

# Woodball

## Historical Background

In Hong Kong, Woodball is translated to 活木球. But, in other places of Chinese, Woodball is translated to 木球. Why not Hong Kong uses the same translation as the other places of Chinese? It is because Cricket (板球) had registered the name 香港木球會 in Hong Kong. So, we use 活木球 instead of 木球 in Hong Kong.

Woodball was invented in 1990 by Mr. Ming-Hui Weng, he just want to build a garden for his father to take a walk and enjoy the beautiful view in the scenic spot Nei-Shuang-His, where situated in Shih-lin, Taipei City. After mowing the weeds of the hillside, he found that there were terraced fields there, which can be developed as an outdoor exercise place.



It flashed through his mind that he could make a good use of this garden by designing it as a ball-playing ground. Under such motive, he was trying to create a ball sport, in which the playing-ball would not fly up (appropriate to be played on the grass ground) and the sport itself should be economic (neither expensive nor large ground), so that he could invite more friends to enjoy the fun of playing ball in the green field. After two years' experiment and adjustment, the equipment and the regulation of the ball game have emerged finally as they are today.



From that time on, the ball game is officially named Woodball. The reason that Woodball is popular among the different aged people is not only it has well-designed equipment, which includes ball, mallet and gate, but also it is easy to learn and to play. That is also why Woodball has been adopted as one of the physical education courses in some colleges since after that Woodball begins to introduce and develop to other countries.

In general, a woodball course contains 12 fairways. Each fairway is around 6m wide. The length of

each fairway should be between 30m and 130m, depending on the terrain and the size of the venue. Obstacles can be set on the fairway to increase the difficulty of the game and makes more challenging.

When the player is ready to drive the ball, the distance between his/her legs should be of shoulder width, and the ball should be placed in front of his/her body, forming a triangle with his/her legs. Then, he/ she should focus on the gate and adjust the direction of the mallet head. When the direction is confirmed, the player should pay attention on the ball and he/she no longer needs to see the gate again. Both of his/her hands should grip the “T” shape mallet, and then he/she should use the swing technique, which is also commonly employed in golf, i.e. turn the waist and hit the ball.



The most ideal situation is “Gate-in-one”. Of course, “Gate-in-one” rarely happens. In general, we need putting after driving. More skillful the player, more easy to win the game. The scoring principle is the same as golf, the one with the lowest score in the game would become the winner.

Players need to complete 12 fairways one by one in order in a competition. It is possible to have 12 groups of players playing at the same time in different fairways in a competition. In that case, the time needed is about 90 minutes.

