

RULES OF OPENER

Game Type: Team Sport

Players: 5-7 per side

Field: Rectangular pitch approximately 50-60 yards long and 20-30 yards wide. There is a Center Line and two end zones on either end of the field that span the width of the field and are around 7 yards in depth.

Equipment needed: One bicycle helmet and hula hoop per player. Zip ties, duct tape

Time: 2 30 minute halves

RULES

Start of Play

Kickoff

The kicking team stands at the goal line of their end zone and kicks off to the receiving team who must all be standing in their own end zone.

Scoring

Players must throw the ball completely through the hoop of one of their teammates in the opposing team's end zone. The player throwing the ball does not need to be in the end zone, only the person whose hoop the ball travels through. This player must have at least one foot in the end zone, but must be completely behind the goal line.

Moving the Ball

Players can move the ball by passing it to another player. They may not run with the ball. They can pivot with one foot while in possession of the ball.

Players may pass the ball in the air or may make a bounce pass with one bounce to another player.

Players may not kick the ball or roll the ball on the ground.

Defense

Defenders cannot touch the opposing players except for incidental contact. Defending players may not put their hands through their opponent's hoops.

Fouls

A foul results in a free throw for the offensive side, or loss of possession at the point of the foul. In a free throw the defense must move back 8 meters from the site of the free throw in every direction.

Turnovers

An intercepted pass results in a turnover.

If a ball hits the ground in an endzone the defensive team recovers possession. All offensive players must back up 4 yards from the endzone line. The defensive team restarts play with one player passing the ball into play with one foot on the end zone line.

Out Of Bounds

Sideline or endline

One or two handed throw ins are legal.