

RULES FOR PLAYING POLEBALL ON A SMALL AREA - HOW TO PLAY THE GAME

OFFENSE

To begin play offense throws the ball in bounds from the designated starting area to a teammate who is moving around or standing still. The offense tries to get one of its players close enough to the scoring pole to be able to make an accurate throw to score points before its player with the ball is touched by a defender. When a teammate catches the ball he/she must stop and stand still. Now, while standing still, the player with the ball has the option to throw the ball to another teammate or throw the ball at the pole to try to score. However, once 1 defender touches the player who has the ball, the player with the ball cannot score, but can only throw the ball to another player. Now, if a second defender touches that player before he/she can throw the ball, the offense loses the ball to the defense. The touches cannot be on the head, neck, or below the beltline; or be too hard.

While the ball is in the air, the defense is not allowed to touch it; but, once the ball hits the ground before an offense player is able to touch it, it is a free ball and goes to the first player to touch it, and there is to be no fighting over the ball. If that player is on the defense, they get the ball and start their play from the designated starting area if there is only one goal. However, if there are 2 goals for the play area, play continues uninterrupted from that point. For example, the game is being played on a basketball court and the 2 backboards are being used as the goals. The play would be just like an interception in basketball. If the ball goes out of bounds, it is given to the team that was not the last to touch it before it went out of bounds. But if that team was the defense, they must start their play from the designated starting area because now they are the offense. But, if you are playing with 2 goals, play is started at the point at which the ball went out of bounds. If the ball is thrown and is in the air when it hits a defender who was not trying to touch it, an offense player has the right to pick it up; but is considered immediately touched by the defender who was hit, and that defender has to stay near that offense player while he/she has the ball. If defender was trying to touch the ball, the offense is given a free extra point kick, if it was not a scoring throw. If it was a throw attempting to score, the offense can be given a full point score for that throw. An offense player can jump to catch a ball; but can't dive to get it and fall to the ground in the process. That is considered reckless play and the ball is given over to the defense in such instance.

The offense can only score from throws or kicks that are made from behind the scoring line. While the ball is in play, kicking the ball is only allowed for scoring extra points after a penalty or throwing scores. When the offense scores or tries to score with a throw, it loses the ball. The whole area of play can be used to pass the ball around, but scoring throws can only be made from behind the scoring line.

DEFENSE

The defense tries to get 1 of its players to touch an offense player who has the ball before he/she can make a throw at the pole to score points. Then it tries to get another one of its players to touch that player before he/she can throw the ball to another player. Once 2 defenders have touched the offense player who has the ball before he/she can throw it, the offense loses the ball to the defense. The defense can't touch the ball while it is in the air, or any of the offense players who don't have the ball. The defense players touch the offense player who has the ball and then step away from him/her so the player with the ball has space to pass the ball before being touched by a second defender.

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