

INTRODUCTION TO POWERBALL

Rules & Regulations



UPL Powerball Rulebook

Revised July 13th, 2017

Introduction to Powerball

Powerball is the newest regeneration of Olympic Team Handball. It is a fast paced, semi-contact, team sport typically played on a field. The objective is to score points by throwing the Powerball into the opponent's goal. The game requires 1 ball, 2 goals, and 12 players. Powerball includes elements and skills associated with other sports like Team Handball, Soccer, Football and Basketball. The Introduction to Powerball is a fundamental guide to the rules and regulations of the sport. UPL encourages adults and youth to play Powerball in groups on a grassroots level under these disciplines. Some of the regulations can be modified to suit the needs of your Powerball game.

The Basic Rules of Powerball

- 2 teams play with 6 players on each team. (1 Goalkeeper and 5 Field Players)
- Both teams try to score points by throwing the Powerball into the other team's goal.
- The game starts with a throw-in from the goal area.
- Players advance across the field by passing, dribbling, or running with the ball.
- Stop the opponents attack by "tagging" or touching the player with the ball using 2 hands.
- The ball carrier has 3 seconds to give the ball away after they are tagged.
- Only the player with the Powerball is allowed in the goal area with the goal keeper. (9Ft from the goal).
- 3 players from each team are allowed within the 3-Zone. (27ft from the goal)
- Teams are given 1 point for each goal scored.
- Penalty shots are taken for fouls inside of the 3-Zone.
- The team that scores the goal keeps possession of the Powerball.
- The team with the most points after three 20 minute periods is the winner.



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The Field- The Powerball field is 200ft x85ft (61 Meters by 26 Meters) in size. The dimensions are the same as a typical Hockey rink. The size of the field can be modified to fit the space available for your game. Powerball can be played on a Handball court using the goal area as the 3-Zone, and on a Basketball court using the inside of the 3-point line for the 3-Zone.

3 The 3-Zone- The 3-Zone is a semi-circular line 27ft in front of the goal. Up to 3 players from each team are allowed in the 3-Zone at any time. The 3-Zone creates a chance for 3-on-3 situations with defenders and attackers. 1 point is rewarded for goals scored from inside of the 3-Zone, and goals scored from anywhere outside of the 3-Zone.

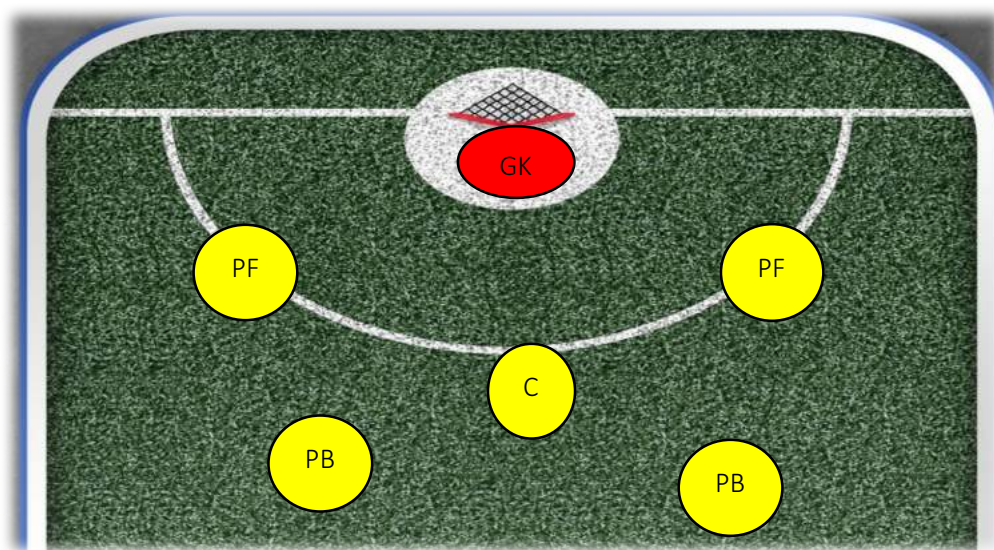
1 The Goal Area- The white circle around the goal is called the goal area. It is 18ft in diameter with the goal sitting in the direct center at 9ft. The goal area is only occupied by the goal keeper and the player with the ball, making it a 1-on-1 situation. Throw-ins are made from the goal area to start the game.

