

W10790 Angleball

Basic Rules & Objectives

No matter how you play, the basics are always the same. ANGLEBALL at every level is designed to be inclusive and fun fitness. ANGLEBALL equipment can be played 1 v 1 up to 12 v 12; we've even seen 100 v 100 across an entire park, but that's another story!

One point is scored by knocking down the opponent's targetball. The ANGLEBALL can be run or passed, but the ball-carrier may not run the ANGLEBALL within the 10ft radius circle surrounding the pole.

Play non-contact, touch or contact; all three versions are perfect and complete activities designed for specific fitness objectives.

For competition play for athletes under 18-years-old, we suggest 6 v 6, coed (3 male 3 female per team), Touch rules.

Below are the complete ANGLEBALL Worldwide sanctioned rules:

Non-Contact

The ball-carrier is allowed 3 steps with the ANGLEBALL. No contact is allowed.

Touch

If the ball-carrier is tagged, s/he must pass the ANGLEBALL within three seconds and may not shoot. For detailed rules read here.

Contact

If the ball-carrier is two-hand-touched, s/he must pass or shoot the ANGLEBALL within three seconds. Athletes may physically impede (wrap, takedown, interfere, block) an opponent of the same gender. For detailed rules read here.

Field Variations

Play 360 degrees around a single goal post or place 1 post at either end of the designated playing area. Assign one team to each goal and teams may only score on the opposing teams goal.

Team Size Variations

One on One

Set one standard against a wall. Missed shots will bounce back off the wall. If the ball-carrier is tagged s/he must shoot within 3 seconds.

Big Teams

Put one ANGLEBALL standard at each end of a summer camp or park and play up to 100 v 100 or even more. It's been done!

Other Variations

GOOD PASSING. This rule forces better passing. If the angleball touches the ground on a pass it's a turnover!

FLAG ANGLEBALL. If the ball-carrier's flag is pulled it is a turnover.

BONUS POINT CIRCLES. Circles can be created around the field that give point bonuses if they are scored from. How about a 3 point circle at half field? How about tiny circles around the field that give 5 points if scored from? Get creative!