



LEAGUE FORMATING

Regular Season:

1. Teams will be divided into 3 divisions of 4 teams.
 - a. Each division will have a bye week through weeks 2-4.
 - b. In weeks 1 and 5 teams will play one divisional opponent and one non divisional opponent.
 - c. In weeks 2-4 divisions not on bye will play their division plus one non divisional opponent.

2. Teams will play 12 matches of Best 2/3 in the regular season.
 - a. 3 points for a 2-0 win, 2 points for a 2-1 win and 1 point for a 2-1 loss.
 - b. The tie breaker will then be cups for vs. cups against.
 - c. Tie breakers at the start of the playoff tournament will be determined by single cup elimination games, the team to start the game will be decided by first to hit the cup in single throw turns (Ex1: Team A shoots, then Team B shoots, then Team A shoots again, then Team B shoots again.) (Ex2: Team A shoots and sinks the cup, Team B must hit their next shot to continue the determination of who shoots first.)

3. The playoff tournament will be double elimination once based on aggregate play. Rankings will be based upon the results of the regular season.
 - a. The three divisional winners plus the next highest ranked team will receive first round byes.
 - b. In the tournament the winner of the first game will have an extra cup advantage heading in to the second game (Ex: Team A beats Team B 10-9 in the first game. Team B must now beat Team A by 10-7 in the second game in order to win the match).
 - c. If teams are tied after both games the match will head in to single cup elimination, where the team who won the first game will shoot first (Ex: Team A beats Team B 10-9 in the first game and Team B beats Team A 10-8 in the second game, the match is considered in a tie situation).
 - i. If that team makes 2 of 2 shots then the match is won.
 - ii. If that team makes 1 of 2 shots, then normal redemption rules apply.
 - iii. This will continue until a winner is determined.



THE RULES

[1.0 Basis](#)

[2.0 Match Structure](#)

[2.1 Equipment](#)

[2.2 Setup](#)

[2.3 Cups](#)

[3.0 Gameplay](#)

1.0 Basis

The objective of these rules is to evaluate and identify the most skilled team. These rules were designed with input from competitive pong players, and sport design scholars who have researched countless sport rules and tournament structures.

Reduce luck, reward skill.

2.0 Match Structure

2.1 Equipment

- o Balls: 40 mm 3-Star
- o Table: 8'l x 2'w x 27.5"h
- o Cups: 16 oz. circular cups

2.2 Setup

- o 10 cup triangles are formed with solo cups. Base of the triangle is at the edge of the table. There are 2 balls for play.
- o Teams of 2, teammates will stand on the same side of the table.
- o Objective is to sink the balls into the cups on the other end of the table.
- o Starting team will be determined based on a game of rock paper scissors.

2.3 Cups

Alberta Bar Pong conforms to provincial liquor and health laws also with competitive international pong standards. Which plays with water in the cups (not for consumption) and will be reused each game as part of the equipment.



3.0 Gameplay

Rock Paper Scissors to determine who goes first. **Elbows must be behind the table.** After both players shoot the cups that have been scored on will be removed from the triangle. Then the next team will shoot. The following are the rules of play:

- a. Bounce shots = 2 cups, the ball **can** be blocked after the first bounce.
- b. Regular shot = 1 cup (regular shot means one player scores in one cup)
- c.** Both partners make their shots; in different cups = 2 cups and balls back as the team is awarded another shot (one for each player).
- d.** Both partners make their shots in the same cup = 3 cups and balls back .

** If one of the shots in c. or d. was a bounce, add 1 more cup value to c. and d.

- If both shots in c. or d. was a bounce add 2 cups to c. and d.
- Two bounce shots that land in the same cup will award the maximum number of cups in one turn (5 cup value).
- Spinning balls that have not hit the bottom can be flicked out with fingers while spinning. Men must use their fingers, women are allowed to blow into the cup (dicks flick, and bitches blow.)
- If a ball comes back on the table a trick shot is awarded (ground is dead) Trick shots = 1cup. Trick shot does not count towards balls back rule.

Once a shot is made, the ball is **automatically** removed, and the cup will remain until the second partner has shot. Distractions are allowed, but must be behind the cups. If the shooter hits an opponent's body part that is NOT behind the cups a 1 cup penalty will be enforced.

One rearrange is allowed per game but it must fit within the height of the original formation (ie. no 6 cup straight lines). No rearranges on redemption, overtime or in between partners shooting.

All cup penalties, or extra cups made (ie bounce shots) the team who got scored on picks the cups that they want removed. However any cups that were directly scored on must be removed.

Redemption

If a team scores more cup value than remain = game automatically over, no redemption eg. 2 cups remain they score in the same cup (3 cups value) then the game is over and no redemption is allowed.

If a team successfully makes all the cups, then redemption occurs. Each player gets one shot, if a shot goes in, that player will shoot until (s)he misses. If both players sink it they both can shoot again. These players must clear all the remaining cups. If they clear a value more than is left on redemption (eg sink same cup with 2 remaining while on redemption) then the game goes into overtime AND they get awarded first shot. If they clear all remaining cups then the



game goes to overtime which is a 3 cup triangle, the team who scored the initial redemption gets to shoot first.

2nd OT period is one cup vs one cup. Golden Goal.

No's:

- Streaks (hot or cold)
- No islands