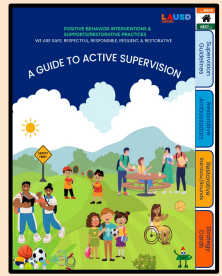




Playground Game Rules

(Click on the games below to view the rules)



Click [HERE](#) for "A Guide to Active Supervision" Notebook

Basketball (3 pages)	Eleven Points	Hit the Middle Squares	Lineup Kickball	Socco
Beanbag Hop	Exchange Dodgeball	Hop Along & Jump Around	One Base	Square Hopscotch
Beginning Fistball	Fistball	Hopscotch	One-Bounce Handball	Tetherball
Bounce Ball	Four Corners	Horse	One-Bounce Team Handball	Tunnel Ball
Center Tag	Four Square	Kickball (2 pages)	Prisoner's Ball	Uncle Sam
Circle Throw	Freeze Tag	Ladder Challenge	Progressive Dodgeball	Volleyball
Diamond Handball	Grab Bag Race	Leader Ball	Roll Dodgeball	



Basketball

Supplies: Basketball

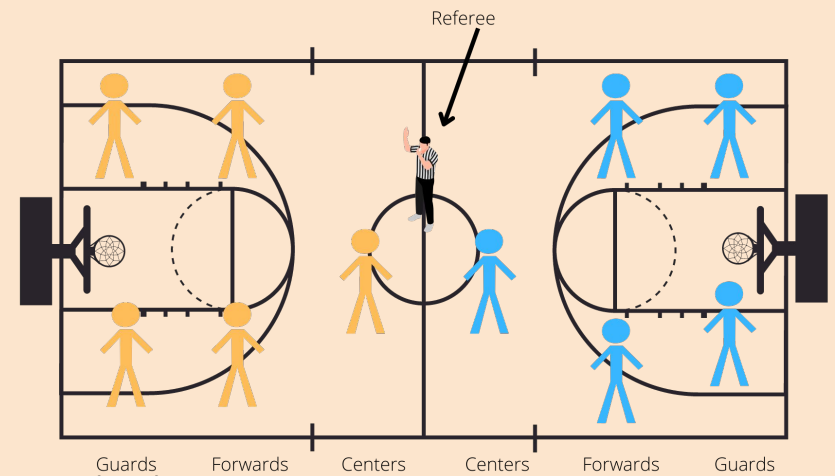
Area: Basketball court

Players: Two teams of five players.

Safety: Teach methods of guarding that eliminate excessive body contact between players. Condition players to move the ball out from under the basket and its immediate area to avoid congestion and accidents.

Rules:

1. To start a game, players take positions as shown in the illustration. Each team has one center, two forwards, and two guards.
2. Play starts as the referee tosses the ball into the air between the two opposing centers in the center circle. The centers attempt to tap the ball to one of their players.
3. After receiving the ball tapped from the center, the player tries to move the ball toward his/her team's basket by passing it to another player, dribbling it, or both.
4. The opposing team tries to intercept the ball and return it in the direction of its own basket. The ability of the team to intercept the ball can be improved by using the zone defense (see teaching suggestions).
5. The ball may be passed to any teammate in any section of the court.
6. When the ball goes out-of-bounds, it is given to an opponent of the player who last touched the ball. It is then thrown to a teammate from the point at which it went out-of-bounds.
7. Any player on the team may shoot for a goal.
8. When a basket is made, play is stopped. The ball is then put into play from behind the end line by a guard of the opposing team. The ball is passed to a teammate and play resumes as before.
9. Fouls: Any player who trips, pushes, holds, charges, or has unnecessary body contact with an opponent is charged with a foul.
Penalty: One or two free throws.
 - a. If a player is fouled when engaged in play other than shooting, one free throw is awarded that player at the free throw line. If the free throw is unsuccessful, the ball is in play.
 - b. When a player is fouled while actually shooting, two free throws are awarded the fouled player at the free throw line. If the second free throw is unsuccessful, the ball is in play.



Basketball (page 2)

10. Violations: A violation is charged when any player takes more than one step with the ball without dribbling (traveling), double dribbles the ball, steps on or over a boundary line while in possession of the ball, kicks the ball, caused the ball to go out-of-bounds, or delays the game by keeping the ball in his/her possession for more than five seconds while closely guarded.
Penalty: Play is stopped, and the referee gives the ball to an opposing player, who puts it in play from out-of-bounds, nearest the point of infraction, by passing it to a teammate.
11. When the ball is stopped by two opponents who have one or both hands on the ball at the same time, a “jump ball” is called. To continue play, the referee tosses the ball into the air between two players at a free throw line or in the center circle, whichever is close. The two players, facing each other and their own baskets, jump for the ball and attempt to tap it to a teammate.
12. Scoring: One point is scored for each successful free throw. Two points are scored for each basket made during play
13. Length of game: Two eight-minute halves are suggested.

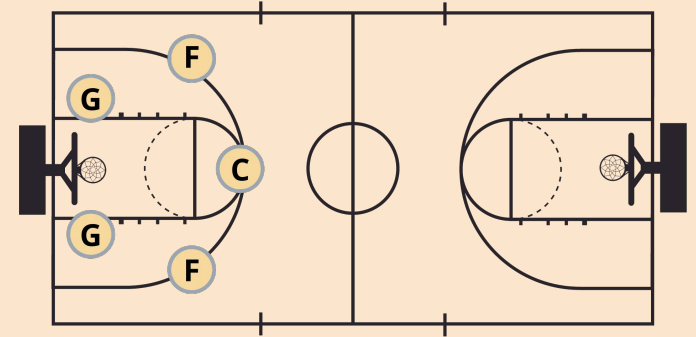
Teaching Suggestions:

Two basic formations are suggested to make team efforts in the game of basketball more effective:



Basketball (page 3)

Zone Defense Formation

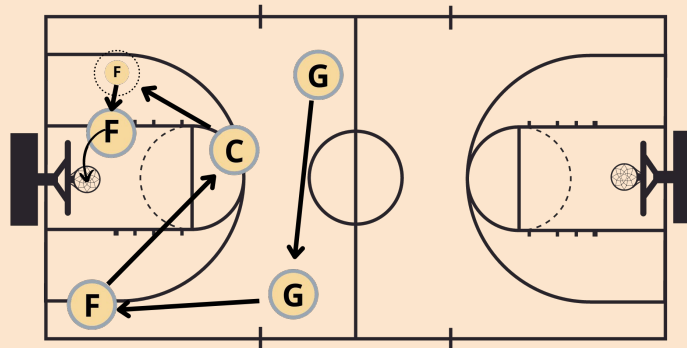


Whenever a team loses the ball, its players immediately drop back into the zone defense formation near their opponent's goal or basket, as shown in the diagram.

- Defensive players hold their positions and attempt to intercept the ball or recover a rebound from the backboard.
- Whenever a defensive player recovers the ball, his/her team immediately moves into a formation for offensive play.
- Players should have drill practice in returning to this formation before using it in a game situation.

Offensive Play Formation

- Whenever a team recovers or receives a ball, the two guards bring the ball down the court in the direction of their team's basket or goal by passing the ball between them or dribbling it. The forwards and center move into the offensive formation as diagrammed.
- The guards, after passing the ball back and forth, should then attempt to pass it to one of their forwards or to the center.



Beanbag Hop

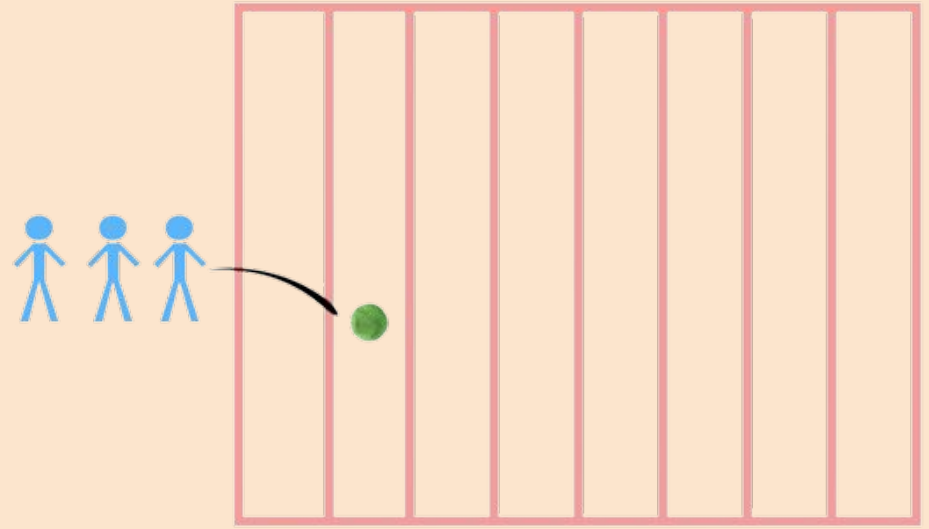
Supplies: A beanbag

Area: Ladder diagram

Players: Two to six

Rules:

1. Players take turns. The first player stands facing the diagram and tosses the beanbag into the first space.
2. The player hops into the first space, picks up the beanbag, and hops back out of the diagram.
3. The player then tosses the beanbag into the second space, hops into the first space, then into the second space, picks up the beanbag, hops again into the first space, and out of the diagram.
4. The player continues, following the procedure, through the eight spaces.
5. When the player reaches the end of the diagram, he/she starts back in the same way except using the opposite foot.



Beginning Fistball

Supplies: 9 or 13 inch ball and batter's bench

Area: Primary diamond

Players: Two teams; seven to ten on a team

Rules:

Fielding Team

Players of the fielding team are placed in the field outside the baseline.

Batting Team

1. Members of the batting team are numbered consecutively and take their turns batting in rotation throughout the game.
2. The first batter faces the direction in which the ball is to be batted and either (1) holds the ball in one hand and hits it into the field of play with the other or (2) tosses it into the air and hits it. If it is a fair ball, he/she runs to first base, second, third, and home.
3. A batter who bats a foul ball must try again and keep trying until he/she hits a fair ball or is put out.
4. The batting team continues to hit the ball until every member of the team has had a turn.

Outs (This game differs from Fistball proper in that three outs do not retire a side). A batter is out when a fly ball is caught, he/she passes any base without touching it, or a fielder with the ball in his hands tags home base before the batter reaches it.

