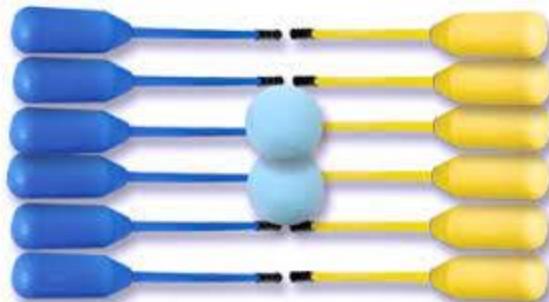


# Pillo Polo



**Pillo Polo** originated as a modified version of Floor Hockey in Battle Creek, Michigan in 1967 and has grown in popularity over the past 50+ years. The game can be played both indoors and outdoors. While its rules are similar to those of floor hockey, there are a few differences in equipment and rules. Pillo Polo is a hybrid game including skills and rules from floor hockey, handball, and soccer.

## Equipment:

- Pillo Polo is played with a 36 inch stick with padded foam ends
- The ball is 6 inches in circumference and is also made of foam
- At each end of the field or playing area is a hockey goal

## Objective:

- Score more goals than your opponent - each goal is worth one point

## Game Play:

- The game begins with a face-off (3 floor to stick taps, go) at mid-field
- Play is continuous until a goal is scored, after a goal is scored the goalie collects the ball and is awarded an uncontested pass/roll to a teammate

## Rules:

- When playing indoors, there are no boundaries as the game will be played wall to wall
- Each team has 6 players, including a goalie
- The goalie is the only player allowed to touch the ball with their hands, everyone else must use their stick or feet to move the ball
- When blocking a shot on goal, the goalie can either pass the ball to a teammate by striking the ball with their stick OR they may collect the ball and roll or kick it to a teammate
- Players can only swing at the ball, or strike it, when the ball is below their waist
- The ball may not be struck with the stick while it is above their waist (for safety reasons)
- Most games are played in two halves consisting of 15-30 minutes each

## Fouls/Penalties:

- Kicking
- Tripping
- Pushing
- High Sticking (swinging at a ball above the waist)
- Striking an opponent with the stick
- Throwing your stick at the ball or an opponent
- When a penalty is committed, the penalized player leaves the game for two minutes (penalty box)
  - Ball is awarded to opponent for an uncontested pass to teammate at the point of which the foul/penalty is committed

## Positions:

- Center (1) \*Offense - restricted to offensive side of the playing area
- Left and Right Wings (2) \*Offense - restricted to offensive side of the playing area
- Left and Right Guards (2) \*Defense - restricted to defensive side of the playing area
- Goalie (1) \*Defense - restricted to goal area (crease)

## Rules for Making Goals:

- If an offensive player strikes the ball from below the waist into the goal - it's **GOOD**
- If the ball bounces off of any player or stick and into the goal - it's **GOOD**
- If a defensive player hits or kicks the ball into the other team's goal - it's **GOOD** (goal for opponent)
- If an offensive player kicks the ball into their goal - it's **NO GOOD - must strike with stick**
- If you or a teammate is in the crease when the ball is hit into the goal - it's **NO GOOD** (the goalie collects and get an uncontested pass to a teammate)
- A defensive player cannot score for their team
- If an offensive player strikes the ball above their waist (not below) into the goal - it's **NO GOOD**

## Goalie Rules:

- The goalie may use their hands/feet/ and body to stop the ball
- The goalie may use their stick to stop the ball
- The goalie must stay in the goal area (crease)
- The goalie cannot kick or bat the ball back into play (pass the ball with a strike from the floor, or roll it out by hand)

## Skills:

- **Dribbling** - Ball control, eyes up
- **Passing** - Follow through to target
- **Shooting** - Follow through to target
- **Receiving** - Absorb momentum to collect/control

## Tactics/Strategy:

- Offense - attack open space
- Defense - protect open space

## How to Grip the Stick:

- Non-dominant hand at top
- Dominant hand at mid-stick