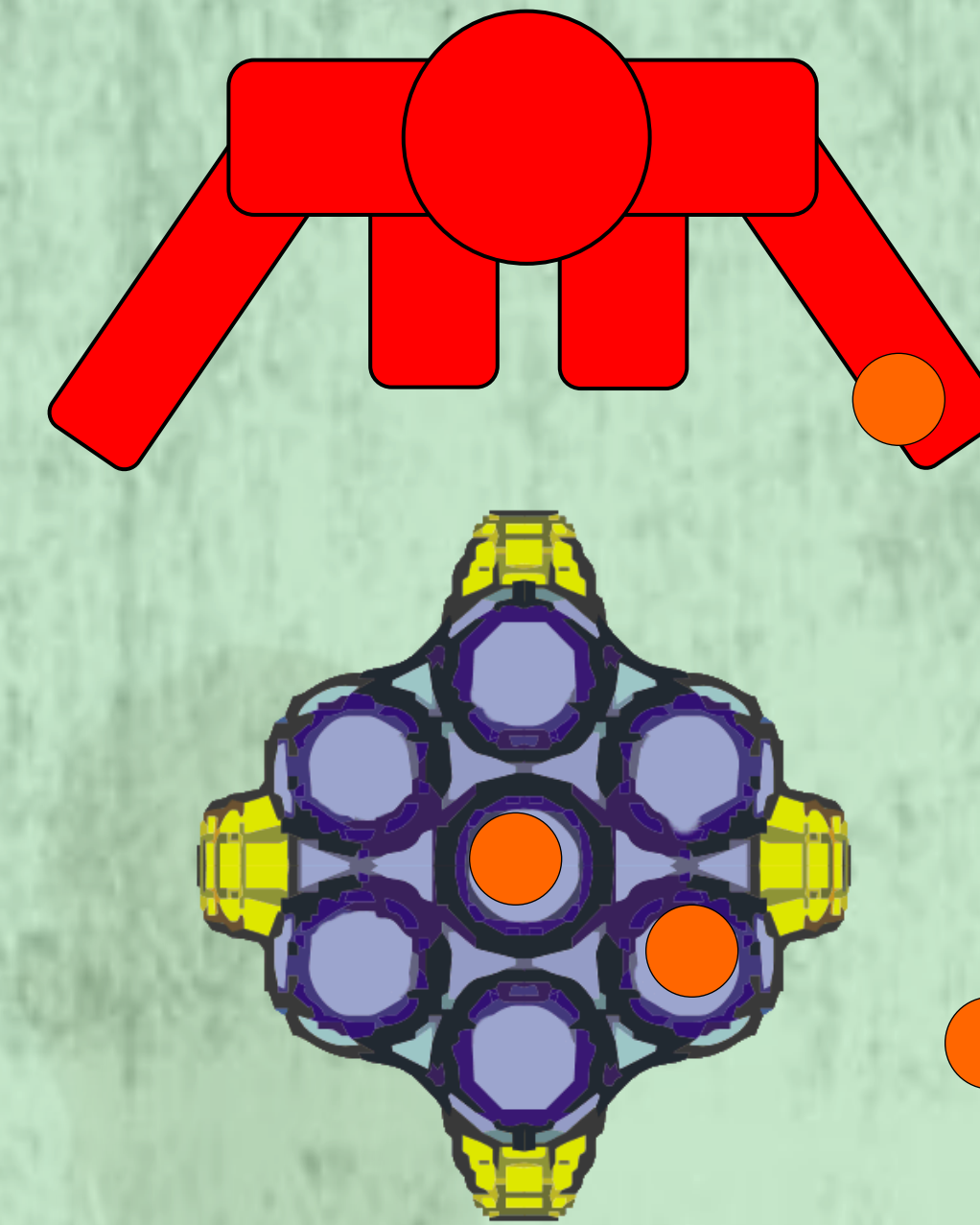


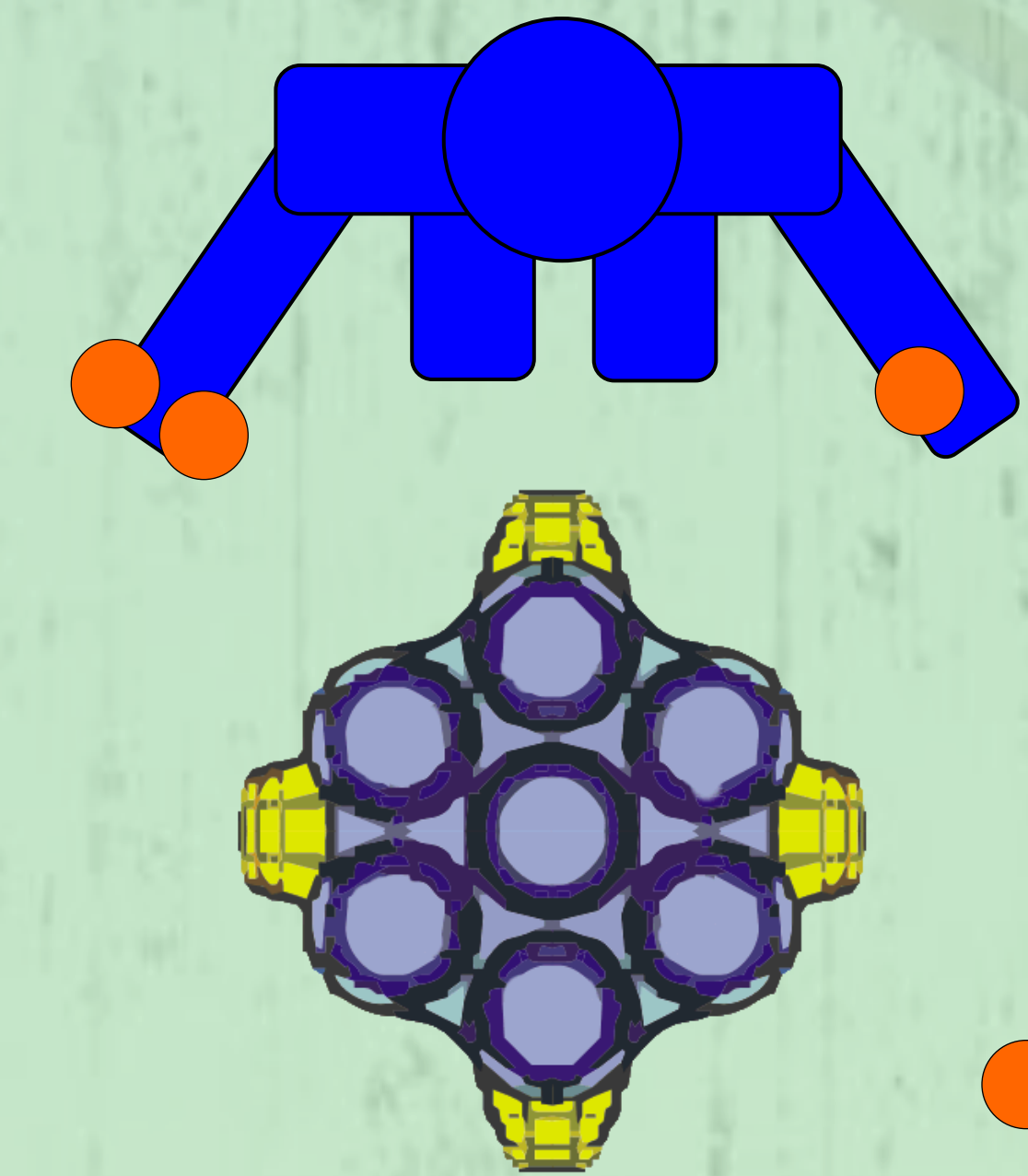
# Pong-O

- ❖ **Pong-O™** is a new sport based on beer pong and bag toss that is played with ping pong balls and a target of cups. The object of the game is to toss the ball into one of the cups for points. The outer cups are worth 2 points and the inner cup is worth 4 points. Defense can score on a missed ball so accuracy and agility are key. The game can be played with two people for singles or four people for doubles.
- ❖ **How to Start:** Coin flip to see which team is home. Visitors start off on offense and thus are the first to toss. Home team always gets last toss. The winner of one game is home for the next game. Games can go quick so usually a best of 3, 5 or 7 games is played.
- ❖ **How to Earn Points and Win:** Points are earned by either offense or defense at the end of a round by subtracting points. The game is completed when a player or team reaches 21 points or greater. Home team always gets last toss. Winners get Home advantage for the next game.
- ❖ **Offense:** The offense player will toss 4 balls (a round), one at a time. Each ball that lands inside an outer cup is worth 2 points and 4 points for the inner cup. The offense must keep their feet behind the foul line but may lean over the line. The Defense must be behind the foul line before each toss but tosses can be done quickly. The “Perfect Toss” is all four balls in the center cup which is an instant game winner.
- ❖ **Defense:** A ball becomes catchable by the defense if it bounces off the cup or passes below the top plane of the cup target. A caught ball is worth 1 point but the defense must hold onto them until the end of the round for them to count. If the defense catches all four, they are awarded 2 bonus points for a total 6 earned points. If the defense interferes with a non-catchable ball then the offense is awarded 3 points. Defense must remain behind their foul line until the ball becomes catchable.
- ❖ **Doubles:** Same as singles but each offensive player takes a turn tossing four balls before switching to defense.
- ❖ **Beer Pong-O:** Played similarly to regular beer pong with beer in the cups but there are twists. Visit [Pong-O.com](http://Pong-O.com) for more details.

