

# Rec Sports Official Rules

## [Water Pong]

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## 1. SET UP

On a table (the standard size of a pong table is 2 feet wide x 8 feet long) set up ten cups on either end in the form of a pyramid. This will be as follows: a 4-cup base, 3 cups directly above that, then 2 cups, and the top cup. The remaining 2 cups accompany the pyramids: 1 cup per pyramid. The game will be played by 4 people (2 vs 2).

## 2. STARTING THE GAME

Once the cups are set up and water is ready, it is time to start the game. It is customary for players to start by throwing “eye to eye.” That is a player from each team grab a ball and steps up to the table, they look each other eye to eye and throw the ball, trying to land it in a cup. Whichever team sinks the ball in a cup first starts the game. The cup is not removed from the layout.

## 3. PLAYING THE GAME

The first shots are taken by the team who sunk during eye-to-eye tosses. Each player takes a turn trying to sink a ball in their opponent’s cups. The general rule of the game is: sink a ball in an opponent’s cup, a member of the opposing team must drink WATER and the cup is removed from the layout.

- Players may either **bounce** the ball in a cup (house rules typically count that as 2 cups as opposed to just one) **or toss** it in overhand.
- If both teammates sink a ball in a cup, it’s **balls back**. They get the balls back and get another turn.
- Players can **re-rack** (or re-organize) their cups into different shapes during the game. For example, players may wish to arrange the cups that remain into a triangle or a zipper-like shape to improve chances of sinking. It is common that games allow one or two re-racks during play. Each team gets **2 RE-RACKS**.
- The **rebuttal** or **redemption** occurs once one team has sunk all their opponent’s cups. The other team gets a chance to send the game to overtime. This can only happen if they only have 1 or 2 cup left to sink. Both teammates get a chance to shoot. If they sink all the cups that remain on

the table the game goes into overtime. Different rules may apply depending on the house rules.

- During **overtime**, each team setting up three cups. The last player to sink starts first. Overtime is played as usual, the team who wins in overtime wins the game.
- If you miss a throw/bounce but retrieve the ball back before your opponent's you may take another shot. If you take a shot it must be a trick shot, such as behind the back or under the knee.
- Interference is not allowed.
- If a player makes the ball sink in any side-line cups that cup goes back into the pyramid.
- If you end up with one cup isolated from all the others (not touching any other cup), you can call the "**island**" rule. You must announce "island" before you shoot, and if you make it in the isolated cup, you get to remove that cup plus two others. This rule can only be invoked once per person per game
- You can throw your ball directly into the cups on the other side, or you can bounce the ball on the table into a cup. If it bounces and then lands in a cup, that will result in 2 cups being cleared.
- If the ball you throw hits multiple cups before landing in a cup, every cup it hit gets removed.

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