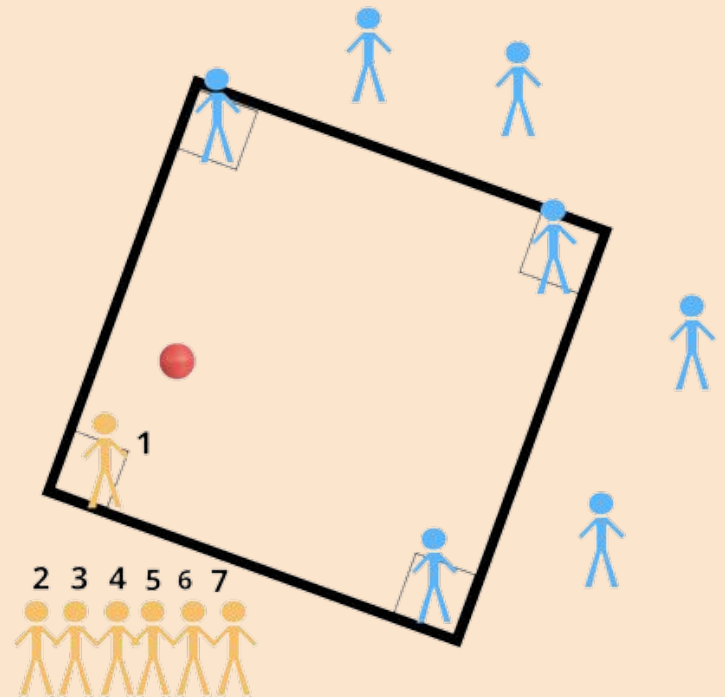
Definitions:

A fair ball is any batted ball that lands in fair territory or is caught or touched by anyone in fair territory.

Fair territory is that territory between lines from home base through first base and from home base through third base.

A foul ball is any batted ball that lands in foul territory or is caught or touched by any person in foul territory.

Foul territory is that territory outside of the lines from home base through first base and from home base through third base. The location of the ball, not the player, determines whether the ball is fair or foul.



Bounce Ball

Supplies: One or two 9 or 13 inch balls

Area: Primary circle

Players: 8 to 12

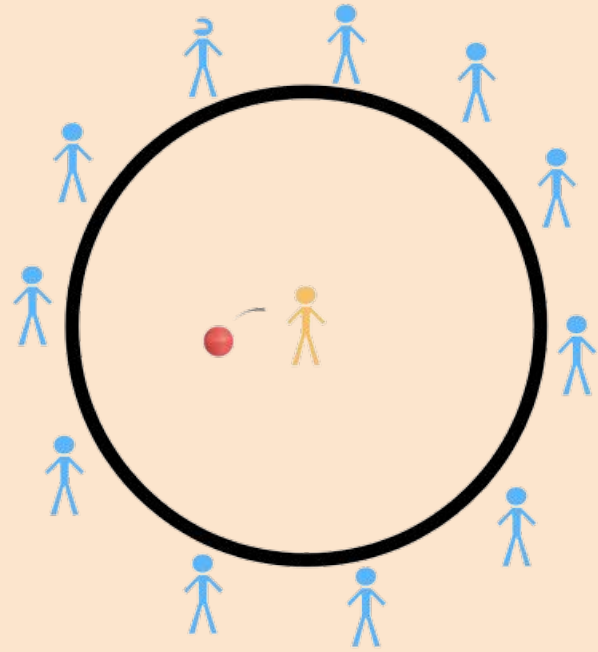
Rules:

1. The children form a circle. One child stands in the center with a ball.
2. The center player then bounces the ball to the other circle players in turn.
3. After having bounced the ball to everyone in the circle, the center player chooses another child to be the center player and returns to a place in the circle.

Teaching Suggestion:

The children will enjoy the game more if they have had the experience of bouncing and catching in two's and three's.

Variation: Adding another center player and another ball increases activity and interest.



Center Tag

Supplies: One beanbag, or 6 or 13 inch ball

Area: Tag game court

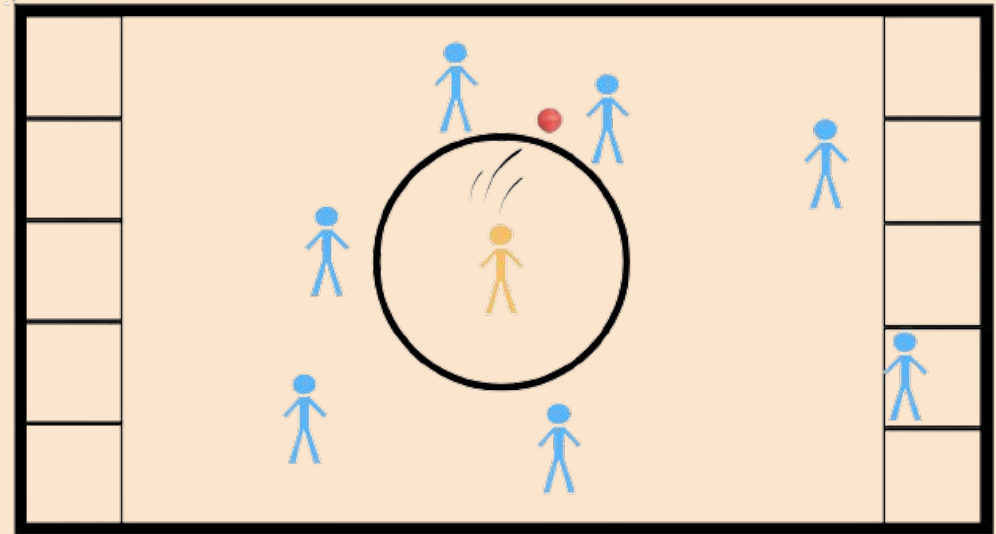
Players: Eight to twelve

Rules:

1. Players stand evenly spaced around a circle, facing the center. One player stands in the center holding a beanbag.
2. The center player throws a beanbag to one of the circle players, and then runs away from the circle but not outside the court.
3. The player to whom the beanbag was thrown must catch it, place it in the center of the circle, and then chase the one who threw the beanbag. If the chaser tags the thrower, the chaser then becomes the thrower for the next throw.
4. The player who threw the beanbag tries to return to the circle and touch the beanbag without being tagged. If the thrower succeeds in doing this, he/she has another chance to throw the beanbag and run.

Teaching Suggestion:

After two turns, the thrower should choose someone to take his/her place.



Circle Throw

Supplies: Primary circle

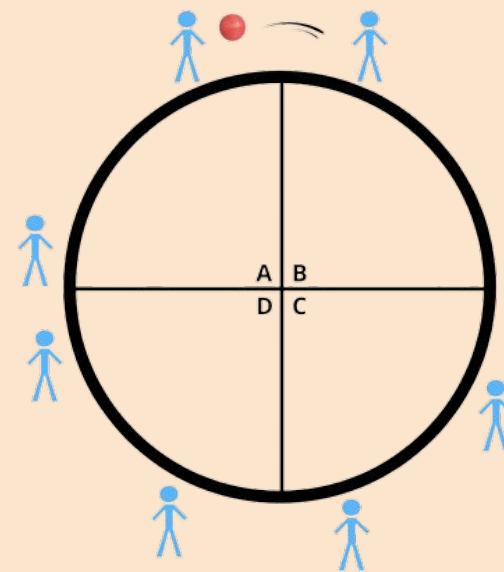
Players: 7 to 12

Rules:

1. Children form a circle facing the center with a space of six feet or more between players.
2. The ball is given to one circle player who tosses it to any other player in the circle.
3. It need not be tossed in any special order, but it should be passed only to children who are watching the ball.

Variation:

1. Any player failing to catch the ball must sit down, and the winner is the player who is able to stand the longest. When all are seated, the game may be played in a sitting position.
2. Any player failing to catch the ball must return the ball to the player who tossed the ball to him/her, then proceed to "skip" or "hop," etc. around the outside of the circle, returning to original place while the game continues to progress.



Diamond Handball

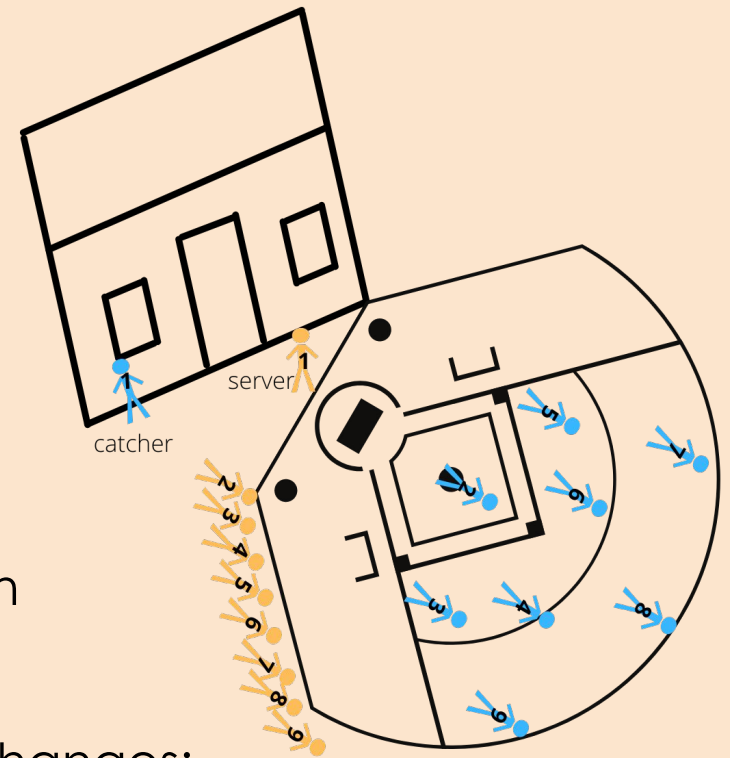
Supplies: 8-1/2 inch

Area: Diamond handball court

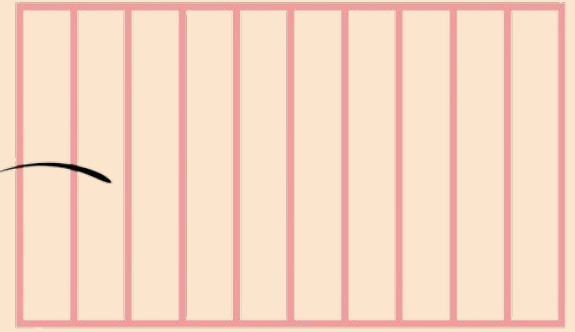
Players: Two teams with nine or fewer on each

Rules:

1. The rules of softball apply with the following changes:
 - a. Fielding squad: The player who occupies the “pitcher” position acts only as a fielder. The play stops and the base runner may not advance when the catcher has the ball.
 - b. Serving squad: The player who is “up” stands on home base and serves the ball against the wall. If the serve rebounds into fair territory, the server runs for first base, becoming a base runner. The base runner may not try and advance to the next base while the catcher has possession of the ball. The base runner must not leave the base until the served ball hits the wall of the handball court. The base runner may advance to another base only when the server hits a fair ball.