The Goal- The goal sits in the center of the goal area at both ends of the field. Powerball can be played using *Olympic Size Handball goals* or any size sports goals that are available for your game.

The Ball- The United Powerball League uses an *IHF approved Handball*. The ball is spherical and is available in 3 sizes for men, woman, and youth. The ball can be modified to the needs of your Powerball game.



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Powerball Positions

Goal Keeper- Goalies are responsible for defending shot attempts against their team's goal. They are able to touch the ball with any part of their body while they are inside of the goal area. A Goal Keeper starts the attack for their team with a throw-in from the goal area. They are only able to leave the 3-Zone while they are carrying the ball. If a shot attempt goes out of bounds after deflecting off of the goalkeeper, the goal keeper gets the Powerball back for a throw-in.

Power Forward (wing) – Also known as the wing position, Power Forward players typically occupy the right and left wings on the attacking side of the field. These players are agile and excel at creating space for the best possible goals and passing opportunities. They are able run fast breaks and counter attacks when defending. Power Forwards are most likely to score goals and pass from inside of the 3-Zone.

Power Back- Power Backs are typically the most defensive players on the field. They are usually in position to disrupt offensive progression by tagging the ball carrier or intercepting passes and shot attempts. Power Backs are the players most likely to set picks, screens, and block for their team. They excel at shooting from a further distance since they tend to stay out of the opponents 3-Zone.

Center- The Center is typically the play maker. The player at the Center position is usually good at running plays and controlling the pace of the game for their team. They excel in attacking, defending and setting up the best opportunities for their teammates.



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The Attacking Team

- The main objective of the attacking team is to score goals while eluding the defenders and setting up goal scoring opportunities.
- The player with the ball is able to move anywhere on the field.
- The ball carrier is able to dribble or run with the ball until they have been “Tagged” by a defender.
- The ball carrier has 3 seconds to release or pass the ball to a teammate once they have been tagged by a defender.
- Teams are given 1 point for every shot made.
- The scoring team keeps possession of the Powerball.

Similar to basketball, players on the attacking team can use their hands and body to set picks and screens for a teammate. Quick movements of the Powerball across the field are beneficial to the attacking team. Teams can run plays to swap players in and out of the 3-Zone and create space for goal scoring opportunities.



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The Attacking Team



Throw the ball using hands and arms	Block, kick, or pass the ball with feet	Throw-in for the defending team
Shoot the ball or pass the ball to a teammate	Hold the ball for 3 second after being tagged or shoot the ball after being tagged by a defender	Throw-in for the defending team
Bounce or drop the ball on the field	throw or bounce the ball and be the next to touch it after being tagged	Throw-in for the defending team
Enter the goal area with the ball	Enter the goal area without the ball, or stay in the goal area for more than 3 seconds after a shot attempt, or have more than 1 player in the goal area	Throw-in for the defending team
Up to 3 players in the 3-Zone	More than 3 players in the 3-Zone	Throw-in for the defending team
Set picks and screens and block for a teammate	Charge or run into the defender with excessive contact	(Offensive foul) Throw-in for the defending team
Land in the 3-Zone and goal area illegally after <u>scoring</u> a goal	Scoring a goal while illegally in the 3-Zone and goal area	Throw-in for the defending team
Stay in position and pass the ball for a free throw	Run, or hold the ball for 5 seconds while attempting a free throw	Throw-in for the defending team



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The Defending Team

- The main objective of the defending team is to gain possession of the ball for their team, and prevent the other team from scoring a goal.
- Players are able to disrupt the attacking team's progression by "Tagging" the player with the ball.
- The defender should clearly "Tag" the ball carrier above the waist, with 2 hands.
- Players are allowed to use their body, arms, and hands to defend a pass or a shot attempt.
- Players who tackle, hit, kick, hold or restrain an opponent can be given a penalty or disqualification.
- 3 defending players are allowed in the 3-Zone at a time. This includes the goal keeper who is the only defending player allowed inside the goal area.

The defending team can play in a traditional zone defense or 1-on-1 defense to stop the attacking team. A defender should stay in a position where they can tag the ball carrier or intercept the Powerball for a counter attack.