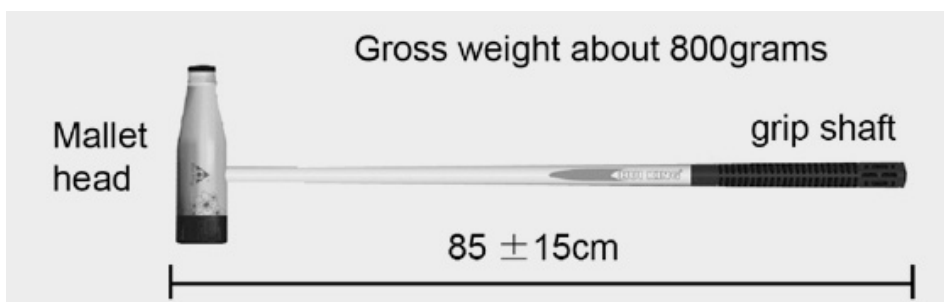
## Equipment

### 1) Ball

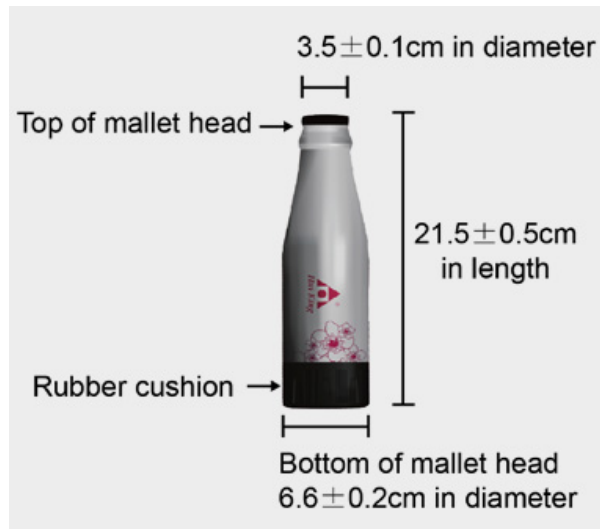


### 2) Mallet

#### a. Mallet



b. Mallet head

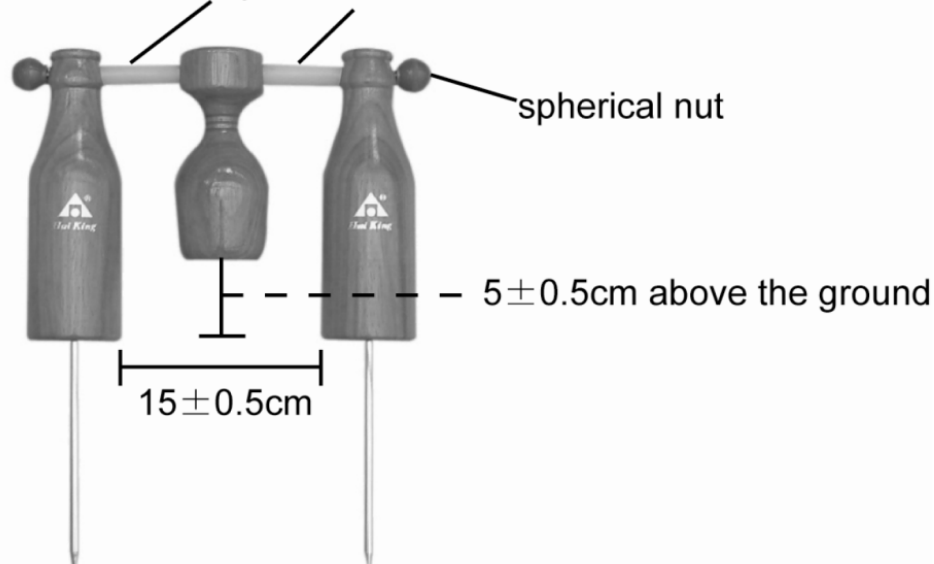


c. Rubber cushion



### 3) Gate

The metal rod put in the rubber tubes



a) Bottle	b) Cup	c) Metal rod
<p>Diagram of a bottle. The total height is <math>20.5 \pm 0.5 \text{ cm}</math>. The height of the bottle body is <math>15 \text{ cm}</math>. The diameter of the bottle body is <math>6.7 \pm 0.2 \text{ cm}</math>.</p>	<p>Diagram of a cup. The diameter of the top rim is <math>6 \text{ cm}</math> in diameter. The height of the cup is <math>15 \pm 0.5 \text{ cm}</math>. The diameter of the bottom rim is <math>6 \text{ cm}</math> in diameter.</p>	<p>Diagram of a metal rod. The total length is <math>29 \text{ cm}</math>. The spherical nut is located at the end of the rod.</p>

