



## OmegaBall FAQ

### **What is OmegaBall**

OmegaBall is a growing sport that has its foundation in Soccer (or its international name, Football), but faster paced with more action and scoring. OmegaBall is a team game played with one soccer ball and three (3) teams, three (3) Goals, three (3) “Dead Ball (corner kick)” locations, one center spot, 3 penalty arcs (36’ arcs) and five (5) players per team. There are no “throw-ins” or offside rule.

### **Team Formation for OmegaBall**

Each team consists of five players on the field, one of which is positioned in the goal as the goalkeeper. No more than five reserve players are suggested per team, with one potentially being a goalkeeper. Each team may configure their playing positions in alignment with their game strategy.

### **Game Format**

Three (3) teams compete to get the ball into the other team's goal, thereby scoring a goal. Each team has one (1) goal to protect and can score on either of the opposing two (2) goals. The team that has scored the most goals at the end of the game is the winner. Players other than goalkeepers may not deliberately handle the ball with their hands or arms during play. Goal Keepers may only handle the ball within their Penalty Arc. Goalies may also score from anywhere on the field (standard rules apply, goalie may only use hands within their respective penalty arcs, hand action not allowed for scoring). If the ball is “passed back” to the goalie from his/her own team, the goalie MAY NOT use their hands o If this situation occurs, an indirect free kick is awarded to the team that is applying the most pressure to create the situation.

### **Game Duration**

OmegaBall is generally a free-flowing game, with play stopping only when the ball has left the field of play or when play is stopped by the referee for an infringement of the rules. After a stoppage, play recommences with a specified restart, found in the full game rules. Time stoppage, injuries or fouls/penalties are at the discretion of the referee. There are three (3), 13-minute periods, with a 4-minute break after periods 1 and 2. Teams will rotate goals clockwise each period.

### **Who Can Play OmegaBall**

Any coach, team manager, parent may register a team to compete in an OmegaBall Tournament. Youth ages for the event will be made available during the registration process. Teams do not have to be directly associated with a club and do not require player passes as associated with other youth soccer tournaments.

### **What Must a Team Have**

A coach or team representative (adult) at all games, matching player shirts for outfield players, and the goalkeeper must have a different colored shirt. Each team must have an alternate color or set of pinnies in case of a color conflict. All players must wear shin guards and the team is responsible for presenting two (2) game balls to the referee at check in.

### **Where Can I Play OmegaBall**

Youth events are beginning in 2023 and you may contact James Janosz to learn how you can bring OmegaBall to your club, league, organization, or area. Contact James at: [james.janosz@usssa.com](mailto:james.janosz@usssa.com).

*A full list of rules can be found at the event portal*

[www.omegaball.com](http://www.omegaball.com)

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