Eleven Points



Equipment: Some type of marker (beanbag/puck/small stone)

Area: Ladder Court

Players: 2 - 6 players

Rules:

1. Starting with both feet on the endline, the first player jumps as far as possible and puts the marker down where he/she lands, and then gets out of the way.
2. The next player follows the same procedure, and so on until everyone has had a turn.
3. Once everyone has had a turn the first player jumps from his/her marker and moves the marker to where he/she lands.
4. Players continue jumping in order.
5. When a player reaches the endline, he/she gains 11 points, then returns to the endline (each time the endline is reached, a player gets 11 points)
6. The first one to get 110 points is the winner.
7. All jumps must be made from a standing position, take-off and land from two feet.

Variations

Each rectangle can be given a point value. Students are given a number and they must try and reach that total in the least number of jumps

Exchange Dodgeball

Supplies: 9-inch ball

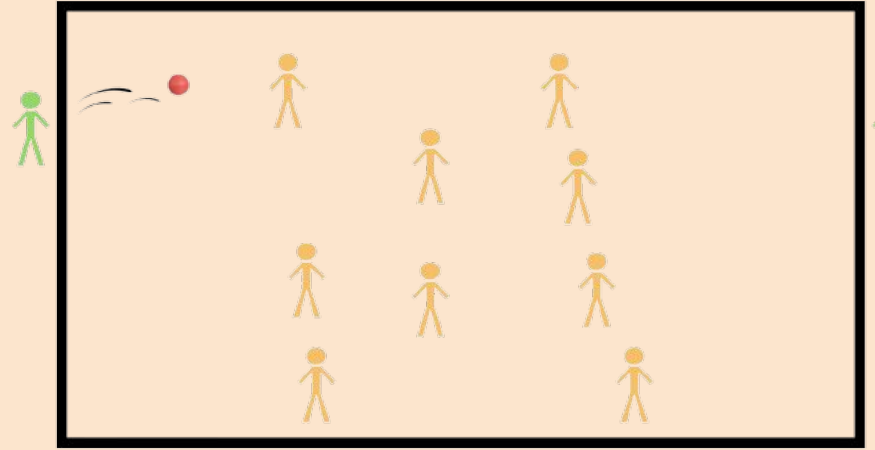
Area: Skill game court

Players: 12 or fewer

Rules:

1. Two players are chosen to be "It." Each one stands behind one of the court end lines. The remaining players are scattered about the playing area.
2. The leader gives the ball to an "It," who throws it at one of the players in the center. The ball must be thrown from behind the end line.
3. If the ball hits any center player below the waist, he/she exchanges places with the one who threw it.
4. Any player who steps outside the court becomes "It," and must exchange places with the "It" whose end line is closest to the place where the player stepped out.
5. The ball must always be recovered by one who is "It" and taken to his/her position in back of the end line before it can be thrown again.

Variation: Use two players outside at each end.



Fistball

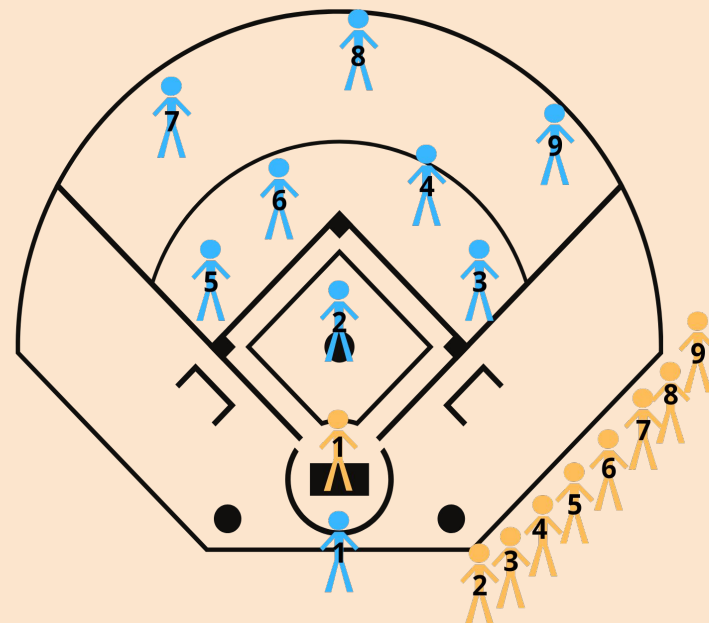
Supplies: 8-1/2 inch rubber ball

Area: Softball diamond

Players: Two teams with nine players on each

Rules:

1. Players on each squad are numbered consecutively and assume positions designed in the illustration.
2. The hitting squad:
 - a. Sits on the hitters' bench in batting order. The batting order of the players is indicated in the illustration. Each player on the batting squad should receive a turn to hit before the squad retires to the field, regardless of the number of outs.
 - b. Any player who leaves the bench for an unauthorized reason loses his or her next turn at bat, whether this is during the present inning or the next inning.
3. Hitter
 - a. The hitter may strike the ball directly off the hand, on the toss, or off the bounce.
 - b. The hitter goes to first base when he or she hits a fair ball between the first and third baseline.
 - c. The hitter is out when he or she:
 - (1) Is thrown out at first base when the ball is caught by the first base player who then touches the base before the runner arrives.
 - (2) Is tagged with the ball before reaching first base



Four Corners

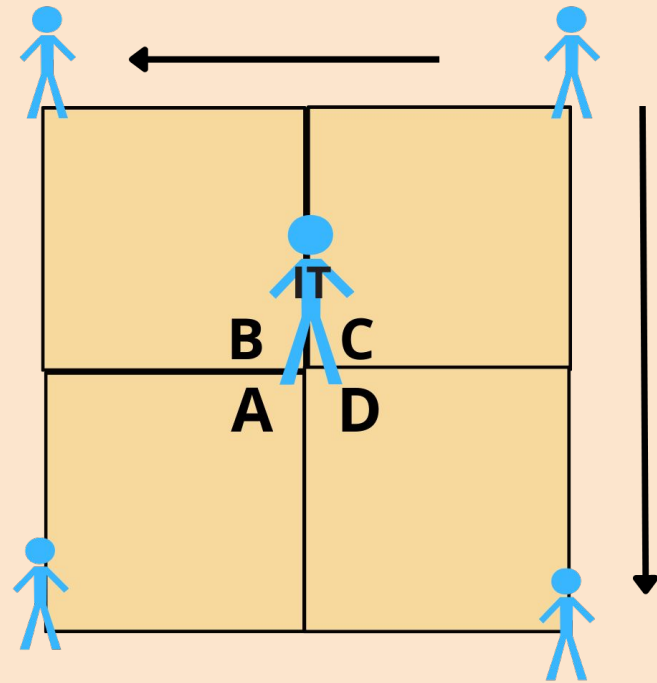
Area: Four Square

Equipment: None

Players: 5 - 8 players

Rules:

1. Four players take a spot on the four corners of the four square court.
2. The person that is "It" stands in the middle ready to tag a corner player and obtain a spot for himself/herself on an outside corner.
3. Play begins when a corner player leaves his/her corner and everyone has to move and go to a new corner. Only one person may occupy a corner at a time.
4. When the corner player moves to a new corner, then the person who is "It" tries to beat a corner player out for a spot.
5. When "It" beats a corner player to a spot, then he/she is out of the center and is no longer "It."
6. If a corner player gets beaten to a new corner, he becomes "It."



Four Square

Equipment: 10" or 13" playground

Area: Four square

Players: Four players at a time

Rules:

There are two sets of lines on the court. "Outside lines" are the outermost edges of the entire court, while "inside lines" refer to the line dividing individual squares of the court that cross in the center.

Outside lines are in-bounds. If a player bounces the ball onto any outside line, it is still in play. However, if the ball bounces outside of the outside line, it is out of bounds and the player that last hit it is eliminated.

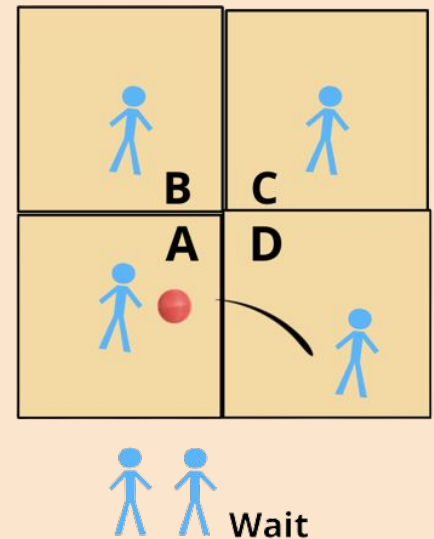
Inside lines are out-of-bounds. If a player hits a ball onto any inside line then that player is out. This applies to ALL inside lines, not just the lines that border her square. If a ball touches an inside line, the player that hit it last is eliminated.

The ball is always served from the highest ranked square to the lowest square. Squares one and four are positioned diagonally across the court. The server must drop the ball and serve from the bounce. The ball must be allowed to bounce once in the receiving square, and then the receiving player must hit the ball into another square of his or her choice. After the receiver touches the ball, the ball is in play.

Each time the ball bounces in a square, the owner of that square must hit the ball into another square. This repeats until a player makes a mistake and is eliminated.

Each time a player is eliminated, that player leaves the court and all players advance to the higher alphabetical square. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait for their next turn to join in the lowest square.

Players enter in square "D".

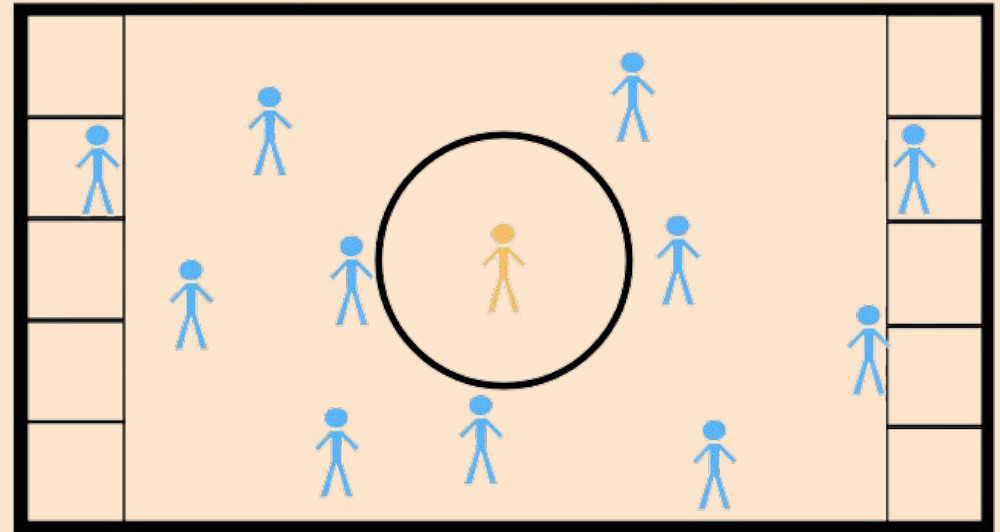


Freeze Tag

Supplies: None

Area: Tag game court

Players: 12



Rules:

1. Players are scattered inside the playing area. One of the players is "It."
2. "It" tries to tag as many children as possible. To each child tagged, "It" says "Freeze!". That child must assume a position as though frozen.
3. Any player who runs outside the court is frozen.
4. "It" continues until all players have been frozen. The last player frozen is "It" for the next game.