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The Defending Team



Catch or block passes and shot attempts	Pull, kick, or hit the ball out of the ball carriers hands	(Defensive foul) Free throw or Penalty shot for the attacking team
Make frontal body contact or use hands to touch and grab an attacking player	Charge at, or Hold onto the the attacking players body or uniform with hands and arms	(Defensive foul) Free throw or Penalty shot for the attacking team
1 defender (goal keeper) in the goal area	More than 1 defender in the goal area	Free throw or Penalty shot for the attacking team
Up to 3 defenders in the 3-Zone	More than 3 defenders in the 3-Zone	Free throw or Penalty shot for the attacking team
Stay at least 9ft away from the ball carrier for a free throw	Interfere with an attacking player on a free throw or throw-in	Free throw or Penalty shot for the attacking team
Touch the ball with any part of the body while inside the goal area (Goalkeeper)	Go beyond the 3-Zone without the ball (Goalkeeper)	Throw-in for the attacking team



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Penalties & Fouls-

- The game clock is stopped by the referee for penalties and fouls.
- Fouls include any illegal physical contact such as hitting, holding, kicking or tripping.
- Each player is allowed 5 fouls a game before disqualification.
- The result of a penalty can be turning the ball over to the other team, a free-throw from the spot of the ball, a throw-in, or a penalty shot.

Free Throw-

- Restart the game after minor violations and fouls that occur when the Powerball is outside of the 3-Zone.
- Free throws are made from the spot of the ball when the violation occurred.
- Defenders stay at least 9ft away from ball carrier until free-throw is made.

21ft Penalty Shot-

- Penalty shots are rewarded for any foul or violation that prevents a scoring opportunity while the ball is inside of the 3-Zone.
- Penalty shots are taken from 21ft in front of the goal.
- The goal keeper is in the goal area to defend the shot.
- Players from both teams stand outside of the 3-Zone and 9ft away from the shooter until the ball is thrown.

Throw-in-

- Throw-ins are made by the goal keeper from the goal area.
- Throw-ins are made at the beginning of the game and after a goal or violation.
- Defending players stand outside of the 3-Zone until the ball has been thrown by the goal keeper.



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Out of bounds -

- When the ball goes out of bound after deflecting off of the goalkeeper, the defending team gets possession of the Powerball.
- When the ball goes out of bounds after a player touches it, the other team takes the Powerball for a throw-in.

Overtime and Penalty Shootout –If the game is tied after the time has expired, two 10-minute overtime periods can be played to decide a winner. If the game is still tied after 2 overtime periods, teams can shoot 3 alternating penalty shots to decide a winner.

3 Second Violation- The player with the ball has 3 seconds to pass the ball to a teammate once they have been tagged by a defender. If the same ball carrier is still touching the ball after 3 seconds, their team is given a “3 second violation” and the opposing team is rewarded the Powerball from the goal area.

5 Second Violation- A player is allowed 5 seconds to throw the ball in to play while the clock is stopped. If the player has not passed the ball after 5 seconds, their team is given a “5 second violation” and the opposing team will be rewarded the Powerball from the goal area.

Zone Violation- When a team has more than 3 players within the 3-Zone at any time during play, that team will be given a zone violation and the ball is awarded to the opposing team with a throw-in or a free throw. Teams are allowed 5 zone violations a period before the other team is awarded a penalty shot.

Goal Tending- A goal tending penalty is called when more than 1 player from a team is in the goal area. When players from both teams are illegally in the goal area, the defending team gets possession of the Powerball from the goal area.

Offensive Goal Tending- When an attacking player enters the goal area without the ball, the opposing team is given the Powerball from the goal area.

Defensive Goal Tending- When an illegal defender is in the goal area while the ball is in the 3-Zone, the attacking team takes a penalty shot. If an illegal defender is in the goal area while the ball is outside of the 3-Zone the attacking team is awarded a free throw from the spot of the ball.



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The Game Clock

- The game clock consists of three 20 minute periods.
- The clock is stopped for time outs, penalties, injuries, and balls out of bounds.
- Teams are granted five 1 minute timeouts for each period.
- The team with the most points after three 20 minute periods is the winner.