## Grips



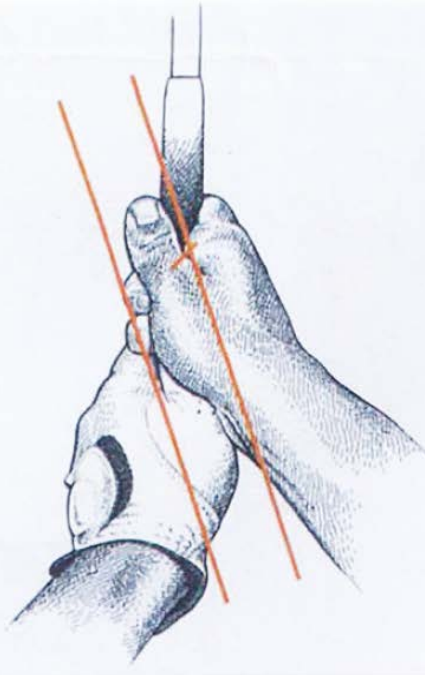
Baseball



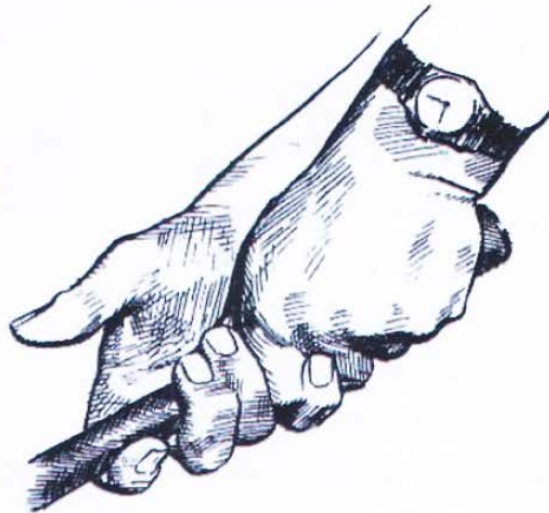
Overlapping



Interlocking



In the view of elevation on both hands, the "V-shape" gaps by thumb and index finger overlap. The thumb points to the shoulder at the same side. (left figure)





## Swing

It can be divided into four parts: Back Swing, Down Swing, Impact and Follow Through, Finish.

### 1. Back Swing:

- Move back and raise the mallet with both arms straight. Wrists keep steady without movement and same as the setup position before.
- Fix angle between arms and body, same as the setup position before.
- Move back and raise the mallet to a certain level depends on the distance of the shot.
- Twist waist to the right slightly by fixing the right knee and twisting the left knee slightly inward. The standing height is the same as the setup position before.

### 2. Down Swing:

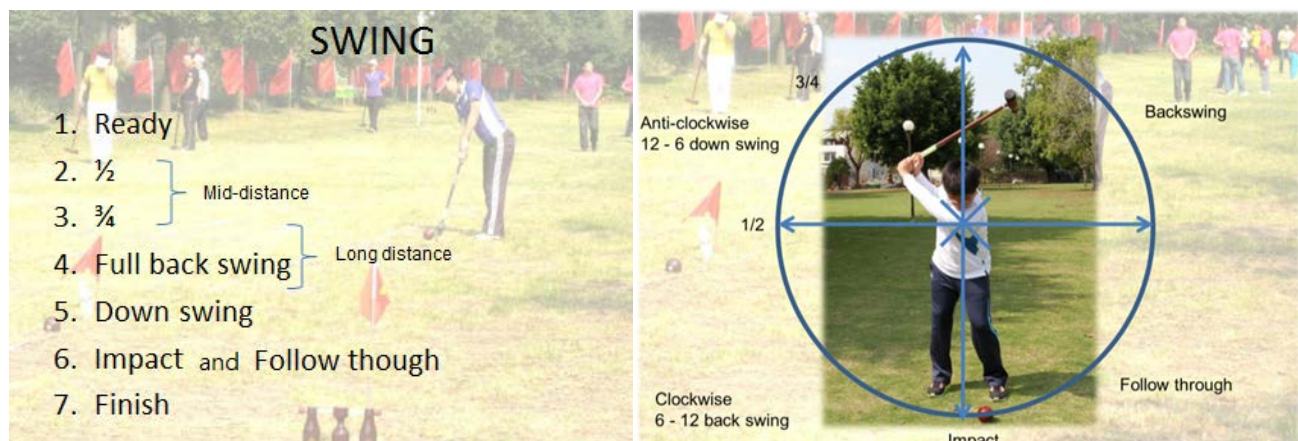
- Move back and raise the mallet to a level and mallet head falls with general force, keeping arms straight until hitting back to ball.
- Ensure the mallet head hitting on ball entirely by keeping wrists steady.
- Standing height is the same as the setup position before.
- Body's center of gravity shifts to hitting direction by twisting the waist.
- Eyes keep on the ball by fixing the head position.
- No extra force is implied on hitting to secure the ball direction.

