyball Ball Mode

Players pass the ball using their hands (one hand or both). When a player receives the ball, they may take up to 4 steps before making the pass. The opposing team may intercept the ball with their hands at any time once the ball carrier has performed the passing motion.

3-second rule: as soon as the player receives the ball, or after the 4 steps, they have 3 seconds to make the pass.

To score, there are two options:

1. Once the decisive passer has made the passing motion, the attacker runs into the zone and strikes the ball with one hand. The movement is free; the only requirement is to hit the ball. If a goal is scored: 1 point.
2. The attacker runs and then jumps from the handball 6-meter line and strikes the ball before their feet touch the ground. If a goal is scored: 3 points. For the goal to be valid, at least part of the take-off foot must touch the 6-meter line.

① Use a smaller goal: a floorball goal or a small futsal goal.

① Place a defender in the run-up zone, where they may attempt to intercept the decisive pass. Once the attacker has entered the run-up zone, the defender must not prevent them from taking the shot.

② Use a lightweight or foam volleyball.

Tips

To speed up play in the neutral zone, it is possible to use a forearm pass (bump) or a volleyball set. For a right-handed player, attacking is facilitated if the pass comes from the right, and vice versa for a left-handed player. Observe how a handball player scores a goal: the scoring gesture in this mode is similar to a handball shooting motion. Striking the ball so that it bounces about one meter in front of the goalkeeper can be deceptive.

Floorball Mode

On each side of the court, three floorball sticks are placed at the entrance to the run-up zone, facing the goal. The sticks are spaced at least 1.5 meters apart. They are placed on cones (upside down or upright), with a flat support on top of the cone to keep them balanced.

In the neutral zone, play with the feet is mandatory and is carried out through passes between players. In the neutral zone, play follows rules inspired by futsal.

To score, there are two options:

1. Once the decisive pass has been made with the foot, an attacker runs into the run-up zone and strikes the ball without control before it enters the goalkeeper's area. If a goal is scored: 1 point.
2. The attacker enters the run-up zone, stops the ball with the stick, lifts the ball onto the blade, gives it an impulse so that it rises to at least knee height, and then strikes it. The striking motion is inspired by the movement of a baseball bat. If a goal is scored: 3 points. ① To be awarded 3 points, the action must be performed exclusively within the run-up zone.

3-second rule: once the ball is stopped, the attacker may no longer move forward and has 3 seconds to perform the 3-point action.

② 3 attempts are allowed to lift the ball onto the blade.

① Use a smaller goal: a floorball goal or a small futsal goal.

Hockey Stick Harness Option

It is possible to make, in an artisanal manner, a harness that allows the stick to be carried on the back, like a sword in a scabbard. The principle of the game remains the same, except that the stick is drawn once inside the run-up zone.

Here is the procedure, according to Frédérique Vuille, lecturer at HEP Vaud:

For this first harness prototype, I assembled straps recovered from old sports bags.

In a first step, the waist strap was sewn to a shoulder-strap-type strap, ensuring that the hooks were positioned on the front side. In order to determine the most appropriate sewing angle, this step was carried out directly on my own body.

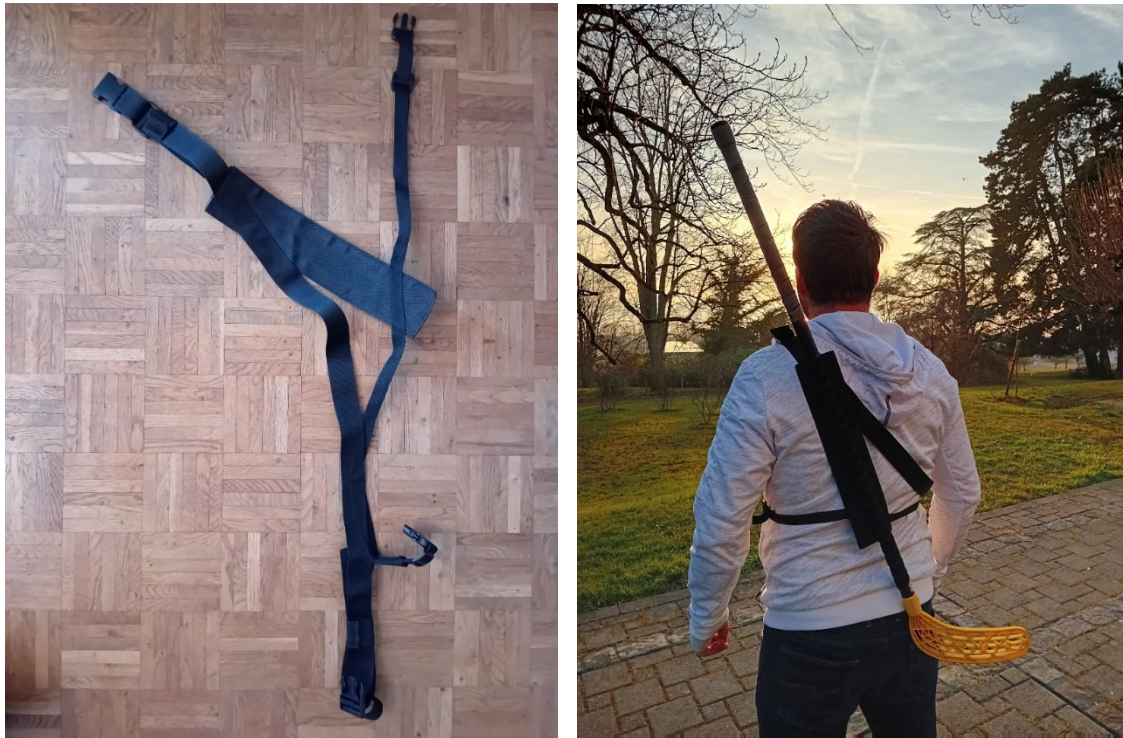
Once these two straps were assembled, the harness was placed on another person in order to position the back strap, which was sewn between the two main straps.

