



E&T Limited
Event and Training Company

Poull Ball Rules

VERSION 2.1

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Introduction

Poull Ball® is a popular sport in the world. For win the game. participants must work with the team to defend and attack the square goal. Fair play and respect for the opponent are features of the Poull Ball®.

Simple Rules

- HOW TO SCORE?
- The goal is to flip a cube placed on one of the two plinth.
- Throwing techniques :
 - • One or two hands
 - • One touch throw
 - • Chest, bounce or flip pass
- BALL MOVEMENT :
 - • Obligatory - 3 passes before throwing at cube, max 5 seconds possession
 - • Allowed - 3 steps, ball in hand (1 pivot)
 - • Phrohibited - Dribbling, penetrating unauthorized zones (circles)

