

ANGLEBALL STUDY GUIDE

(revised 07/05)

HISTORY

Angleball was originally developed by legendary Penn State football Coach Rip Engle as an off-season conditioning activity for his football team. It is easy to learn, can be played coed, and can be played in a variety of settings with minimum equipment. In addition to being a good fitness activity, it is an excellent game for refining throwing and catching skills and for developing agility and teamwork. It combines the accuracy and speed of basketball with the interest and aggressiveness of football into a fast and fun, action-packed, non-stop game.

II. THE RULES

A. Setup:

- When a large outdoor area is available, such as a football or soccer field, the game may be played with two goals placed at opposite ends of the field.
- The objective of the game is to dislodge the opponents' goal ball from the top of a volleyball standard by hitting it with the game ball (attach a funnel or cut-out milk jug at the top standard to hold the ball) or **for our game (CHMS) to hit the pole above the tape with the ball.**

B. Players:

- The number of players on each team varies according to the amount of space available space.
- Up to 20 players can easily accommodated for outdoor play; indoor games are limited to 8 to 10 players.
- An official game is played with 12 players on each team.

C. Offense:

- The game begins with a jumpball at the center of the field. Players jumping face their own goal.
- Players may run with the ball in any direction or the ball may be thrown from player to player to make a shot on the goal ball.
- If an opponent tags the player holding the ball, the ball carrier must not throw for a goal or continue running with the ball.
- The ball carrier must pass the ball before taking 3 steps and before 5 seconds elapse. If 5 seconds expire before the ball is passed, the opposing team gains possession at the place of the infraction.
- The offensive team may screen for its ball carrier with an upright, stationary screen (pick).
- Remember the difference between a tag and a push. A tag is not a push or a stiff arm.
- Fouls: tackling a player, using the hands to strike or stiff arm an opponent, using hands above the head of the opponent, holding, charging or tripping an opponent.
- An unnecessary roughness penalty can be called resulting in loss of the ball and 1 to 3 laps depending on the seriousness of the foul.

D. Defense:

- Individual defense is similar to player-to-player basketball defense. Body contact, pushing, faceguarding and similar rough play are prohibited.
- Fouls are penalized by giving the faulted player a prescribed number of laps to run around the playing area and by giving possession of the ball to the opposing team at the point of the foul.
- Balls may be intercepted, and a ball hitting the ground may be scooped up without a pause in the action.
- If a player is throwing the ball, a defensive player may not knock it out of the thrower's hand.
- Balls may be passed in any manner, but they may not be kicked or punted.
- Kicking the ball results in loss of possession and a penalty lap for the kicker.

- If a player knocks a ball out-of-bounds, an opponent puts the ball back into play with a soccer-style throw-in. A player may not throw for a goal while taking the ball in from out of bounds.
- For a free ball in the air, the defender must not play through the offensive player or pass interference will be called (as in football).

E. Scoring:

- The goal ball must actually be hit by the game ball for a point to be scored (or the pole hit above the taped line). Balls hitting the pole that dislodge the goal ball do not result in points.
- The pole is surrounded by a 15-foot restraining circle.
- A defensive player may run through the circle of the goal they are defending, offensive players must move on the outside of their goal circle.
- No shots may be taken from inside the circle or if an offensive player has been tagged.
- Following a point, the game is restarted with a jumpball at the center of the court.

F. Strategy:

- Offensive players should attempt to space themselves around the goal circle. This will allow for rebounding and shooting multiple times.
- Defensive players should rebound a missed shot and use a "fast break" to begin their offense.
- When you are penalized and you must run laps, run them as fast as possible because your team is playing shorthanded. Your opponents have the advantage and will be pressuring your team trying to score.
- Use basketball principles: pass and cut, make good passes to the open player (use all players on your team), come and meet each pass (don't stand still), set screens for the ball carrier or shooter, and play good clean defense when guarding your opponent (don't foul)