This back strap, wider than the others, is fully covered with hook-and-loop fastener (hook side, rough surface).

During this second phase, the harness was again placed on a person to precisely adjust the sewing angle of the back strap, according to the desired orientation of the stick position.

Finally, part of the stick handle was wrapped with double-sided adhesive tape and then covered with hook-and-loop fastener (loop side, soft surface), in order to allow attachment to the back strap.

Nota bene: In the neutral zone, when the stick is carried on the player's back, there is an identified risk of unintended contact between the upper end of the handle and the back of the player's head. In addition, the presence of the stick may hinder opponents during contests for ball possession.



Tip

For a right-handed player, attacking is facilitated if the pass comes from the right or from behind; conversely, for a left-handed player, if the pass comes from the left or from behind.

Rugby Ball Mode

Players pass the ball in the following way: a player holds the ball in their hands, drops it, opens the foot, and strikes the ball toward a teammate.

② Allow the player to make the pass. The defender may screen but does not use their arms as long as the opponent has not yet struck the ball with the foot; the arms remain inactive along the body.

The opposing team may intercept the ball with their hands at any time once the ball carrier has performed the passing motion.

3-second rule: as soon as the player receives the ball, or after the 4 steps, they have 3 seconds to make the pass. In addition, when the attacker grasps the ball in the attacking zone, they have 3 seconds to strike.

To score, there are three options:

1. The attacker enters the run-up zone, intercepts the ball with his hands, and has 3 seconds to drop it before striking it with the foot. If a goal is scored: 1 point.
 2. Identical to the 1-point action, but the attacker performs a “drop”: they let the ball bounce on the ground and then strike it. If a goal is scored: 2 points.
 3. The attacker strikes the ball on the volley. If a goal is scored: 3 points.
- ① Use a smaller goal: a floorball goal or a small futsal goal.
- ① Place a defender in the run-up zone, where they may attempt to intercept the decisive pass. Once the attacker has entered the run-up zone, the defender must not prevent them from taking the shot.
- ② Use a lightweight or foam football, or alternatively a foam rugby ball.

Tips

For a right-handed player attempting the 3-point action, attacking is facilitated if the pass comes from the right, and vice versa for a left-handed player.

For the pass: drop the ball horizontally.

For the “drop”: drop the ball vertically.

For the 1-point action: slightly tilt the ball to the right for a right-handed player (and vice versa for a left-handed player) just before releasing it.

Lean slightly forward when striking the ball toward the goal to prevent it from finishing its trajectory above the goal.

Call for a Project

The goalkeeper wears, at minimum, floorball goalkeeper equipment. However, this is not sufficient in volleyball-ball and rugby-ball modes. A more robust set of equipment would be required, while still allowing good mobility. Ideally, equipment somewhere between that of a floorball goalkeeper and an ice hockey goalkeeper — therefore yet to be invented...

Educational Use

Teaching Vockys for pedagogical, non-commercial purposes strictly limited to a class or a school institution is permitted.

Public, Institutional, or Event Use

The organization of competitions, public events, or institutional programs under the name Vockys requires prior authorization.

Free and Informal Practice

The practice of *Vockys* on a free, non-commercial, informal basis and without the organization of events is permitted, including in public spaces (parks, school playgrounds, etc.).

Reference Version

Vockys is a hybrid sport created by Yanik Sansonnens. The reference rules, formats, and principles are defined and maintained by the creator. Any practice using the name *Vockys* refers to this reference version.

Inspired Practices

Any practice inspired by *Vockys* that uses a different name may not present itself as a “reference,” affiliated with, or recognized by the creator.