

# Longball

## Official Rules

### Field:

The field surface must be comprised of a material that provides a compromise between allowing players to change directions quickly and cushioning the impact when they fall upon it. Grass is the most preferable playing surface, followed by dirt, sand, snow, and FieldTurf.

Fields should have a length-to-width ratio between the range of 1-to-1 to a 2-to-1. A field that's 100 meters long should be between 50 meters to 100 meters wide.

Minimum field width is 25 meters. Maximum field length is 3 km.

The size of the field of play must be proportional to the number of players on each team. To determine appropriate team sizes, measure (or estimate) the length (L) and width (W) of the field. An acceptable team size is given by  $((L / 2) + W) / 2 * ((1 \pm 0.1) / 1)$ . This means teams should be between 22 to 28 on a small field, 42 to 52 on a standard American football field (48 meters by 91 meters), and 2000 to 2500 on a 3 km field.

The scoring zones are located at each end of the field. They measure half the width of the field. A boundary that marks the entrance into each scoring zone must be established prior to beginning the game. The scoring zones are 10 meters deep.

Soccer scoring targets with dimensions measuring between 0.25 to 0.5 meters in size should be placed on the back edge of the scoring zone. The number of targets used within each scoring zone must equal the total number of soccer balls used in the game. They can be spaced however the defending team wishes to space them, but once play begins they cannot be moved.

A boundary that marks the sideline must be established prior to the beginning of the game. As long as it is clearly marked, the sideline boundary is permitted to be rectangular, hexagonal, octagonal, circular, or irregular.

### Scoring:

Teams can score using any of the three distinct types of scoring tokens, the Frisbee, the

rugby ball, or the soccer ball.

At the beginning of the game, there must be 1 scoring token for every 10 players on the field, rounded up to the nearest odd number. Thus, if there are 44 players on the field (22 from each team) there should be 5 scoring tokens. If there are 104 players, then 11 scoring tokens are required. If there are 5000 players on a 3 km field, there should be 501 scoring tokens.

One referee is needed to officiate each and every scoring token that's in play.

The total quantity of each type of scoring token must be distributed evenly.

In the event that the number of scoring tokens doesn't divide evenly by 3, the home team can choose the remaining scoring tokens however they desire. This can result in a game with a worst-case scenario 3:1:1 distribution. In a 501 scoring token game, there must be 1 less than 14 dozen of each type of scoring token.

A point is scored when a Frisbee is caught by an attacking player in the scoring zone.

A point is scored when a rugby ball is carried by a player on the attacking team into the scoring zone, or when a player on the attacking team forces the defending team to commit a turnover within the scoring zone.

A point is scored when a soccer ball strikes a soccer scoring target in the back of the scoring zone, as long as it hasn't touched a player on the attacking team since the time it'd entered the scoring zone.

When points are scored, the scoring token is removed from play, limiting the maximum number of points that can be scored to the number of soccer balls + number of Frisbees + number of rugby balls that are in play at the beginning of the game.

When a soccer scoring target is struck and a point is recorded, it must be removed from play along with the ball that struck it.

A match is decided if either team scores more than half of the possible points.

**Maintaining Possession:**

If a Frisbee is caught, the player who catches it is said to have taken possession of it. This player has the right to take three steps in any direction before the Frisbee must be

thrown to somebody else.

If a player is caught taking more than three steps there will be a change of possession. The referee will blow a whistle and that player will either place the Frisbee on the ground or hand it off to a member of the opposite team.

If a player catches their own throw, it will be deemed a legal play as long as the Frisbee has gone more than 5 meters in the air. Otherwise, it will be a change of possession and it must be placed on the ground or handed off to the opposite team.

If a Frisbee is not caught by anybody, there will be a change of possession. The player who takes possession of the Frisbee where it eventually stops after it's done rolling can play it from there or appeal to the referee to move it where it landed or to move it where it was originally thrown from.

If a Frisbee goes out of bounds, there will be a change of possession. The player taking possession is awarded an undefended throw from the sideline where the Frisbee went out or can appeal to the referee to move it where it was originally thrown from (and forfeit the ability to make an undefended throw).

If a rugby ball is controlled by a player, that player is said to have taken possession of it. They can advance it upfield by running with it. If they reach a point where they can no longer advance it without being stopped by the opposite team, they are permitted to throw the ball backwards to one of their teammates.

If a rugby ball is thrown forward, there will be a change of possession.

If a rugby ball is carried out of bounds or goes out after it's been thrown, there will be a change of possession.

If a player possessing the rugby ball is prevented from either making forward progress or throwing the ball to a teammate, there will be a change of possession.

After a change of possession, a member of the opposite team has the option of playing the ball or punting the ball.

If a ball that has been punted is caught by a player on the opposite team who just punted, then a change of possession is said to have taken place. If a ball that has been punted bounces, neither team is said to have possession of it, and it will not be considered a change of possession if a member of the opposite team picks it up.

If a punt goes out of bounds or into the scoring zone, a change of possession happens and the ball is moved to where the punter originally punted it from.

If a soccer ball touches a player, they are said to be in possession of it.

If a soccer ball touches a player's hand or goes out of bounds, a change of possession occurs and the opposite team gets a free kick.

If the defending team touches the ball with their hands or kicks the ball out of bounds within their scoring zone, a free kick is awarded at the closest point on the field outside of the scoring zone and the player who takes this kick gets to attempt an unobstructed shot at the soccer scoring targets.

Teams:

There are no limitations placed on what a player can do on the field except for the following rules that are intended to maintain safety among the players.

No player shall kick another player.

No player shall elbow another player or hit them leading with a shoulder.

No player shall bite another player.

No player shall exchange blows of any kind with another player.

No player shall intentionally throw or kick a scoring token into another player, or recklessly launch a scoring token towards a group of players whose attention is fixed elsewhere.

If any of these rules are violated, the player(s) will be ejected from the game and substitutions for them will not be allowed.

At any point during the game, any player may be permitted to voluntarily take themselves out of the game and be replaced by a substitute.

Players are permitted to reenter a game as many times as they want.