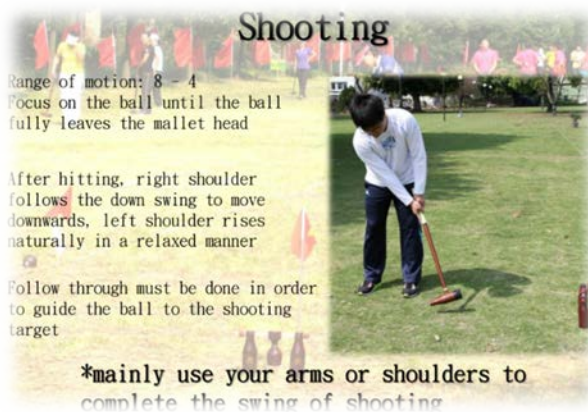
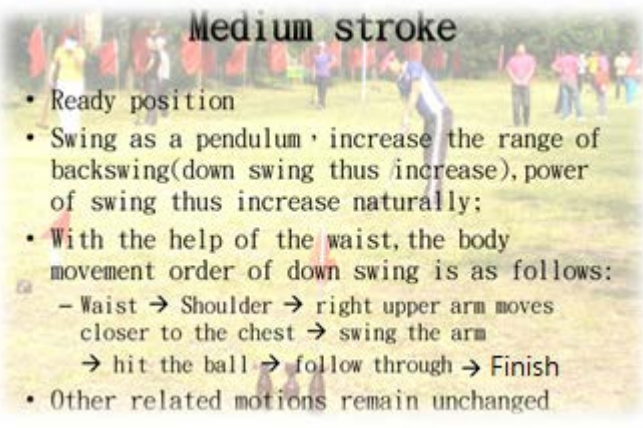
### 3. Impact and Follow Through:

- Keeping arms straight when hitting the ball, pushing mallet towards the goal to enforce the ball moves towards the gate.
- Twist the waist to the hitting direction by fixing left knee without any movement.
- Body twist  $90^0$  to the hitting direction.

### 4. Finish

- Body turns to the hitting direction, relaxing both arms and taking back the mallet with easy.
- Keeping right leg at the back.





## Abstract of rules and regulations

1/ Each team can register from 4 and up to 8 players, including the captain for the game. 4 to 6 of them can compete in the game and the best 4 individual scores will be counted as the team result.

2/ All players are required to dress in casual sportswear. However, players in the same team competing for teams' event are required to wear outfits in similar fashion. During the game, player is not permitted to wear high-heel shoes or clothes unsuitable for sport.

3/ All players are required to complete their session of game from the first through to the twelfth fairway, or its multiple fairways as stipulated. The final outcome is determined by the total stroke count in play.





**4/** The ball in play which passes through the metal rod of the gate, behind the cup and distance away from each other, is regarded as completion of one fairway competition. If the ball fails to pass through the gate and it is still in contact with the gate cup, the gating process is considering completed by adding one additional stroke to player straight away, as this serves to protect the stability of the gate during the competition.



