

## HOW TO PLAY FRESCOBOL



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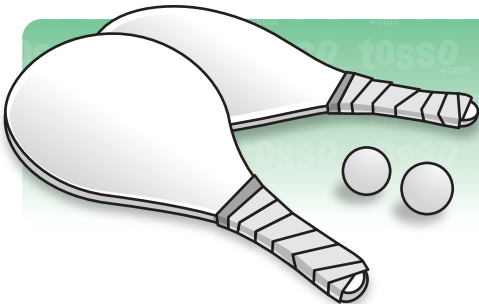
Frescobol is a unique sport because instead of an opponent, you have a partner.  
**The goal is to support your partner rather than to try to win or score points.**

Frescobol is an easy sport to understand and play. Find a partner and then start hitting the ball back and forth as many times as you can, keeping the ball from hitting the ground - that's the only real rule of the game. As you get better you can start hitting the ball harder. This is called an "attack". Your partner will defend the attack by hitting the ball back to you. As you get really good this becomes a team effort as you begin to hit the ball with greater speed and accuracy. It's a great spectator sport too!

When playing Frescobol, you do not really keep score because you are not trying to win. You can count how many times you hit the ball back and forth before it hits the ground and use this as a score if you want. Then each time you play you can try to beat your high score. As you play more, you will get better naturally!

Winning at Frescobol is easy, just play! Everyone wins, because it is so fun!  
Give it a try today and you will be hooked!

### GAME HISTORY



Racquet sports date back Centuries, but this specific variation of the racket game we are calling Frescobol was invented in Copacabana, Rio De Janeiro, Brazil in the 1940's. The game is played with 2 wooden beach bats and a lively bouncy ball. The rackets are about 18" long and can weigh anywhere from 10 - 15 ounces. The balls are made of rubber and are 2.25" in diameter and are very lively and bouncy similar to a racquetball.