Variation:

When some players have been frozen, other players who are not frozen try to Dodge "It" touch the frozen players, and say, "Melt." When melted, these players in turn can touch and melt other frozen players.

Grab Bag Race

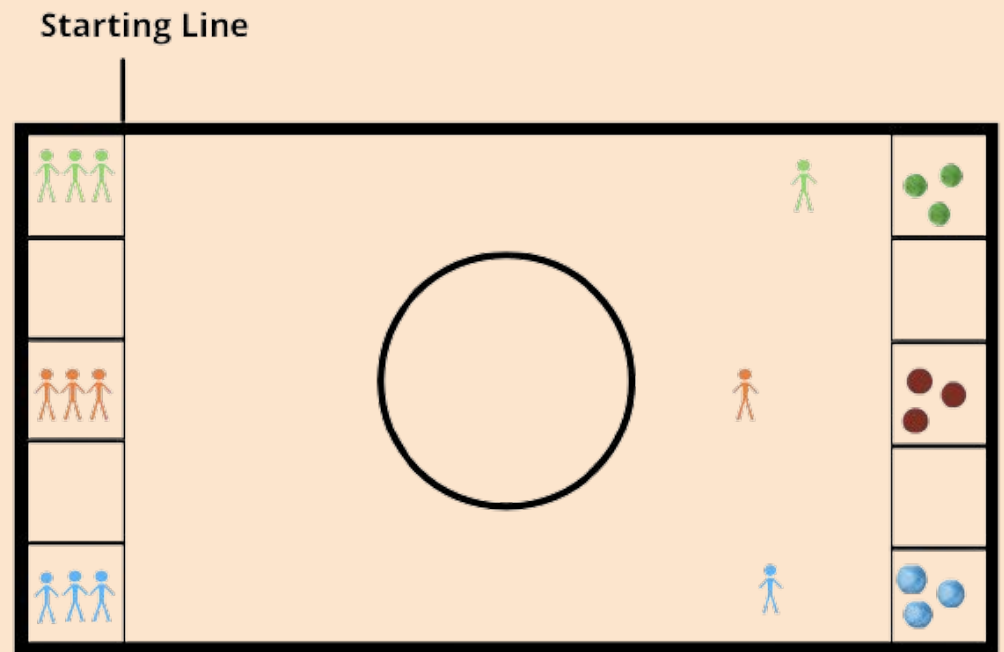
Area: Tag game court

Supplies: Nine beanbags

Players: Three, six, nine, or 12

Rules:

1. The players are divided into three or more groups which take positions as shown. Three beanbags are placed in the end square of the tag game court opposite each group of runners.
2. The first child in each group steps up to the starting line. The leader says, "One for the money, two for the show, three to get ready, and four to go."
3. At the word "Go," the three runners race up to the squares; each takes a beanbag and returns with it to the starting line, places it on the line, and immediately returns to retrieve the second bag and then the third.
4. The player first having all three bags stacked on the starting line wins the race.
5. Give each child in each group a turn.



Hit the Middle Squares

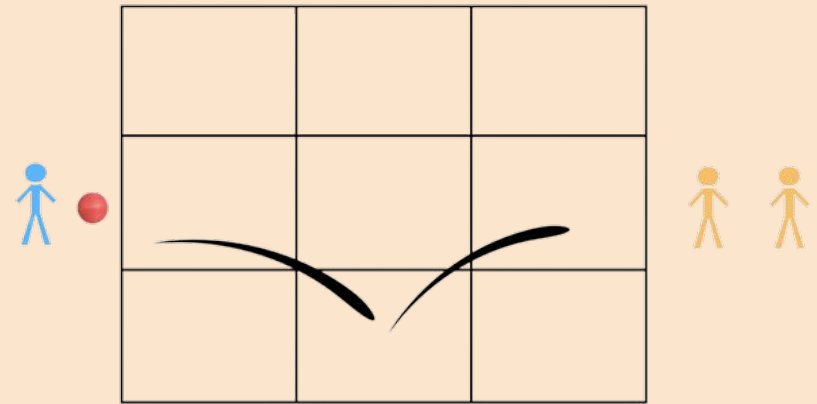
Supplies: 9 or 13 inch ball

Area: Square hopscotch diagram

Players: Two to six

Rules:

1. Two players stand on either side of a square hopscotch diagram.
2. One player bounces the ball into the middle square of the row of squares at his/her left.
3. The second player catches the ball and returns it, bouncing it again in the same square.
4. The first player then moves to the next row of squares and again bounces the ball into the middle square. The second player catches the ball and returns it in the same way.
5. The first player bounces the ball in the middle square in the row of squares at his/her right, and the second player bounces it back.
6. Both players then move to their right counterclockwise and face another side of the diagram. They repeat bouncing and catching the ball in each of the three middle squares.
7. They again move to the right and continue until they have played facing all four sides of the diagram.
8. If a player misses or fouls, the next waiting player takes his/her place.
9. The misses and fouls are:
 - To fail to bounce the ball into the center square.
 - To fail to catch the ball after the first bounce.
 - To step into the diagram.



Hop Along and Jump Around

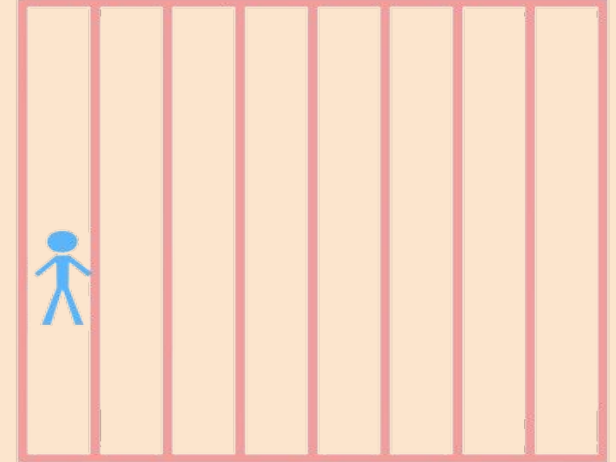
Supplies: None

Area: Ladder diagram

Players: Two to six

Rules:

1. Players take turns.
2. Space 1- The first player stands at the end of the diagram, facing it. He/she jumps into the first space, landing on both feet. Then the player jumps again in the first space, making a half turn, and lands facing the starting position, then hops out of the diagram.
3. Space 2- The player next hops into the first space and jumps, landing on both feet, into the second space. He/she jumps again in the second space, making a half turn, and lands facing the starting position, then hops through the first space and out of the diagram.
4. Spaces 3-8- The player continues in the same way through the eight spaces of the diagram.



Hopscotch

Supplies: A place marker for each player (may be a small bean bag, a flat stone or any other object which can be thrown easily and does not roll).

Area: Hopscotch diagram

Players: Two to four

Rules:

1. The first player hops into the single squares consecutively. When the player reaches spaces 4 and 5, he or she places the left foot in 4 and the right in 5. He/she does the same in spaces 7 and 8. After the player reaches space 9, he/she faces about, still on one foot, and returns, reversing the steps.
2. If the player is able to return to the starting position without committing a foul, he/she throws their place marker into space 1.
3. The player then leaps over the space containing his/her space marker and proceeds as before to space 9 and back, until he/she reaches space 2. While standing on one foot in space 2, the player picks up their place marker, and then hops into space 1 and out of the diagram. The player then throws their place marker to space 2.
4. The player proceeds as before, hopping over the space containing the place marker, on the way to space 9 and returns, hopping until he/she reaches space 3. The player then stops, stoops and picks up the place marker, and hops into space 2 and 1 and out of the diagram.
5. A player must also always hop over the space in which another's place marker is located. Each player continues until he/she commits a foul.



A foul is committed when a player fails to toss the space marker in the correct space, throws the space holder onto a line, hops on a line, puts the raised foot down (except in spaces 4/5 and 7/8), or changes from the foot on which he/she started after landing in spaces 4 and 5 or 7 and 8.

Horse



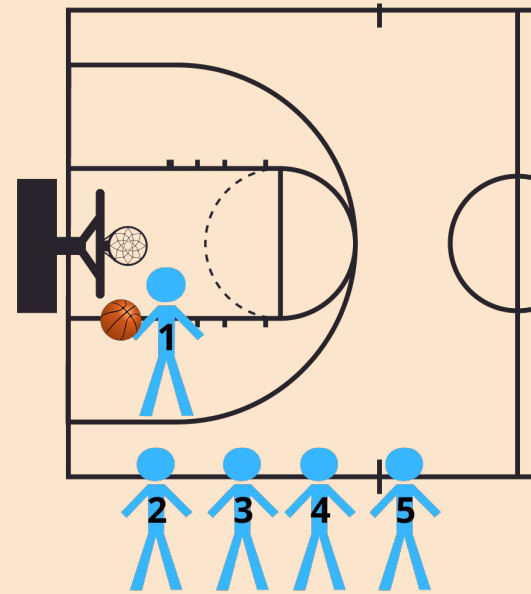
Supplies: Basketball

Area: Basketball

Players: Five or fewer

Rules:

1. Players are numbered and take positions as shown in illustration.
2. Player number 1 shoots for a basket from any place on the court. This should be played half court. If the shot is made, the other players, in order, must attempt to duplicate it.
3. The player who misses "breaks the chain" and is given the letter "H" the first letter in the word "HORSE".
4. The next player in order shoots. If the shot is successful, the other players who follow must duplicate the shot. If the shot misses, this player is also given the letter "H".
5. This sequence continues, each player who misses a shot getting a letter. Once the player has been given an "H," his or her next miss will get them an "O", the next miss an "R", and so on. When a player receives all five letters, "HORSE", the game is over.
6. The player who has accumulated the fewest letters when the game is over is declared the winner. When two or more players conclude the game with the same low number of letters, the tie is played off by shooting for a basket.



Teaching suggestions:

1. After the children become proficient at the game of Horse, a variation of the game called Horse Last may be played. All the rules of Horse are used except for Rules 5 and 6. Rules 5 and 6 are changed to read:

Rule # 5- This sequence continues until a player misses a shot. Then he or she receives a letter. When a player receives the letters H-O-R-S-E, he or she is eliminated from the game.

Rule #6- When all players except one acquire the letters H-O-R-S-E, the last player to do so is considered the winner.

The letters O-U-T for Out, may be substituted to have a shortened version of the game HORSE. There is also a game called Out Last. The rules for Out and Out Last are the same as the Horse and Horse Last.

