

# HUMAN FOOSBALL

The spirit of these rules is to ensure a fun environment and participant enjoyment. All games are to be placed following the YMCA Core Values of Respect, Honesty, Responsibility and Caring. Have fun!

Soccer balls can be signed out with our welcome center staff or bring your own.

## **General Rules**

- The game is just like tabletop foosball but with real people
- Players will face the opposite team's goal
- Players must move together from side to side. No player can move forward and back
- Players must always keep at least one foot on the ground and shoulders must remain above the pool noodle lane.
- Both hands MUST always stay on the orange pool noodle
- Players and goalies cannot use their hands
- Players may not switch positions during a game.
- The soccer ball must always remain below the foosball poles
- No kicking, tripping, or attempting to kick/trip an opponent
- Verbal, physical abuse to another player will not be tolerated

## **Starting the game**

- The game starts by rolling the ball from the starting area (middle of court)
- The time starts at this point. Game time is 25 minutes per half with 2 halves per game. 50 minutes total for an official game!

## **Restarting the game**

- When a goal is scored, the game is restarted by rolling the ball from the starting area (middle of court)
- If the ball bounces outside of the boundaries, the game is restarted by rolling the ball from the starting area (middle of the court)

## **Scoring**

- All goal kicks are 1 point
- All penalty kicks are 2 points

## **Penalties= penalty kick**

- If a player removes a hand/hands from the pool noodle
- If the ball goes out of bounds or over the pool noodle line

# FOOSBALL COURT SET UP

## Goalie Red Team

Two YELLOW players facing the RED goalie

Two RED players facing the YELLOW goalie

Two YELLOW players facing RED goalie

Two RED players facing the YELLOW goalie

## Goalie Yellow Team

