Hoola Ball Rules

The team wearing the vests will start the game at the midfield line. There can be 6-11 people on a team.

Scoring: One point is scored every time a player successfully passes the football through the hoola-hoop that is held by your team’s goalie. Goals can only be scored if the ball is thrown from within the midfield line and the 5 yard hoola line.

Play: The ball is moved down the field toward the team’s own hoola goalie by passing the football. Passes may be made in any direction. The players may not run with the football. If a player is in the process of running to catch a pass; they may take up to three steps to stop their forward motion. If a stationary player catches the ball; they are not allowed to take any steps with the ball. Players may pivot to find someone to pass to. If the ball is dropped by the offensive team (an incomplete pass) the defense takes immediate possession of the ball and the game continues.

Defense: The defense may intercept a pass, bat the ball during flight or gain possession if their opponent drops the ball. A defensive player may guard an opponent; but they may not touch the player or the ball while it is in the possession of the other team. If the offense does not throw the ball within 7 seconds, a turnover will result. The defense must count out loud 1 one-thousand, 2 one-thousand etc.

The Goalie: The goalie is a roving player. They may travel from sideline to sideline on the end line. When an offensive player attempts to pass the ball through the hoop, the goalie must keep his/her arms straight and above their heads at all times. They may jump, crouch or move their feet to the left or right. The goalie must always have two hands on their hoop. When a goal is scored the person that scored the goal becomes the new goalie.

General Rules: Dropped ball constitutes a change of possession. Offense may only try to score between midfield and the 5 yard line. The goalie must keep their arms straight with both hands on hoop. The goalie should move along end line. No handoffs are allowed. The football must be passed. Players must pass the ball within 7 seconds or a change in possession occurs. Defensive players can be anywhere on the field except across the five yard line and in the hoola goal area. Rough play, tackling or poor behavior results in a “free throw” taken by the opposing team.