Kickball

Supplies: Kickball, soccer ball, or utility ball

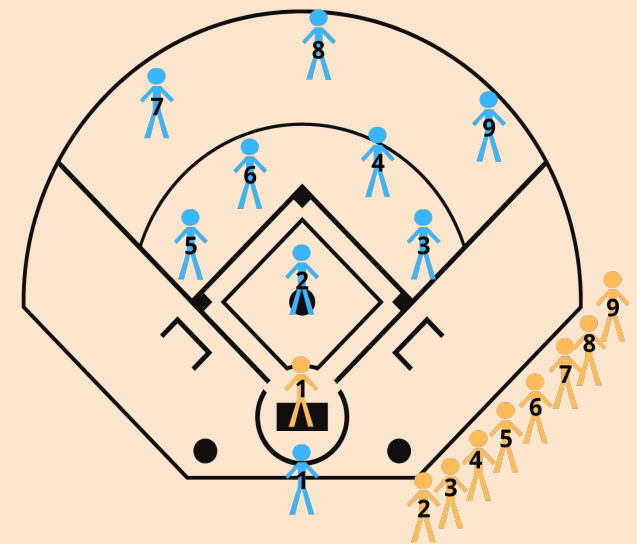
Area: Softball diamond

Players: Two teams with nine players each

Safety: The ball is not to be thrown at a runner under any circumstance.

Rules:

1. Players on each squad are numbered consecutively and assigned to positions indicated in the illustration.
2. The kicking squad:
 - a. Remains seated on the kickers' bench until the pitcher is holding the ball at the pitcher's plate and the ball is dead. The kicking squad automatically receives an out if any of its members leaves the bench for an unauthorized reason.
 - b. Sits on the kickers' bench in kicking order. The kicking rotation continues in each inning where it left off in the previous inning.
3. Pitcher:
 - a. Begins with both feet on the pitching plate.
 - b. Delivers the pitch while taking one step forward.
 - c. Rolls the ball to the kicker.
4. Kicker:
 - a. Stands with both feet inside the circle and tries to kick any ball that rolls through the circle.
 - (1) If the kicker fails to kick the ball which rolls through the kicking circle, a strike is recorded against him or her. (Liners are good.)
 - (2) If four balls are pitched which do not enter the kicking circle, the ball is given to the kicker for a free kick. The kicker can put the ball anywhere within the circle to make his kick.
 - b. Advances to first base when he or she kicks a fair ball.
 - c. Is out when he or she:
 - (1) Has three strikes.
 - (2) Is thrown out at first base.
 - (3) Is tagged with the ball before reaching first base. (A fielder is not to throw the ball at the runner in an attempt to put him or her out.)
 - (4) Kicks a fair or foul ball that is caught on the fly.
 - (5) Does not have his or her supporting foot inside the kicking circle while kicking.
 - (6) Kicks a foul ball on a free kick.



Kickball (page 2)

5. Base Runner:
 - a. When traveling bases, the base runner:
 - (1) May advance to the next base (at his or her own risk) after a fly ball is caught, provided the previously occupied base is re-tagged before advancing.
 - (2) Must advance to the next base when forced to do so by another base runner.
 - (3) May advance only one base on an overthrow or passed ball (at his or her own risk).
 - (4) May "steal" the next base (at his or her own risk) after a pitched ball enters the kicking circle or passes adjacent to the kicking circle.
 - b. Is out when he or she:
 - (1) Leaves the base before the ball enters the kicking circle.
 - (2) Is forced to run to the next base and arrives after a fielder holding the ball touches the base.
 - (3) Leaves the base before a fly ball is caught, if a fielder tags him or her, or that base, before he or she can return to the base.
 - (4) Is hit by a kicked ball before the ball is touched by a fielder.
 - (5) Intentionally interferes with a member of the fielding team who is in the act of recovering the ball.
 - (6) Is tagged by a fielder when off the base.
 - (7) Fails to touch a base while running, and the fielder tags him or her or that base before he or she can return to the base.
 - (8) Passes another base runner.
 - (9) Touches a base which is occupied by another base runner and is tagged with the ball.
6. Length of game:
 - a. Each game will be five or seven innings (or what time allows).
 - b. When there is not sufficient time to play a complete game, the score reverts to the score in effect at the end of the last completed inning.
7. Scoring: A run is made by the kicking squad each time a squad member circles the bases and reaches home safely.

Teaching Suggestions:

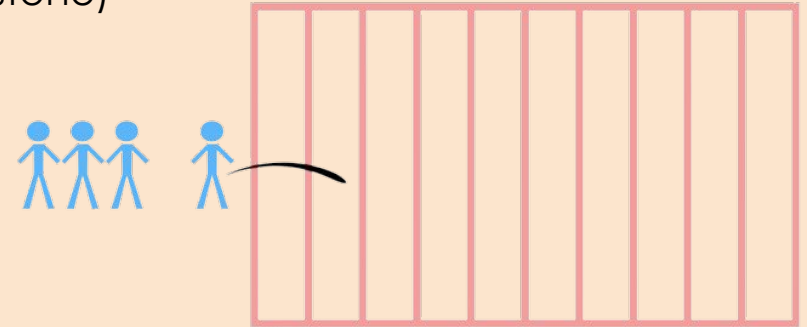
1. Fielding players should throw the ball to a fielder (for a better chance of retiring the runner) and not hit or kick the ball.
2. Fielding players must throw the ball to the pitcher after the play is made and not hit or kick the ball.
3. A tenth player may be used as a rover in the outfield.

Ladder Challenge

Equipment: Some type of marker (beanbag/puck/small stone)

Area: Ladder Court

Players: 2 - 6 players



Rules:

1. First, you hop up and back, hopping in each square and you can't put your other foot down even when you are turning around to come back.
2. The next time you skip every other square.
3. Then you skip two squares and then three and so on. It gets harder and harder.
4. The winner is the one who can skip the most number of squares without missing.

Variations

- If you say at the beginning "no hands" then nobody can touch the ground with a hand for balance.
- If you say at the beginning "no toesies" which means you can't put out a toe to touch the ground for balance.
- If you say at the beginning "no leg foot" it means you can't balance by throwing a leg to one side.
- You can use variations of different skills (hop/jump/leap)

Leader Ball

Supplies: 9 inch ball

Area: Skill game court

Players: Nine to 13

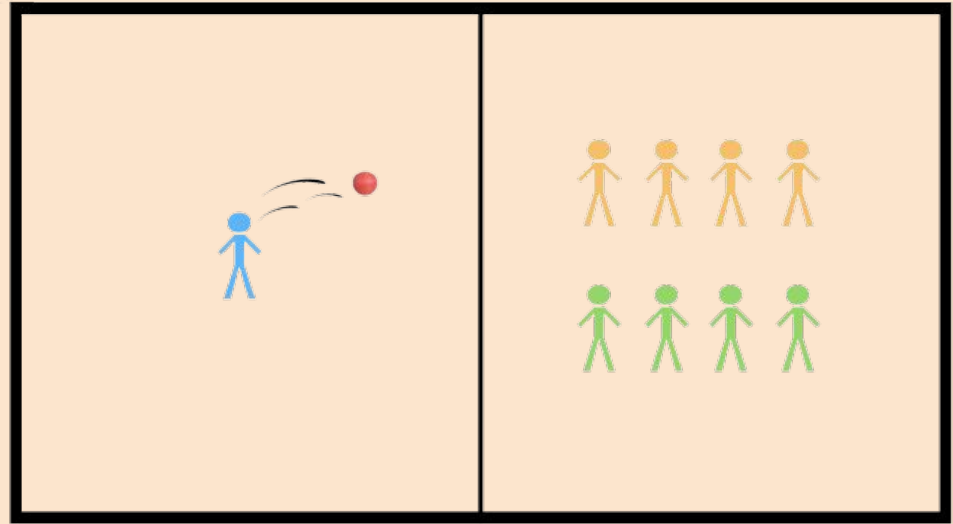
Rules:

1. Children line up in two lines. A ball is given to one child, the leader, who stands in the other half of the court with his back turned toward the players.
2. The leader starts the game by tossing the ball overhead toward players.
3. The first child in each line runs forward and tries to catch the ball before it bounces.
4. If either of the first players is able to catch the ball, both must go to the end of their lines. The ball is tossed again, and the second players in each line try to catch it.
5. The player who catches the ball becomes the new leader, and the other player must go to the end of his/her line.
6. The retiring leader takes his/her place at the end of the other line.

Teaching Suggestions:

If children are unable to catch the ball before it bounces, allow them to catch it after the first bounce.

Variation: Instead of tossing the ball overhead, the leader rolls the ball back between the legs.



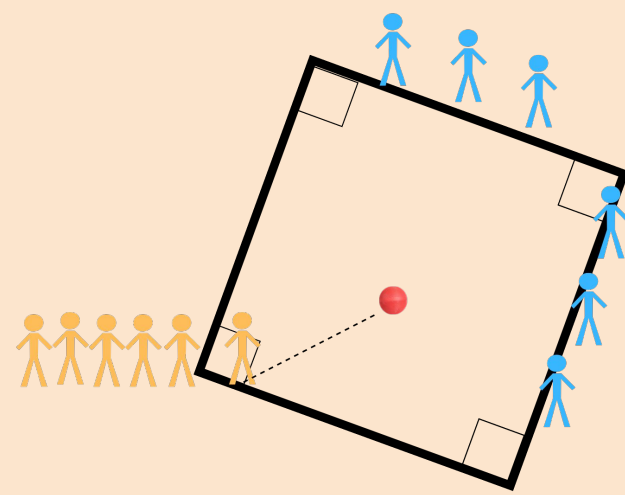
Lineup Kickball

Supplies: Soccer ball or 8 inch utility ball

Area: Primary diamond fielders

Rules:

1. Kickers line up behind home plate. The ball is placed on home plate. The first kicker kicks the ball forward into the infield or outfield. If the first kick lands in foul territory, the kicker may have a second try. A fair ball is one that lands in the infield or the outfield between the first and third baseline.
2. Fielders are scattered in the outfield. Any member of the fielding team can field the ball. The player fielding the ball stands and holds it in the spot where he/she recovered it, while the remaining fielders run to line up in single file behind the ball holder.
3. A kicker who kicks a fair ball and runs to first base and back to the end of the line of kickers before being put out, makes a point for the kicking team.
4. A kicker who is out gives the ball to the next kicker and goes to the end of the kickers' line. Outs are made when a fly ball is caught, the fielding team lines up behind the teammates with the ball before the kicker runs to first base and back to the end of his/her line, or the kicker kicks two foul balls.
5. Each player of the kicking team has a turn to kick before changing sides.



Teaching Suggestions:

1. Encourage fielders to play their own area and to avoid taking balls headed directly toward a teammate.
2. For safety, be sure that all players stand at least 30 feet from kicker.
3. When presenting the game for the first time, have a “walk through” explaining and demonstrating the game.

