

HOLDOUT

A countdown-driven, possession-based sport for anyone, anywhere

INTRODUCTION

Holdout is a fast, physical, but friendly team sport built around one idea:

Hold the ball. Hold your balance. Hold out the clock.

Two teams battle for possession using a safe wrap-style “Hug-Hold” instead of tackling. The tension comes from the **4-second countdown** - survive it, and you keep the ball. Get caught, and you turn it over.

Holdout works in parks, gyms, backyards, beaches, open fields, or any space big enough to run around.

SECTION 1 - EQUIPMENT & SHOPPING LIST

You don't need fancy gear. Here's everything required to play Holdout.

Required

- **1 soft foam or playground ball (7–9 inches)**
 - Best types:
 - **Foam sport ball**
 - **Playground kickball**
 - Why: safe for Hug-Holds, easy to grip, durable outdoors.

Optional but recommended

- **Cones or markers**
 - For outlining the field.
 - Cheap sets work fine.
- **Team colors**
 - Jerseys, bandanas, wristbands, or even paper armbands.
- **Whistle**
 - Helps with timing and turnovers.
- **Stopwatch or phone timer**
 - For halves and overtime.

Nice extras

- **Scoreboard (whiteboard or chalkboard)**
- **Ball pump**
- **Custom Holdout logo stickers**
- **Field flags or boundary tape**

SECTION 2 - FIELD SETUP

Holdout can be played almost anywhere.

Recommended field sizes

- **Small:** half a basketball court
- **Medium:** half a soccer field
- **Large:** full gym or turf field

There are **no goals**.

The only objective is **possession when time expires**.

Mark boundaries with cones or natural landmarks.

SECTION 3 - HOW TO PLAY

Teams

- 5–8 players per team
- Unlimited substitutions during stoppages

Starting the Game

Choose one:

- Coin toss
- Throw-off
- Jump ball
- “Whoever touches the ball first”

Winner gets first possession.

THE HUG-HOLD (THE SIGNATURE MOVE)

A Hug-Hold is the safe version of a tackle.

A defender completes a Hug-Hold by:

1. Wrapping both arms gently around the ball carrier’s torso
2. Staying upright (no dragging, lifting, or slamming)

Counting out loud:

3. “**One... two... three... four!**”

If the defender reaches **four seconds**, the ball carrier must surrender the ball → **turnover**.

If the ball carrier escapes before four, play continues.

Falling Rule

If either player falls during a Hug-Hold:

- The ball immediately goes to the defending team

This prevents flopping and unsafe takedowns.

SECTION 4 - MOVEMENT & POSSESSION

Players may:

- Run with the ball
- Pass in any direction
- Pivot, dodge, or spin
- Steal the ball cleanly

Players may **not**:

- Charge into a Hug-Hold at full speed
- Grab clothing
- Wrap around the neck or head
- Hug-Hold someone without the ball

Illegal contact → **turnover**.

SECTION 5 - SCORING

Holdout uses **possession scoring**.

- Each half ends with a whistle
- The team **holding the ball at the end of the half** earns **1 point**

If the ball is loose when time expires, no point is awarded.

SECTION 6 - TIMING

Standard match:

- **Two 15-minute halves**
- **Short break** in between

Overtime

If tied:

1. **3-minute overtime**
2. If still tied → **Sudden-Hold**
 - First team to complete a 4-second Hug-Hold wins

This creates dramatic finishes.

SECTION 7 - VARIATIONS

1. Street Holdout

- Smaller field
- Faster passes

- More steals
- Great for tight spaces

2. Beach Holdout

- Softer ground
- Slower movement
- More dramatic Hug-Holds

3. Mini-Holdout

- 3v3
- 5-minute halves
- Perfect for small areas

4. Ultra-Holdout

- 10v10
- Full field
- High-intensity endurance version

SECTION 8 - STRATEGY GUIDE

Offense

- Keep the ball moving
- Don't get caught near boundaries
- Use quick passes to avoid Hug-Holds
- Fake passes to create openings

Defense

- Corner the ball carrier
- Time your Hug-Hold
- Count loudly to apply pressure
- Force them toward the sideline

Team Roles

- **Holder:** best at staying balanced
- **Runner:** fast, dodges Hug-Holds
- **Anchor:** strong defender
- **Interceptor:** steals passes

SECTION 9 - CULTURE & IDENTITY

Holdout is built on:

- clean physical play
- dramatic countdowns
- teamwork
- friendly competition
- hype moments

Signature chant during a Hug-Hold:

“ONE! TWO! THREE! FOUR!”

Signature motto:

Hold the ball. Hold your ground. Hold out.