

Ladder Ball

Origin

There are several theories on how Ladder Ball originated. The game has many different names which makes it difficult to find the first version. Some nicknames to Ladder Ball are **Ladder Golf, Bolo Toss, and Boloball.**

One Legend is that an aeronautical engineer invented the game in Florida in the 1980's. His father was a senior citizen who enjoyed playing **horseshoes** but was no longer able to lift and throw the horseshoes, **his son created** Ladder Ball as a solution.

Some believe that an earlier version of the game was played by **Cowboys** in the **1900's** using a live **snake** and fences or tree branches for points.

Terminology

- **Bola:** A bola consists of **2 golf balls** attached together with a piece of nylon rope. The **golf balls** are spaced **13"** apart.
- **Ladder:** The ladder is the **structure** that **consists** of 3 rungs. Each rung is **13"** apart.
- **Rungs:** the **rungs** of the ladder are used to **determine scoring** at the **end** of each round. They are identified as:
 - **Top Rung**
 - **Middle Rung**
 - **Bottom Rung**
- **Toss Line:** The toss line is used to determine where players toss from.

Skills

- Underhand Toss:
 - Grip the bola with the dominant hand
 - Reach the **dominant hand** back and step the **non-dominant foot** forward
 - Swing the bola forward and **shift weight** towards front, non-dominant, foot
 - Release bola in direction of ladder
 - Bola should have a smooth **end-over-end** rotation

Rules

1. Ladder Ball is a race to 21 in a series of rounds
 - a. The score at the end of the final round must total **21 exactly**

- b. If score is greater than 21 at end of round, the points for that round are not counted toward the team score
 - i. *Ex: Team A has 19 points going into a given round. Team A scores 5 points in that round totaling 24 points. Team A will keep their score of 19 from the previous round.*
2. in the case of a 21 to 21 tie at the end of the round both teams will start the next round with 17
3. Each round consists of one member from each team tossing 3 bolas
4. To initiate play the teams decide which team will toss first in the initial round
5. "Tossers" must stay behind the toss line
6. Team A will toss all 3 bolas, then Team B will toss all three bolas
7. After all 6 bolas (3 for each team) are tossed the bolas remaining hung on the rungs are scored and added to the total
 - a. Bolas knocked off during the play of the round are not counted towards the round total
8. The rung point values are as follows: **Top Rung = 3 points**, **Middle Rung = 2 points**, **Bottom Rung = 1 point**
 - a. A bola may score multiple points if hanging in the section of two separate rungs.
9. The winner of the previous round will toss first on the next round.

Strategies

- The key to a good toss is making sure the bola will wrap around the rung but not spin off.
- Keep track of your total and know how many points you need to reach 21
- Aim to knock off opponent's bolas if your opponent is near winning.