Variation: Put the ball into play by batting it with the hand instead of kicking it. This game can be called Lineup Fistball.

One Base

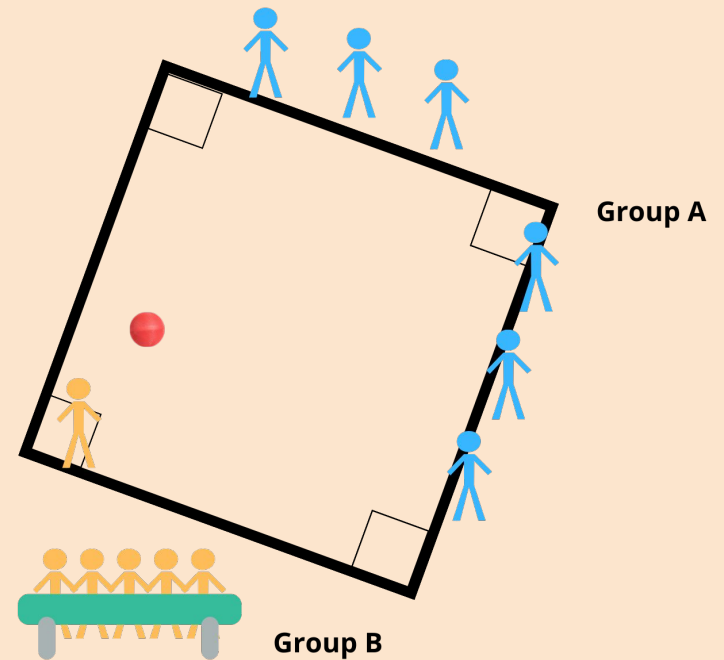
Supplies: Soccer ball or 8-inch utility ball and batter's bench

Area: Primary diamond

Players: Two groups with six or fewer in each group

Rules:

1. Groups A and B take the positions shown above.
2. To start the game, the first player of Group B stands at home base, kicks the ball into the infield or outfield, and starts to run to first base and back home.
 - a. The kicker must stay outside the circle when kicking the ball.
 - b. The kicker is out when the fielder catches the ball on the fly or a fielder, while carrying the ball, touches second or third base with one foot, bounces the ball on the base, and catches it before the runner reaches home base. The runner is not out if the fielder touches first base. The kicker is also out if he/she has three unsuccessful kicks or foul balls. A ball landing first in foul territory is considered a foul ball.
3. The runner scores a run for his/her team by running to first and home before being put out by a fielder on the opposing team.
 - a. Fielders must stand in the outfield until the ball has been kicked.
 - b. Fielders should not interfere with the base runner by standing on first base or near the baseline between home and first base.
4. Play continues until each player in Group B has had an opportunity to kick the ball. At this time Group A becomes the kickers and Group B the fielders.
5. The game continues until every player of Group A has had an opportunity to kick the ball, regardless of the number of outs made by the group.



One-Bounce Handball

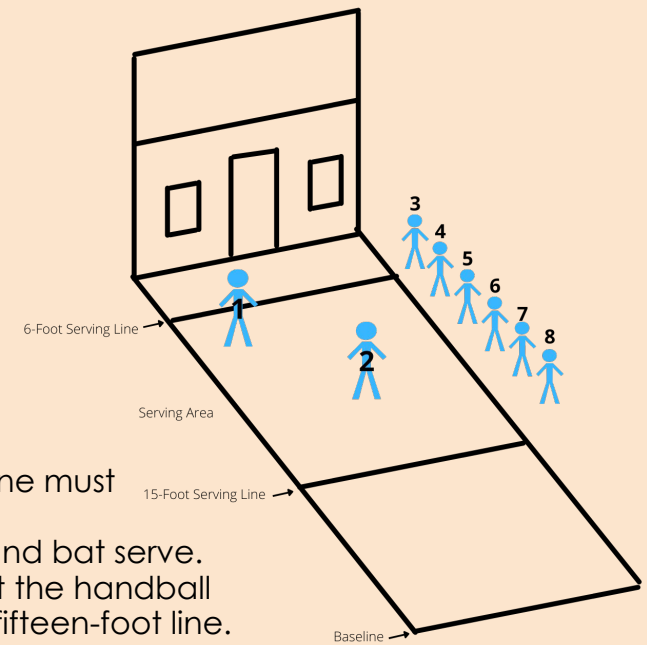
Supplies: 8-1/2 inch rubber ball

Area: Handball court

Players: Two players at a time (four if playing doubles)

Rules:

1. Players form line and the first two players play each other. Players waiting in line must remain outside of the boundary lines.
2. Player number 1, standing in the service area, serves the ball using the overhand bat serve.
 - a. The ball is directed toward the court surface, causing it to bounce against the handball wall and rebound into the serving area between the six-foot line and the fifteen-foot line.
 - b. The server is allowed two trials to make a good serve. The receiver must return any correct serve on the first bounce.
3. Player number 2 receives the ball on the bounce and returns it to the court surface. The ball must be hit before it bounces twice.
4. After the serve, the ball may rebound into any part of the court and may be hit on the fly.
5. Play continues as the ball is alternately hit by players 1 and 2 until a violation occurs.
6. Play stops and the violating player leaves the court when one of the following violations is committed:
 - a. A good serve is not made in two trials.
 - b. The ball does not rebound into the serving area on the serve.
 - c. The ball is hit after it bounces twice.
 - d. One player intentionally interferes with another player.
 - e. A player is struck by a ball which rebounds off the wall; however, when a batted ball strikes the opponent prior to hitting the wall, play starts over.
 - f. The ball rebounds outside the court boundaries. Liners are considered good.
 - g. The ball hits the ground and wall simultaneously (a pop-up).
 - h. The player who commits a violation must move to the last position in line.
 - i. Accidental interference is a hinder. All hinders are replayed.
 - j. To resume play, the continuing player serves to the new player.



Teaching Suggestions:

1. To prevent domination of the game, players may be limited to three consecutive wins, after which a player must retire to the end of the line.
2. One-bounce handball can be played as doubles.



One-Bounce Team Handball

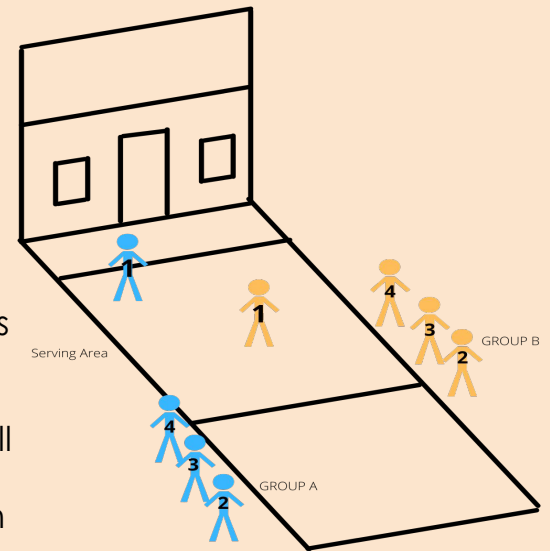
Supplies: 8-1/2 inch rubber ball

Area: Handball court

Players: 4-6 in each group

Rules:

1. Players on each team count off and take positions as shown in the illustration.
2. To start the game, the first player on team A stands in the serving area and serves the ball.
 - a. To serve the ball the player uses the overhand serve, directing the ball toward the court surface and causing it to bounce against the handball wall. The ball must then rebound into the serving area.
 - b. The server is allowed two trials to make a good serve. The receiver must return any good serve of the first bounce.
3. Player 1 on team B receives the ball on the bounce and returns it to the court surface. The ball must be hit before it bounces twice. After the serve, the ball may rebound into any part of the playing court and may be hit on the fly.
4. The play continues as the ball is alternately hit by the same server and receiver.
5. Play stops when one of the following violations is committed:
 - a. A good serve is not made in two trials.
 - b. The ball does not rebound into the serving area on the serve.
 - c. The ball is hit after it bounces twice.
 - d. A player intentionally interferes with the play of another player.
 - e. A player is struck by a ball which rebounds off the wall; however, when a batted ball strikes the opponent prior to hitting the wall, play starts over.
 - f. The ball rebounds outside the court boundaries. Liners are considered good.
 - g. The ball hits the ground and the wall simultaneously (a pop-up).
 - h. Accidental interference is a "hinder." All hinders are replayed.
6. The player who commits a violation must move to the last position in his or her team. The next player on that team moves into the game.
7. To resume play, the continuing player serves to the new player.
8. A server cannot make more than three consecutive points before retiring to the last position in his or her team's line. At this time, the next player on the team moves into play and the other players rotate forward one position on the side.
9. Scoring: Only the server's team can score; when a receiver commits a violation, the server earns a point for his or her team. A server who commits a violation loses the serve for his or her team and moves to the end of that side's line, but no points can be scored here. The team with the most points at the end of the game is the winner.



Prisoner's Ball

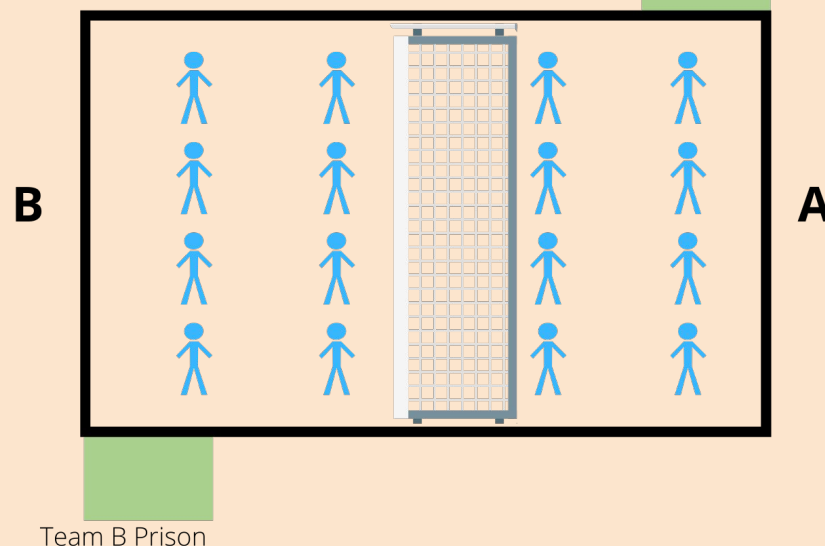
Supplies: Volleyball and net

Area: Volleyball Court

Players: Two squads with eight players each

Rules:

1. Players on each squad take positions as shown in the illustration.
2. The game starts as one of the players on squad A calls out the name of any player on squad B and throws the ball over the net.
 - a. When the ball is caught by any member of the receiving squad, the player whose name was called is saved. Play resumes as the player who caught the ball calls out the name of the player on the opposite squad and throws the ball back over the net.
 - b. If the served ball is not caught by a member of the receiving squad, the player whose name was called becomes a prisoner of the serving squad and goes to its prison. Both squads rotate, and the ball is returned to the player who threw the ball for another turn.
 - c. If the ball lands outside the boundaries of the court or touches the net, it is dead. The ball is then given to any player on the opposite squad to throw back.
 - d. If a player takes more than one step with the ball, or touches the net with any part of his or her body, the ball is automatically given to the opposing squad.
3. Each squad may recover its prisoners in the following way: A player throws the ball over the net and shouts "prisoner" instead of the name of a player on the opposing squad. If the ball is not caught, the prisoner who has been in prison the longest must be released. The prisoner returns to his or her original position with the squad. Both squads rotate, and the ball is returned to the thrower for another turn.