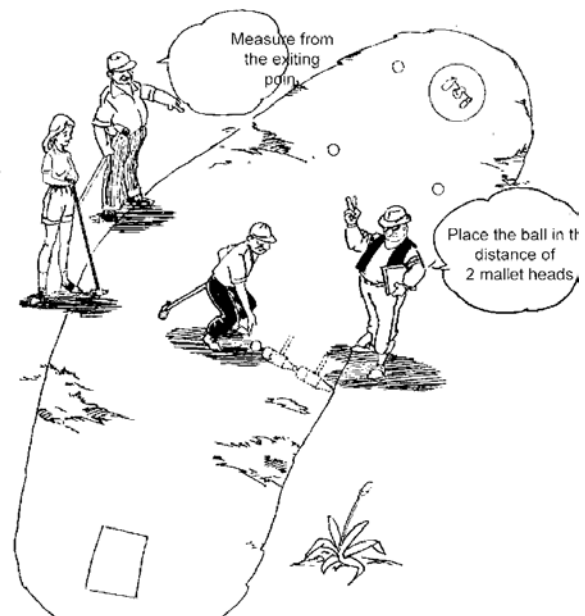
※ Footnote of Passing through the Gate:

Should the ball in play pass through the gate and rolls back into contact with the cup, it is still considered as completion of one fairway, as witnessed by the referee/linesman or by the majority of players in the same session. Should players in the same session are unable to reach agreement; decision will be made by the position of the static ball.

**5/** The ball in play that rolls out the ground outside the boundary is regarded out of bound.

※ Footnote of Out of Bounds:

The ball in play that rolls out of the boundary line and then back in touch with the line, is regarded as out of bounds as witnessed by the referee/linesman or by the majority of players in the same session. Should players in the same session are unable to reach agreement; decision will be made by the position of the static ball.



**6/** When out of bounds and prior to the player's next turn to strike, ball should be placed at least a woodball length outside of the fairway. Upon the player's turn, the ball should be taken back and placed at the position where the point the ball rolled out of the boundary is taken as the center with a radius of 2 mallet heads, but a penalty stroke will be applied.

**7/** If the ball in play falls or rolls into obstacles such as holes, trees, grove, pools, etc, that cannot be played, it can be removed from the obstacle, with the entered point of the ball as its center, apply rules of play for out of bounds. Alternatively, the ball can be re-positioned anywhere behind the obstacle on the fairway, but a penalty stroke will be applied.

**8/** Whenever a player begins to swing his/her mallet, others in the same session should move to the rear of the player, or retreat to the sides of the fairway, at a safety distance of 3 meters or more.



**9/** Whether in front or behind the gate, balls on the fairway can be directly played in attempt to pass through the gate.

**10/** In the event of natural contingencies, whether the game is to continue should be announced by the organizing committee.

**11/** When all players in the same session completed their games on a fairway, then its session can begin games on the following fairway. Games on all the fairways are to conduct in the same manner.

**12/** Should the player hit the ball and simultaneously broke the mallet, it is then counted as one stroke, and request for re-play is not allowed.

**13/** Should the ball on the fairway bumped by another from a different fairway, play is to resume from its new position static. In event of the ball bumped out of bounds, related penalty stroke is not applied.

**14/** No matter whose ball it is, players should not touch the balls on the fairway with any part of their body or equipment.

**15/** Whenever the player is to attack the gate or makes a shot, he/she should hold the mallet's grip shaft by its upper end, not touch the mallet head.

**16/** Whether the player is to attack the gate or to make a shot, the mallet should not be placed/action between the legs.

**17/** When the 5 meters for attacking line is marked at the said distance from the gate, and the ball in play passes through the gate, the successful player will have one stroke subtracted from his/her score for that one fairway competition.



**18/** When the 30 meters passing line is marked at the said distance from the starting line (on medium or long distanced fairways only), and the ball in play does not pass beyond the marked 30 meter line, a penalty stroke will be applied. Out of bounds and its penalties will apply regardless to out of bounds occur within or beyond the 30 meter line.



