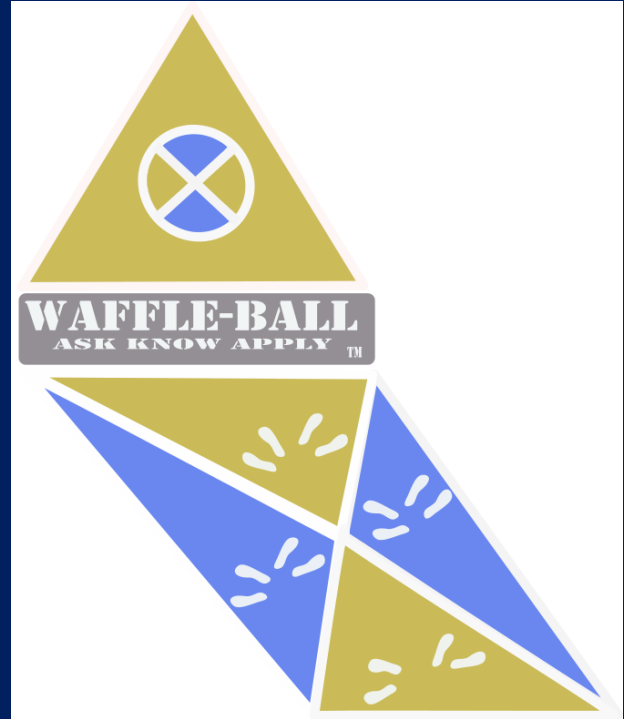


Waffle-Ball – Play for Fun, Play for Life!

Waffle-Ball is a sport, not just practice on a wall, where a ball is struck alternately by two teams, of up to two players each, to a triangular target area on a wall.

Waffle-Ball players must similarly choose, for the duration of a game, to use either of their hands, a comparable paddle, or a comparable racquet to play the ball to the target area.

Waffle-Ball play, using a wall and playing in close proximity to other players, is rewarding for those who Ask, Know, and Apply safe techniques and strategies as depicted in the logo.



Waffle-Ball Rules:

- Played with a target triangle on a wall with hands, paddles, or racquets using a ball which rebounds approximately 35 feet. ASTM803 rated impact resistant glasses usage is recommended.
- The starter must bounce the ball once before starting it in play from three paces back. After the ball is started it must first pass the starter and bounce closer to the wall than a receiver. The starter's partner stands behind the receiving team for the start. Then each team must take turns playing the ball to the target before it bounces twice to avoid a fault. There are no boundary lines on the court.
- Only the starting team (gold) can score. The starter continues to serve again after a score.
- The receiving team (blue) becomes the starting team if the starting team faults.
- A game is won by the first team to score 7 points, a match is best 2 of 3 games.
- Each team player starts play in positions opposite each other, like the logo is similarly colored, and should always play on opposite from their partner. Each person must move out of the way when it's not their turn to play the ball. During play the teams change positions together; i.e. from (gold) to (blue), sometimes clockwise, sometimes counter clockwise depending on where the ball is played.
- If an opposing team player is in your way, when it is your turn to play the ball, call hinder and restart the play without no fault charged. If your own team partner is in your way, a fault is charged to your team.

Tip- The Waffle-Ball logo depicts quickly moving your feet as required to get your body in a left side or right side position to return the ball rather than just using your arms from a squared up position to return the ball.

This sport is intended for all ages and all skill levels of players. The target wall can be used for singles practice sessions with hands, paddles, or racquets. Playing the ball with paddles or racquets are options for players proficient at safely alternating court position to avoid any contact with other players.