



2024/25

**Reglement D**

**Regulation D**

# **JUKSKEI SA**

**SPELERS MET GESTREMDHEDE**

**PLAYERS WITH DISSABILITIES**

*Jukskei : Suid-Afrika se Sport vir Almal / South Africa's Sport for All*

## INHOUD / INDEX

<b>NR</b>	<b>ARTIKELBESKRYWING</b>	<b>ARTICLE DESCRIPTION</b>	<b>P</b>
1	VOORWOORD	PREAMBLE	3
2	ROLSTOEL GEBONDE SPELERS	WHEELCHAIR BOUND (SCI) PLAYERS	3
3	AFSTANDE PER KATGORIE VAN SPELER	DISTANCES FOR CATEGORIES OF PLAYERS	3
4	AMPUTASIES	AMPUTATIONS	4
5	GESIGGESTREMDHEID	VISUALLY IMPAIRED	4
6	SEREBRAALVERLAMMING	CEREBRAL PALSY	4
7	BAAN	PITCH	4
8	SAMESTELLING VAN SPAN	TEAM COMPOSITION	5
9	TELLING	SCORING	5
10	TYDSDUUR VAN SKOFTE	DURATION FOR SETS	5
11	WYSIGINGS	AMENDMENTS	5

1	VOORWOORD	PREAMBLE																																													
	a) Die Reëls vir persone met gestremdheid stel die standaard vir alle gestremde persone binne Jukskei SA.	a) This Rules for Physical Impaired outlines the standard for all physical impaired members of Jukskei SA.																																													
	b) Die stel reëls is aanvullend tot die Speelreëls van Jukskei SA.	b) This set of rules is complementary to the Rules of Play of Jukskei SA.																																													
	c) Die reëls word aangepas vir spelers met gestremdhede wat sal toegewings kry wat bepaal sal word volgens die klassifikasie wat deur 'n paneel en mediese verslae beoordeel sal word.	c) The rules are adjusted for players with disabilities and will get concession which will be determined according to the classification made by a panel and medical reports.																																													
	d) Die gewig van skeie, die afstand en afdeling van deelname. Aangesien die spelers oor 'n korter afstand gooi sal die persoon nie in die A1-afdeling in 'n Nasionale Kampioenskappe kan deelneem nie.	d) The respective weight, distance and division of participation. Since the players have a shorter throw distance, the person cannot participate in the A1 division in a National Championship.																																													
	e) Indien die speler in die A1-afdeling wil deelneem sal die gewone speelreëls egter geld.	e) If the player chooses to participate in the A1 division, the normal playing rules will apply.																																													
2	ROLSTOELSPELERS	WHEELCHAIR BOUND (SCI) PLAYER																																													
	a) Die gebruik van een <b>sandput ipv twee</b> word aanbeveel om die veld vir alledaagse stoele voor te berei.	a) The use of only <b>one sandpit instead of two</b> is recommended in order to set up the field for 'everyday' chairs.																																													
	b) Die minimum gewig van 'n skei is 1.1 kg en die maksimum is 1.8 kg.	b) The minimum weight for a skey is 1.1 kg and the maximum is 1.8 kg.																																													
	c) Elke speler sal 'n skeigewig kies waarmee hy/sy gemaklik is.	c) Each player should select a skey with which he/she feels comfortable.																																													
	d) Die keuse van 'n 'veldstoel' in teenstelling met 'n alledaagse stoel is dat laasgenoemde soort stoel dalk te laag is om voorsiening te maak vir die vrylike swaai van die skei langs die lyf en beweging van die gooiarm.	d) The choice of a <b>field chair</b> as opposed to an 'everyday' chair is that the latter might be too low to allow a free swinging movement of the arm to throw the skey.																																													
	e) Die veldstoel (75 cm hoog) is 'n basiese stoel platform vanwaar die gooi plaasvind, terwyl sittende.	e) The field chair (75 cm high) is a basic chair platform from which the throw takes place while maintaining a sitting position.																																													
	f) Handvatsels, voetruste en ander aanpassings word gemaak om aan elke individu se behoeftes te voorsien.	f) Handles, footrests and various adaptations are made to meet each individual's needs.																																													
3	AFSTANDE PER KATEGORIE VAN SPELERS	DISTANCES FOR CATEGORIES OF PLAYERS																																													