### 19/ Stroke Competition:

- a. For singles competition, the outcome is determined after players complete the stipulated twelve or its multiple fairways. The player who scores the least strokes is the winner. In case of players who secured the same strokes, whoever scores the least stroke by fairways amongst the last twelve fairways is the winner. Accordingly, the result shall be evaluated in the same manner or the organizing committee shall construct alternate methods to determine the winner.
- b. For teams competition, the outcome is determined by the total stroke count based on best 4 players' scores in the team. The team with lowest strokes is the winner. In case of teams who secured the same strokes, whichever team with the player that secured the least strokes among the last twelve fairways shall be the winner. Accordingly, the team result shall be evaluated in the same manner. If the result is still the same, the organizing committee will construct alternate methods to decide the winner.

### 20/ Fairway Competition:

The outcome is determined by the greater number of fairways won. In case of players who secured the same number of fairways won, additional games on fairways set by the organizing committee are to be played until the results are determined.

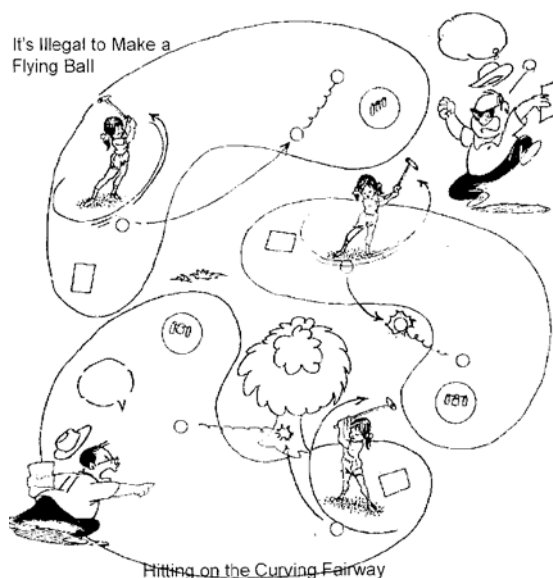
21/ When the referee hands sign for the start of play and then the player's first shot should be completed within 10 seconds. Violator is admonished, and repeated infraction will incur the violator a penalty stroke.

22/ To make a shot, players are suggested to hit the ball in a two-legged stance, holding the mallet with both hands and place the mallet behind the ball. The starting posture should be stationary. It is not permitted to hit the ball while walking. Infraction will incur the violator a penalty stroke, and play is to resume from where the ball lies in its new position.

23/ Should the ball in play comes in obstruction against the next player, the concerned player can always request to play first or mark the ball with permission from the referee. Infraction will incur the violator a penalty stroke. The mark is placed directly behind the ball on the fairway before the ball is picked up.

24/ When playing on curving fairways, the ball should be preceded on the fairway. To play the ball flying over out of the bounds area is not permitted. Infraction will incur the violator's ball penalized as out of bounds.

25/ The ball on the fairway that lies further away from the gate is given priority to hit, or the referee shall direct



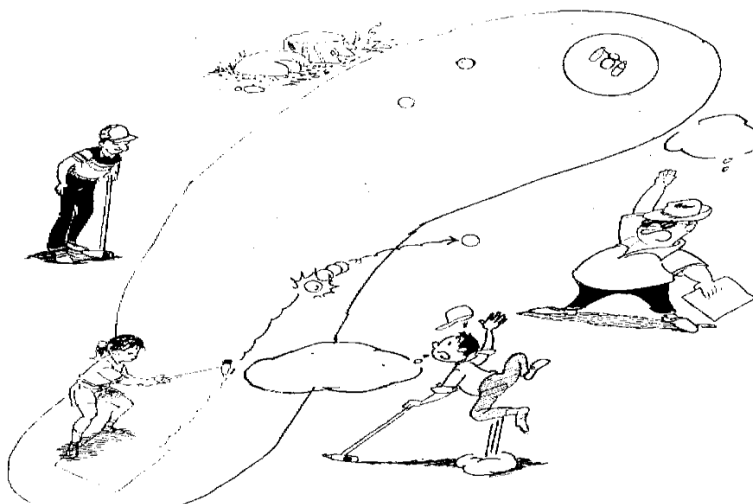
the order of play. Any player cannot hit his/her ball at will. Infraction will incur the violator a penalty stroke, and play is to resume from where the ball lies in its new position.