## Scoring Examples

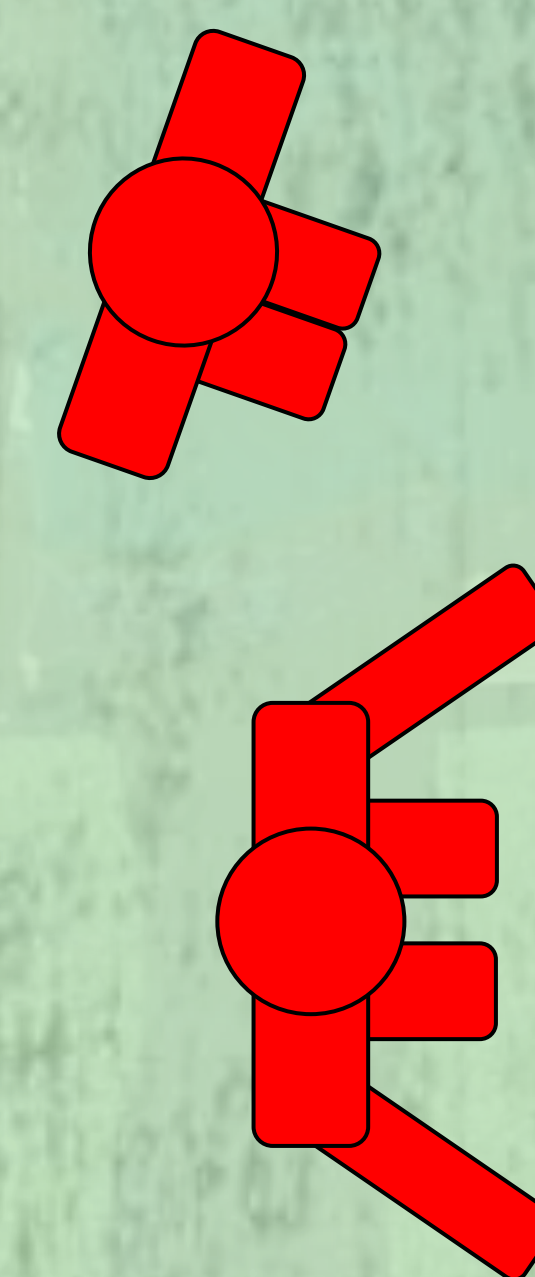


The blue offense team gets one in the center cup for 4 points, one in the outer cup for 2 points, one lands on the ground and defense catches one for 1 point.  
Blue team earns = 6pts - 1pts = 5pts



The red offense team misses all four balls during their round. The defense catches three of them.  
Blue team earns = 3pts - 0pts = 3pts

## The Playing Field



- Shown here is doubles play, Blue team (offense) vs. Red team (defense).
- Pong-O target is measured from center to foul line.
- Players must toss the balls with their feet behind the foul line.
- Defense must remain behind their foul line unless the ball is catchable.

Foul Line

Pro - 9ft  
Semi-Pro - 8ft  
Casual - 7ft  
Jr. - 6ft

Court area for pros should be at least 16ft by 8ft.

**Pro Tips:** Toss the ball while leaning over the foul line as much as possible. Position your feet as close to the foul line as possible. Focus on your target. Practice being consistent. Focus shooting at the three center cups called “the line”. Defense, position yourself directly behind the target. Use your chest to trap balls. Keep balls between your fingers. To Learn more visit [Pong-O.com](http://Pong-O.com)