	<table border="1"> <thead> <tr> <th data-bbox="368 1794 552 1899" rowspan="2">Kategorie Categories</th> <th colspan="2" data-bbox="552 1794 663 1827">&lt;16 Jaar/Years</th> <th colspan="2" data-bbox="663 1794 1098 1827">&gt;16 – 20 Jaar/Years</th> <th colspan="2" data-bbox="1098 1794 1366 1827">Seniors &gt; 20</th> </tr> <tr> <th data-bbox="552 1827 663 1899">Manlik Male</th> <th data-bbox="663 1827 778 1899">Vroulik Female</th> <th data-bbox="778 1827 893 1899">Manlik Male</th> <th data-bbox="893 1827 1008 1899">Vroulik Female</th> <th data-bbox="1008 1827 1123 1899">Manlik Male</th> <th data-bbox="1123 1827 1366 1899">Vroulik Female</th> </tr> </thead> <tbody> <tr> <td data-bbox="368 1899 552 1933">F51 – F52</td> <td data-bbox="552 1899 663 1933">5m</td> <td data-bbox="663 1899 778 1933">4m</td> <td data-bbox="778 1899 893 1933">6m</td> <td data-bbox="893 1899 1008 1933">5m</td> <td data-bbox="1008 1899 1123 1933">7m</td> <td data-bbox="1123 1899 1366 1933">6m</td> </tr> <tr> <td data-bbox="368 1933 552 1966">F53 – F54</td> <td data-bbox="552 1933 663 1966">6m</td> <td data-bbox="663 1933 778 1966">5m</td> <td data-bbox="778 1933 893 1966">7m</td> <td data-bbox="893 1933 1008 1966">6m</td> <td data-bbox="1008 1933 1123 1966">8m</td> <td data-bbox="1123 1933 1366 1966">7m</td> </tr> <tr> <td data-bbox="368 1966 552 2000">F55 – F56</td> <td data-bbox="552 1966 663 2000">7m</td> <td data-bbox="663 1966 778 2000">6m</td> <td data-bbox="778 1966 893 2000">8m</td> <td data-bbox="893 1966 1008 2000">7m</td> <td data-bbox="1008 1966 1123 2000">9m</td> <td data-bbox="1123 1966 1366 2000">8m</td> </tr> <tr> <td data-bbox="368 2000 552 2047">F57 – F58</td> <td data-bbox="552 2000 663 2047">8m</td> <td data-bbox="663 2000 778 2047">7m</td> <td data-bbox="778 2000 893 2047">9m</td> <td data-bbox="893 2000 1008 2047">8m</td> <td data-bbox="1008 2000 1123 2047">10m</td> <td data-bbox="1123 2000 1366 2047">9m</td> </tr> </tbody> </table>						Kategorie Categories	<16 Jaar/Years		>16 – 20 Jaar/Years		Seniors > 20		Manlik Male	Vroulik Female	Manlik Male	Vroulik Female	Manlik Male	Vroulik Female	F51 – F52	5m	4m	6m	5m	7m	6m	F53 – F54	6m	5m	7m	6m	8m	7m	F55 – F56	7m	6m	8m	7m	9m	8m	F57 – F58	8m	7m	9m	8m	10m	9m
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	Klassifikasie F51 tot F58 verteenwoordig 'n progressiewe verbetering in funksionaliteit van die sittende klas (rolstoelgebonde) en aanpassings tov afstande word gemaak soos die spelers se funksionaliteit verbeter.	Classification F51 to F58 represents a progressive improvement in functionality of the sitting class (wheelchair bound) and adaptations to distances should be made as the functionality of players improves.
<b>4</b>	<b>AMPUTASIES</b>	<b>AMPUTATIONS</b>
	a) As 'n persoon met 'n armamputasie 'n greep op die skei kan kry, sal hy/sy 'n skei kan gooi.	a) As long as the person with arm amputation can have a grip on the skey, he/she will be able to throw the skey.
	b) Spelers met enkelbeenamputasies behoort nie probleme te hê of spesiale aanpassings van die normale jukskeireëls aan te vra nie.	b) Players with single-leg amputations should not experience any problems or request any adaptations from the normal rules of jukskei.
	c) 'n Persoon met 'n dubbelbeenamputasie mag dalk 'n veldstoel gebruik vanwaar hy die skeie kan gooi.	c) A double-leg amputee might use a field chair to throw from a seated position.
<b>5</b>	<b>GESIGGESTREMDHEID</b>	<b>VISUALLY IMPAIRED</b>
	a) 'n Blinde persoon (B1) speel jukskei soortgelyk aan rolbal vir blindes.	a) The blind person (B1) playing jukskei will play according to the same rules as lawn bowls for the blind.
	b) 'n Totale blinde speler sal 'n gids ('roeper') hê wat agter die pen sal staan en dan mondelingse opdragte gee aan die B1 speler.	b) A totally blind player will have a guide ('caller') who will be standing in the pitch behind the peg and will give verbal instructions to the B1 player.
	c) Die gidse word ook toegelaat om die B1 speler te posisioneer in die rigting van die spel en mag voortdurend mondelingse instruksies gee.	c) The guide is also allowed to position the B1 player towards the direction of play and may give verbal instructions.
<b>6</b>	<b>SEREBRALE GESTREMDHEID</b>	<b>CEREBRAL PALSY</b>
	a) Jukskei word net vir die C5 – C8 klasse aanbeveel.	a) Jukskei is only recommended for the C5 – C8 classes.
	b) Hierdie spelers sal volgens die standaard reëls speel met 'n aanpassing wat afstand betref.	b) These players will play according to the standard rules with an adaptation to the distance.
	c) Die Serebraal gestremde sal slegs 'n 1,1 kg skei gebruik	c) The Cerebral palsy player will only use a 1.1 kg skey.
<b>7</b>	<b>BAAN</b>	<b>PITCH</b>
	a) Die gebruik van slegs een sandput in plaas van twee word aanbeveel.	a) The use of only one pitch instead of two is recommended in order to set up the field or 'everyday' chairs.
	b) Sodoende kan veld- of gewone stoele geplaas word.	b) The field and ordinary chairs can be put around
	c) 'n Stopplank (soortgelyk aan die wat vir gewigstoot en skyfwerp gebruik word) sal op die gooielyn geplaas word om die gewone rolstoel te versterk en te stabiliseer.	c) A stop board (similar to the board used for shot put and discus) will be positioned on the throwing line to secure or stabilize the 'everyday' wheelchair.