**26/** When balls on the fairway bumped each other in play:

(1) The ball at rest that was bumped but remain inbound; play is to resume from where the ball lies in its new position. In event of the ball at rest bumped to pass through the gate, it is regarded as completion of one fairway competition. However, should the ball at rest bumped out of bounds, the penalty stroke is not applied.

(2) Should the ball in play bumped out of bounds by another, it is penalized as out of bounds.

(3) Should the ball in play remains inbound after bumped, play is to resume from where the ball lies in its new position.



**27/** It is not permitted for the player to adjust the fairway ground in front or behind of the ball in play prior to his/her shot. The violator will incur a penalty stroke.

**28/** The ball on the gate area, in fairway competitions, the ball farther to the gate is given priority; in stroke competition, the ball nearer to the gate is given priority. Infraction will incur the violator a penalty stroke and play is to resume from where the ball lies in its new position. Should the ball in play pass through the gate, it is not recognized.

## **Abstract of Woodball course design and related rules**

**1/** In the course, the natural objects such as trees, grove, low wall, and mounds can be used as obstacles or boundary line.

**2/** The design of Woodball course shall comprise twelve fairways or its multiple numbers.

**3/** The total length of a twelve-fairway Woodball course shall be more than 700 meters. According to the area of the Woodball course, designated fairway distances are required to vary from 30 to 130 meters.



**4/** The length of fairways, 50 meters and below is termed as short distance; 51 to 80 meters is termed as medium distance; 81 to 130 meters is termed as long distance.

**5/** The width of each fairway should be designed in accordance with its natural features, but the

narrowest shall not be less than 3 meters in width, and the widest shall not be more than 10 meters. The width of middle distance fairway should be more than 4 meters and the width of long distance fairway should be more than 5 meters.

**6/** At the beginning of each fairway, the requirement is to set up an initial horizontal line, regarded as the starting line. This line is 2 meters in length and each end of the line is drawn further back to line 3 meters in length. The rectangular area enclosed is regarded as the starting area.

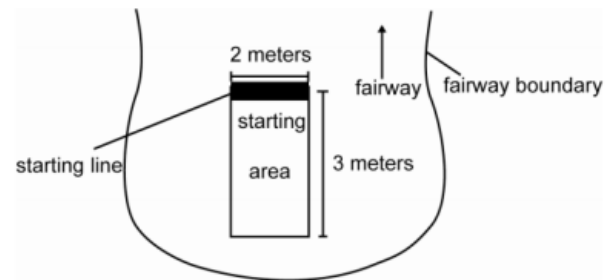
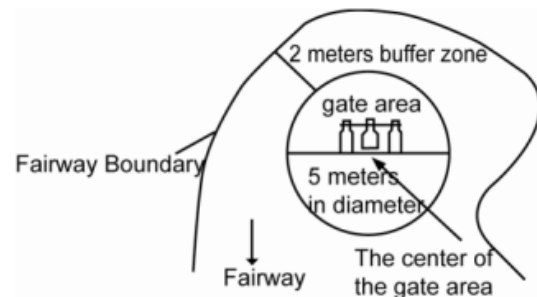


Figure: Starting line and area

**7/** At the end of each fairway, the requirement is to set up a circular area of 5 meters in diameter with the gate as its center, regarded as the gate area. It may not be limited to 5 meters only if the geographical features at both sides of the gate have major terrain obstacles. Between the rear of the gate area and the fairway boundary, a buffer zone width 2 meters or more should be kept.