Progressive Dodgeball

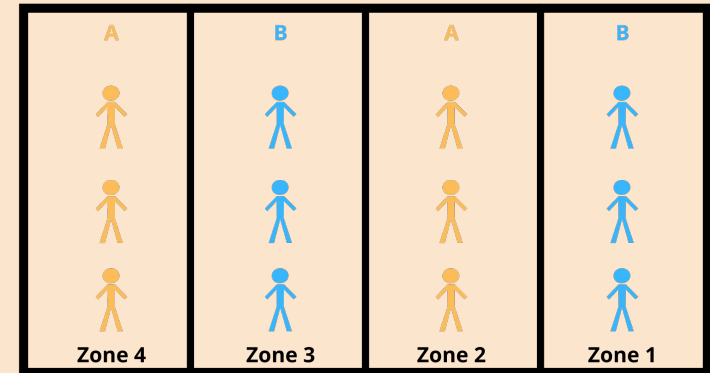
Supplies: Utility ball

Area: Multiple games court

Players: Two teams with ten or fewer on each

Safety: Instruct throwers to hit the dodgers below the waist

Rules:



1. Squads A and B divide in half and take the zone positions indicated in the illustration. The players remain in their respective zones during play.
2. The referee gives the ball to a player on squad B in zone 1. On signal, this player throws the ball in an attempt to hit a player on squad A in zone 2 below the waist.
 - a. When the ball misses a squad A player, it is retrieved by the squad B player in zone 3, who throws the ball back at the squad A player in zone 2.
 - (1) If the squad B players in zone 3 fail to field the ball and it rolls into zone 4, the ball may be retrieved by the squad A players in this zone and thrown at the squad B players in zone 3.
 - (2) When the ball leaves the court boundaries, it is retrieved by the nearest player, brought back to his or her zone, and put into play. The retriever may pass the ball to a fellow squad member in his or her zone who is in a better position to hit the dodgers.
 - b. When the ball hits a squad A player (below the waist), a point is scored for squad B. The player who is hit stays in the game.
- c. To resume play, the player on squad A who was hit throws the ball at the squad B players in zone 3. The squad A players in zone 4 retrieve the ball and throw it back at the squad B players in zone 3. Thus squad A has an opportunity to score.
3. Players must stay in their respective zones during play. When a player does step out of his or her zone, play stops, and the ball is given to a player on the opposite squad.
4. Rotation: Whenever the leading score is divisible by 2, players on each squad exchange zone positions. Squad B players in zone 1 exchange with the squad B players in zone 3, as the squad A players in zone 2 exchange with the squad A players in zone 4.
5. Scoring:
 - a. One point is awarded to a squad each time one of its players legally hits a player in zones 2 or 3 with the ball.
 - b. The first squad to score 11 points wins the game

Roll Dodgeball

Supplies: 9 or 13 inch ball

Area: Skill game court or primary circle

Players: 12 or fewer

Rules:

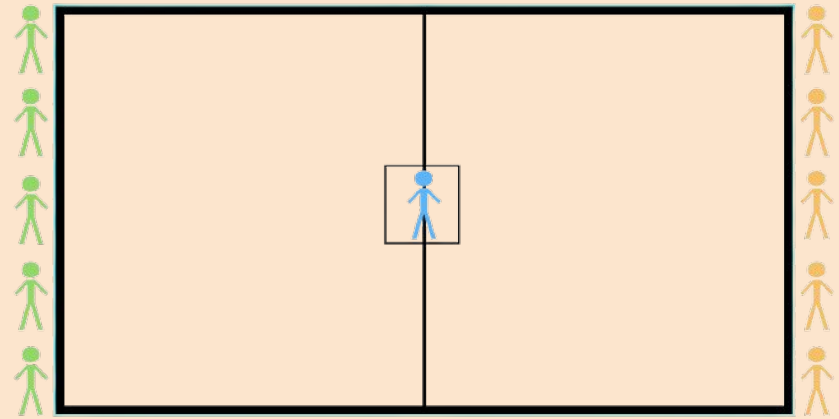
1. The dodger stands in a two-foot square located in the center of the skill game court; the remaining players line up at either end of the court.
2. To hit or dodge, a thrower must stand with both feet outside the court. The thrower rolls or throws the ball with an underhand throw at the dodger and tries to hit him/her below the knees.
3. The players on either end of the court take turns rolling and throwing the ball at the dodger.
4. The dodger may dodge in any fashion, providing he/she does not leave the square. He/she may jump, dodge, twist, or turn to avoid being struck by the ball.
5. If any part of the dodger's body touches the playground surface outside the two-foot square, the dodger must exchange places with the last thrower.
6. When a thrower hits a dodger, that thrower then becomes the new dodger, and they exchange positions.
7. The game continues until each player has had an opportunity to be the dodger.

Teaching Suggestions:

To make it easier for beginning players to hit the dodger, line them up along the sides of the skill game court rather than on the ends.

Use three dodgers to increase participation and activity.

If players are not skilled, they can be stationed on all four sides of the court, rather than on two sides only.



Socco

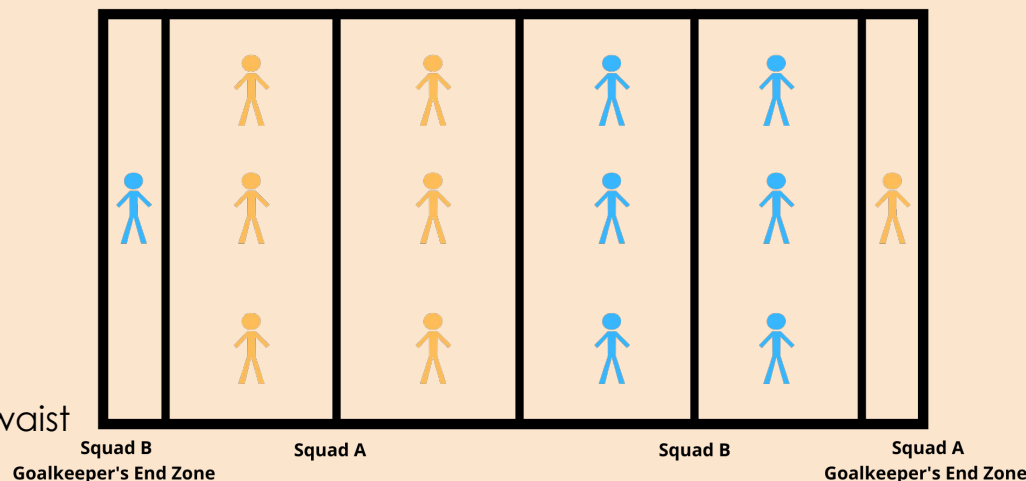
Supplies: Utility ball

Area: Multiple Game Court

Players: Two teams of nine or fewer each

Safety: Instruct throwers to hit the dodgers below the waist

Rules:



1. Players are labeled A and B and take positions in their zones as shown in the illustration. A player from each squad is assigned to the squad's end zone to play the goalie (goal-keeper) position.
2. To start the game, the referee gives the ball to the goalie on one squad. On a signal from the referee, the ball is thrown at the players on the opposing squad in an attempt to hit a player with a ball in flight.
3. The throwing squad and its goalie throw the ball back and forth, trying to hit players on the dodging squad without losing possession of the ball.
4. When a ball thrown by a goalie passes through both squad zones and is retrieved by the opposing goalie, the throwing squad becomes the dodging squad.
5. When a ball in flight strikes a dodging player below the waist, that player leaves the squad zones and becomes a goalie. A player is not out if the ball touches the ground before hitting the player or if the ball hits above the waist. A player hit above the waist is given possession of the ball, and play is resumed.
6. A dodging player may try to catch a thrown ball rather than dodge it. If the catch is successful, this player and squad then become throwers. The player does not become a goalie when the ball is caught in flight.
7. Play is resumed as before by giving the ball to a goalie of the squad that was hit.
8. When the ball goes out-of-bounds, it may be retrieved only by the goalie nearest to it. This goalie must pass to another goalie on the same squad. If there are no other goalies, the goalie must put the ball back in play.
9. A player becomes a goalie when that player is hit below the waist by a ball in flight, steps outside his or her own zone, or tries to catch a ball in flight and fails.
10. When only three players remain in the squad zone, the original goalie enters the zone and becomes a dodging player.
11. Play continues until there are no players on one of the squad zones.

Square Hopscotch

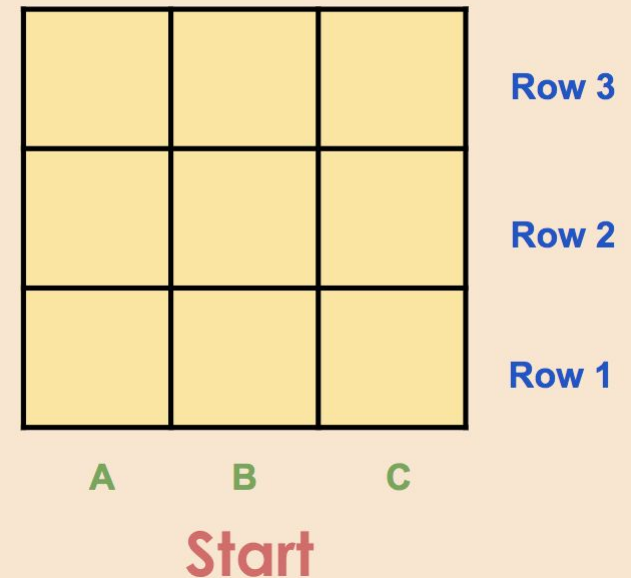
Supplies: None

Area: Square hopscotch diagram

Players: Two to four

Rules:

1. The first player jumps into Space B of Row 1, landing on both feet. He/she then jumps again, spreading the feet apart and landing with the left foot in Space A and the right foot in Space C in Row 1. On the next jump he/she lands with both feet back again in Space B of Row 1. He then jumps backward out of the diagram, returning to the starting position.
2. The player then jumps over Row 1 and repeats the routine described in Row 2. He/she then jumps backward into Space B, Row 1, and repeats the same three jumps in Row 1, then backward out of the diagram, returning to the starting position.
3. Next the player jumps over both Rows 1 and 2, landing with both feet in Space B of Row 3. He/she then repeats the described jumps in Row 3, jumps backward and does the same in Row 2, and finally backward again into Row 1. Then he/she jumps backward to the starting position, moves to the right, and faces the adjacent side of the diagram.
4. From the new starting position, the player repeats the jumps described for the first starting position, then, following this procedure, continues to the right around the four sides of the diagram until he/she commits a foul.
The first player to finish is the winner.