	d) Die veldstoel moet agter die stopplank geplaas word.	d) The field chair must be positioned behind the stop board.
	e) Alle stoele moet geanker word om stabiliteit te verseker.	e) All chairs have to be anchored to ensure stability.
	f) Die ankers mag verby die stopplank strek.	f) The anchors may extend past the stop board.
<b>8</b>	<b>SAMESTELLING VAN DIE SPAN</b>	<b>TEAM COMPOSITION</b>
	Slegs drie spelers in plaas van vier word aanbeveel aangesien dit spel sal bespoedig.	<ul style="list-style-type: none"> <li>Three players per team instead of four are recommended as this will speed up the game.</li> </ul>
<b>9</b>	<b>TELLING</b>	<b>SCORING</b>
	a) Spelers speel 3 skofte tot by 23.	a) Players play three sets to 23.
	b) Gewone telling behoort toegepas te word.	b) Normal scoring should apply.
	c) As 'n span spelers het wat fisies meer gestremd is, kan 'n voorgeestelsel geïmplementeer word waar die swakker span met 'n voorgee van 10 punte in 'n skof kan begin.	c) If a team has players who are physically more challenged, a handicapped system can be implemented whereby the weaker team will start with a lead of 10 points in the set.
<b>10</b>	<b>TYDSDUUR VAN SKOFTE</b>	<b>DURATION OF SETS</b>
	'n Wedstryd behoort uit die beste van 3 skofte te bestaan.	A game should be the best out of three sets.
<b>11</b>	<b>WYSIGINGS</b>	<b>AMENDMENTS</b>
<b>11.1</b>	Wysigings tot hierdie Reglement word deur middel van 'n Beskrywingspunt voor 'n datum soos bepaal deur die UB van Jukskei SA by die Direkteur Administrasie ingedien sodat die voorstel op die Sakelys van die Algemene Jaarvergadering geplaas kan word.	Amendments to this Regulation shall be submitted through a Motion before a date set by the EC of Jukskei SA to the Director of Administration so that the proposal can be placed on the Agenda of the Annual General Meeting.
<b>11.2</b>	Na aanvaarding deur die AJV sal die wysigings geïmplementeer word.	After acceptance by the AGM the changes will be implemented.
<b>11.3</b>	Hierdie Reglement is aanvaar op die Algemene Jaarvergadering van Jukskei SA soos gehou op <b>20 Julie 2024</b> te Kroonstad.	This Code was adopted at the Annual General Meeting of Jukskei SA that was held in Kroonstad on <b>20 July 2024</b> .

**JN NEL**  
**PRESIDENT JSA**

**D SMIT**  
**DIREKTEUR/DIRECTOR**  
**ADMINISTRASIE/ADMINISTRATION**