Outdoor Sports Spectacular Class Notebook 2015

Tim and Michael hope you enjoyed learning the various games that were taught in class during BLW 2015. This notebook section is meant to be a guide, but not an all-inclusive summary, of the games that were taught in class, and perhaps some we didn't get to either. Tim and Michael, unless specifically noted, did not create the games that were taught. Most were learned over the years through various channels. Therefore, it is difficult to give specific credit were due.

If any games are copyrighted, they are presented here under the Fair Use Clause under the United States Code Title 17 Section 107.

If you have any specific questions, need clarifications, or ways to modify the games to a particular group or setting, feel free to contact Tim at timborton@aol.com or Michael at mvdanhof@gmail.com. Barry Jolliff, who is also a "games master," can be another source of information, and can be reached at jolliff@sssnet.com.

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Games Leadership Basic Guidelines

Great recreation programs do not happen all by themselves. They are the result of a well-prepared, resourceful, and enthusiastic leader. The leader must be aware of the various and differing characteristics of a group. Here are some important things to follow while planning and implementing recreation programs.

- **Safety First!** Be aware of and avoid any potential hazards. This includes changing or modifying activities to make them safe.
- **Choose games that are appropriate for your group.** Consider any of these factors when choosing what games to have: age, size of group, ability/physical level, time with the group, environment you'll be working in, and what resources are available for use.
- **Use the KISS Theory.** Keep it simple silly! Use as few props and instruction as possible.
- **End it before it's over.** End games while participants are still having fun. By ending when the game is at its peak, participants will remember the game as fun. This will allow you to play the game later, if needed.
- **Plan MORE than you need.** You never know when or if a game will flop, or not take as much time as you planned. If you have more choices, you will never have an issue of running out of games to play.
- **Sequence of activities.** You don't (always) want to wear your group out in the first 30 minutes. Mix fast and slow games, games with moving and sit-down games.
- **Utilize similar formations.** Play a few games in a circle before moving to games with lines. If you need partners, play a few games back to back. This is so participants have more time to play and less time spent getting into the proper formation.
- **Know the games.** Make sure you know ALL the rules. It is hard to stop a game and introduce a rule that was missed. Know what props you need and what formation is needed. Arrange in the formation that will be needed before giving instructions.
- **Have all your equipment.** Organize props needed within easy reach. Prepare all items ahead of time (e.g. blow up balloons, cut strings etc.)
- **No "Goat Fun" or Losers.** Avoid activities that single someone out as a loser or that make fun of someone. This will ensure a positive experience for all.
- **Be Enthusiastic.** If <u>you</u> are having fun and are upbeat, chances are your group will want to participate in your activities.

Games Leader Positions for Various Groups

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LEADER POSITIONS

FIGURE 1. When Working with a Single Line.
Note: Leader is positioned equidistant from each end, thus not giving one end less attention than the other.

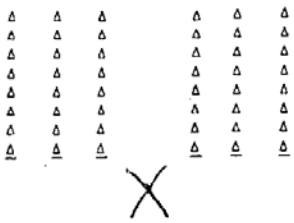


FIGURE 2. Working with an Even Number of Files.
Note: Leader is positioned in front of space dividing files in two. Center aisle space is a little larger than space between other lines.
No participant should be blocked from the leader's view by another participant.

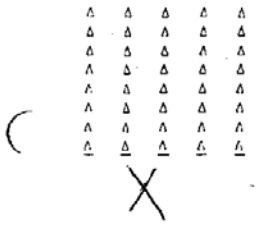


FIGURE 3. Working with an Uneven Number of Files.
Note: In this case, leader is NOT centered because standing in front of the center file would obstruct his view of all center file participants behind the first one.

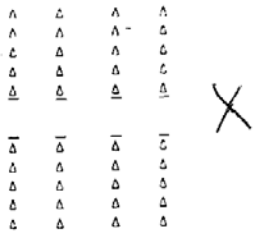


FIGURE 4. Working with Shuttle Relay Formation.

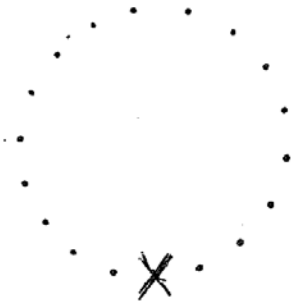


FIGURE 5. Working wit Circle Formation.
Note: Leader is positioned a an integral part of the circl preferably between two pa ticipants as near to his ow height as possible. (Standir between two participan towering over him dwar him mercilessly; standir between two participan much shorter accentuate their minuteness if they ar adults.)

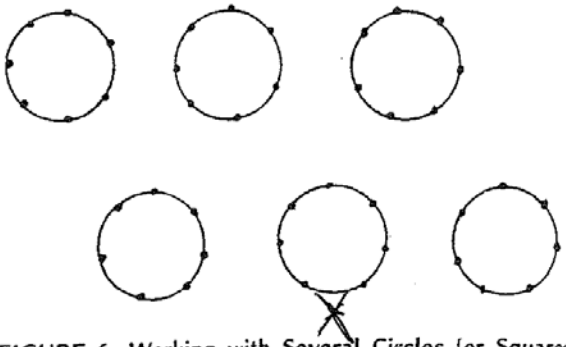


FIGURE 6. Working with Several Circles (or Squares)
Note: Circle members turn to face leader who explain action, using circle directly in front to demonstrate necessary. Participants may be seated, or leader elevate for better control.