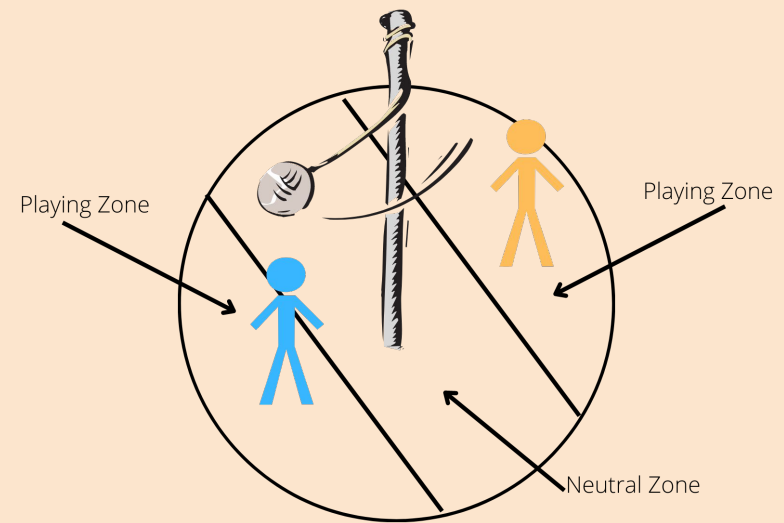
Tetherball

Supplies: Tetherball

Area: Tetherball Court

Players: Two players per game

Rules:



1. One player is selected to serve.
2. The server's opponent is given a choice of the side of the court on which to play and the direction in which the server will serve the ball.
3. To start a game, the server bats the ball around the tetherball pole. The ball is struck with an open or closed hand. As the ball travels around the pole, the server attempts to hit it again and again in the direction of the original serve to wind it around the pole.
4. The opposing player tries first to unwind the rope and then to wind the rope around the pole by hitting the ball back in the opposite direction. The ball is not actually in play until the server's opponent has touched it.
5. When two players are of equal ability and play continues beyond a reasonable length of time without a score, it is suggested the number of times a ball is struck be 30 hits (total by both players). If there is not a winner at this point, both players retire.
6. The player who winds the rope completely around the pole is the winner.
7. When one of the following violations is committed, play stops and the game is forfeited to the opponent:
 - a. Hitting the ball with any part of the body other than the hands.
 - b. Holding or catching the ball during play.
 - c. Touching the pole with the body.
 - d. Hitting or catching the rope.
 - e. Stepping inside the neutral zone.
 - f. Winding the rope completely around the pole on the serve before the opponent has an opportunity to hit the ball at least once.

Tunnel Ball

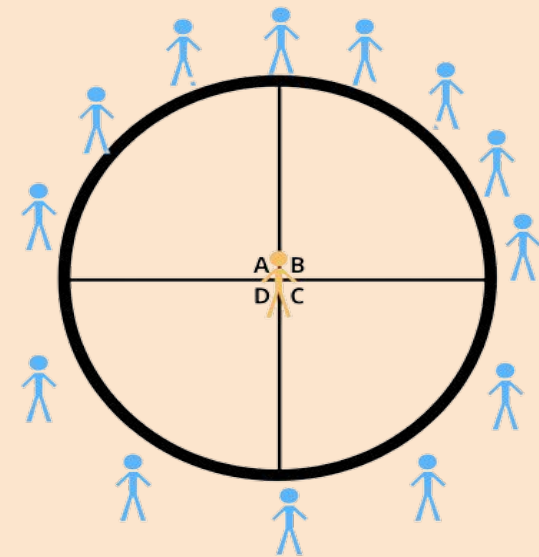
Supplies: 9" or 13" ball

Area: Primary circle

Players: About 12

Rules:

1. All players but one stand on a circle facing the center. Each player stands in a natural stride position, the legs forming a "tunnel."
2. The extra player stands in the center of the circle, ball in hand.
3. The center player tries to roll the ball so that it will pass out of the circle between the feet of a circle player, that is, through one of the tunnels.
4. Circle players must keep their feet far enough apart for the ball to pass easily between them.
5. The circle players may not try to stop the ball with their feet or legs but only with their hands as they try to prevent it from passing outside the circle. A circle player who is successful in stopping the ball changes places with the center player.
6. If the center player rolls a ball between the feet of a circle player, the latter must recover the ball and roll it back to the center player.



Teaching Suggestions:

Encourage children to roll the ball quickly and to use force in the action.

Uncle Sam

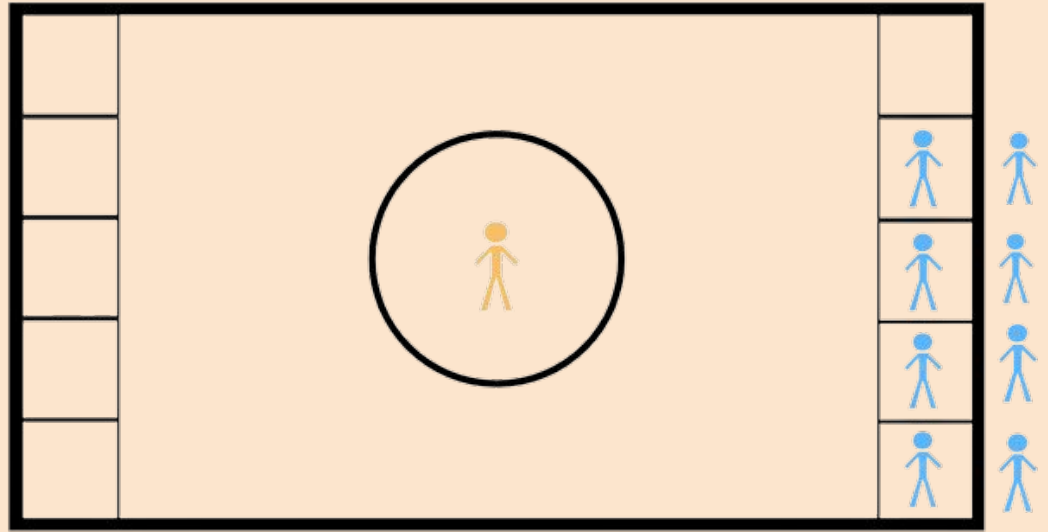
Supplies: None

Area: Tag game court

Players: Eight to twelve

Rules:

1. One player, Uncle Sam, stands alone in the center of the court.
2. The other players stand behind the line at one end. They chant, "Uncle Sam, Uncle Sam, may we cross your river dam?"
3. Uncle Sam replies, "Yes, you may if you're wearing blue" (or any color).
4. The children wearing that color run to the other end of the court, and Uncle Sam tags as many as possible.
5. Those tagged stand in the center and help tag the others as the play continues with a new color.
6. When all the players are tagged, the last one tagged becomes Uncle Sam for a new game.



Variation: Uncle Sam may choose his/her successor.

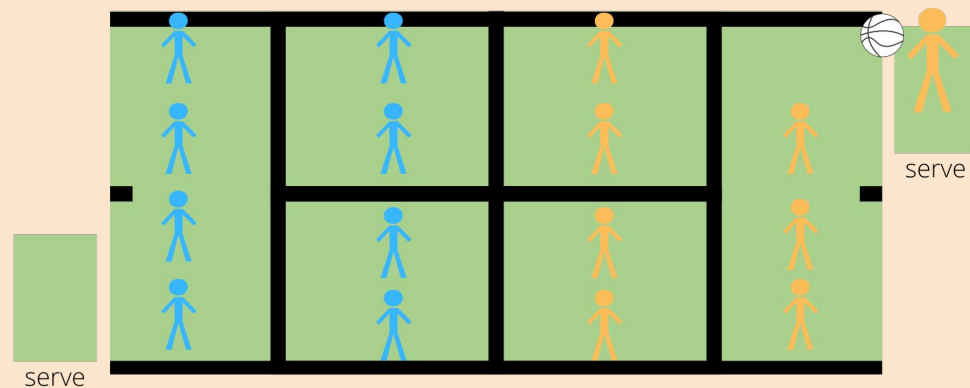
Volleyball

Supplies: Volleyball and net

Area: Volleyball Court

Players: Two teams of none or fewer for each

Rules:



1. Players on each squad take positions as shown in the illustration.
2. To start the game, player number 1 on the serving squad serves the ball to the receiving squad.
 - a. The server stands behind the baseline in the right-hand corner of the court and serves the ball directly over the net.
 - b. The server is allowed only one serve. Exception: If the ball hits the top of the net and falls into the opponents court (net ball), the server is allowed another serve.
3. To return the ball, a player is governed by the following rules:
 - a. A receiver is allowed to volley the ball only once to send it into the opponent's court or to a teammate in a better position to volley it over the net.
 - b. The ball may not be volleyed by more than three different players on the same squad before it is sent over the net.
 - c. The ball may hit the net on the return.
 - (1) If it falls into the opponent's court (net ball), it is good and must be played by the opposing squad.
 - (2) If it falls into the court from which it was volleyed, it may be played, provided that it was not volleyed by more than two different players before it hit the net and has not yet hit the surface of the court.
4. The game continues as the ball is hit back and forth over the net.
5. Violations: When committed by the serving squad, the serve is lost (side out); when committed by the receiving squad, the serving squad scores a point. Violations include:
 - a. Failing to make a good serve.
 - b. Allowing the ball to hit the court surface.
 - c. Returning the ball in any manner other than blocking and batting the ball into the air. (Balls may not be caught and thrown or allowed to bounce.)
 - d. Volleying the ball by more than three different players on the same squad.
 - e. Volleying the ball so that it touches the ground outside the boundaries, (a ball other than the serve hit outside the court boundaries may be played, provided that it has not hit the ground.)
 - f. Failing to return the ball over the net.
6. Rotation: Before a squad serves after a side out, each player on the squad rotates clockwise one position. In this way everyone has a chance to serve.
7. Scoring: Only the serving squad scores points. A total of 11 points constitutes a game. Exception: If the score becomes 10 all, one squad must get two points ahead to win.

Teaching Suggestions:

1. It should be stressed that players stay in their designated positions on the court.
2. Better teamwork will result if the players in the back row relay the ball to players in the front row who in turn hit the ball over the net.
3. When the ball is not in play, it should be returned to the serving team by rolling it under the net to the server.
4. The distance from the service line to the net may be adjusted according to the ability of the players.

Tetherball

Tetherball