

Roda Jogo



The Rules of Roda Jogo

1. A score is made when the disc is caught in a goal zone, after having passed through the goal markers.
2. The disc can only be moved by being thrown at least one sword length.
3. The disc can be caught or picked up by either team, regardless of thrower, except during the throw off, when the disc can only be picked up by the opposing team.
4. When a player catches the disc, their opponents must remain at least one sword length away. Sometimes called “invincible”.
5. A player cannot move more than reasonable stopping distance while touching the disc.
6. All opponent players can be challenged at any time, save three situations:
 1. The player is already in a challenge (No double guarding).
 2. The player just caught the disc, and is still holding it.
 3. The player is injured.
7. A challenge can always be accepted by fighting back, or declined by running away.
8. The only legal moves during a challenge are cutting motions with the sword. No stabs, pummels, grapples, throws, kicks, headbutts, etc. Do not aim for the head or genitalia, and do not hit with excessive force.
9. When a player is tagged in the torso by a sword, they cannot move more than reasonable stopping distance from that spot for five seconds (somewhat inaccurately called “frozen”).
 1. While frozen all other motions are legal, including catches and challenges.
 2. If a player does not respond to a torso touch, call out to them. Do not try to get their attention by hitting them harder.
10. Players can only grab the swords of their own color. Deflections with an arm or leg are legal and do not cause frozen status.

11. When a team scores, the goal zones switch and the losing team walks back, and the disc stays with the team that score, to be thrown off.
12. Each round begins with one team shouting "Roda!" This signals that they are ready to throw off. If the other team is also ready, they respond with "Jogo!"
13. Teams are chosen by the most senior players present, in the interests of fairness.

Definitions

- *Teams*: There are two teams, red and black, according to the color of the swords.
- *Catches*: Gaining control of the disc with any part of your body or equipment.
- *Goal Zone*: The area beyond the goal markers, which should be about 50m to 75m apart. Depth should be no more than half the field length again.
- *Throw Off*: The initial disc throw that starts a round. Can only be received by other team.
- *Stopping Distance*: Depends on the speed at which the player was previously moving. Generally, a running player gets several steps, while a walking player gets nothing.
- *Challenge*: One player swings at an opposing player. Can be reissued immediately.
 - *Accepting a challenge*: swinging back, blocking, parrying, sidestepping, etc.
 - *Declining a challenge*: Running away. Cannot be done if holding disc.
- *Cutting motions*: swinging the sword such that it would hit the player with the side of the "blade". Stabbing motions are not valid.
- *Double Guarding*: Two players challenging or blocking an opponent. Illegal.
- *Frozen*: when a player has been hit in the torso, they are "frozen" to that spot for 5 seconds.
- *Invincible*: when a player has caught the disc and cannot be challenged. The opponents must stay out of swords length from this player.
- *Out-of-bounds*: largely ignored, but if the disc is more than a field length away from the center of the field, it can be walked back in.
- *Roda*: means circle or in this case, ring.
- *Jogo*: means game or sport.