**8/** The starting area and the gate area shall be even and smooth without any obstacles.

**9/** For each fairway before the session of the game is completed, the next group is permitted to enter the fairway and start their session of game, with no disruption caused to the previous.

**10/** Where the grass covering the fairway was scooped out by play, the patch should be mended by flattening or stamping immediately.

**11/** The obstacles set on the fairway shall not be removed.

**12/** In the event of wind-blowing or rainy weather, the player may request to clear away branches, leaves, and waste, etc, hard materials fallen on the fairway.







# 記桿卡

組別：第 組

日期： 年 月 日 開始時間：

No.	Name	Gate No.1	Gate No.2	Gate No.3	Gate No.4	Gate No.5	Gate No.6	Gate No.7	Gate No.8	Gate No.9	Gate No.10	Gate No.11	Gate No.12	Total
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	

Player No.1 Signature: \_\_\_\_\_
Player No.2 Signature: \_\_\_\_\_
Player No.3 Signature: \_\_\_\_\_
Player No.4 Signature: \_\_\_\_\_

- 1/ All the flights will start at the same time in different fairways in most of the competitions;
- 2/ Player will start to play according to the order of play: e.g. the fairway 5 is the first fairway of the game. The order of play should be 1→2→3→4; In the next fairway (fairway 6), the order of play would be changed to 2→3→4→1;
- 3/ When the referee call the player to play, he/she would announce the number of stroke the player play and the referee need to make a “/” on the scoresheet (the corresponding number of stroke). If the ball is “OB” after hit, “V” will be marked on the next number to show one more stroke is added because of “OB”. If the ball goes through the gate successfully, the referee should put “o” on the top of the “/” and the final presentation of the mark should be “ / ” to show the ending stroke of this fairway.
- 4/ when the player finished the fairway, the referee should write down the number of stroke the player made at the top of the score box.
- 5/ When the game is finished, the referee should write down the total number of stroke, cross check the filled information and sign for the confirmation.
- 6/ For the double stroke competition, all procedure is the same as the single stroke competition. The different is the order of play and the details are shown below:
  - Each pair divided into player A and B;
  - In the 1<sup>st</sup> fairway, group 1 player A (1A) would play first. The order of play is 1A→2A→3A→4A;
  - In the same fairway, play A and B in the same group need to play alternately;
  - In the 2<sup>nd</sup> fairway, the order of play would be changed to 2A→3A→4A→1A;
  - When the 5<sup>th</sup> fairway start, the order of play will go to 1B→2B→3B→4B.

		Date:								Order:			
		Venue:								Time:			
No.	Name	Gate No.1	Gate No.2	Gate No.3	Gate No.4	Gate No.5	Gate No.6	Gate No.7	Gate No.8	Gate No.9	Gate No.10	Gate No.11	Gate No.12
1													
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12
2													
		1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
		5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8	5 6 7 8
		9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12	9 10 11 12
Winner													
Player 1 win:						Player 2 win:							
Player No.1:						Player No.2 :							

- 1/ The stroke recording method is the same as stroke competition;
- 2/ Fairway competition is the competition between 2 players/pairs;
- 3/ In a fairway competition, if the number of stroke of a player/pair is more than the opponent (finished the fairway already), the competition in this fairway can be stopped and proceed to the next fairway;
- 4/ "Winner" would be filled who win that fairway, "1" or "2". If the game is even, we use "--" to represent;
- 5/ Fill in the number of winning fairway, the more is the winner.

### Reference:

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5. 國際木球總會 <http://www.iwbf-woodball.org/>
6. 中華民國木球協會 <http://www.woodball.org.tw/>
7. Flipped Micro-module for Professional Sports Skills Courses (Woodball)  
[http://www.cuhk.edu.hk/culive/p\\_sports/phone/index.html](http://www.cuhk.edu.hk/culive/p_sports/phone/index.html)