FIGURE 7. Working With Group. In Informal or Mass Formation.
Note: Leader is elevated (When working with children seat them on the floor or ground, thus elevating the leader.)
Caution must be taken out of doors to make sure that the sun is not behind the leader, thus in the eyes of the group. The leader should face into the sun, and wear sunglasses to keep him from squinting.

Gorodki, or Russian Street Skittles (Russian Stick Bowling)

Gorodki means “Small Towns or” “Villages” in Russian. This game was popular in the 1800’s, and recently saw a revival in the last 20-30 years, after the fall of the Communist government.

Basic Summary

The goal of Gorodki is to know the five cylindrical pins, or “villages”, out of the “city” (the square-shaped playing area) in as few throws as possible.

Best played on packed gravel or dirt. Long grass makes it very difficult to play.

Equipment Needed

2-4 long dowel rods about 3 feet long (based on the makeup of your group). These are the bats.

Small dowel rods. All “villages” are made up of five dowels each.

The Field

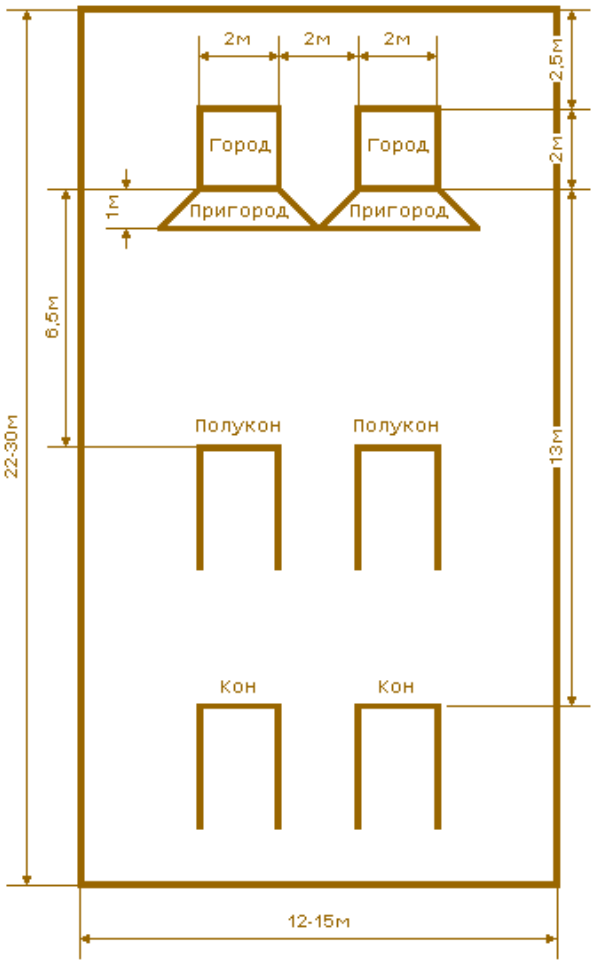
- Each "city" is a square approximately 3ft x 3ft
- The “villages” are set up in the middle of the front edge of the city, each in their own square. Squares are set up next to each other.
- In front of the city is the suburb (prigorod). There is a penalty line (1 meter, or 3 feet) in front front of the suburb that the bat should not hit on its way to the gorodki.
- The main throwing line (the “kon”) is 13m from the city (for your purposes, you can say 40 feet). A second throwing line (“polukon,” or half a “kon”) is 6.5m from the city, halfway between the city and the “kon.”
    - Adjust the throwing line based on the group you are playing with. *(Tim: Most times I have groups start at 20 feet and move in if needed.)*

Game Play

- Set up first village arrangement
- Players take turns throwing the long sticks at the figures (see next page for for diagram of the various “villages”). General rules call for two throws per player before the other player/team throws.
    - The stick should be thrown sideways at the villages for best results.
- Once a player successfully knocks one or more pins out of the city (the square), they then move up to the closer line (the “polukon”) to continue their throws
- Once a team or player has banished (knocked out) all of the small sticks of the village from the city, the next “village” is set up and play continues.
- The team that takes the fewest throws to destroy all 15 “villages” wins.
    - Can alternate the rules here, such as eliminating fewer “villages” a series of 5-10 figures depending your group. Rules that can be modified is if the stick can be rolled or has to hit only in front of the city.

Other Rules

- If a gorodok rolls out of the city, then rolls back in, it is still considered "out".
- If a gorodok falls from its figure accidentally (breeze from a near miss, earthquake, etc.), then it is simply put back into place.
- If a gorodok ends up in the penalty area in front of the suburb, it is picked up and placed in middle of the prigorod
- Other rules can be modified, such as the stick can be rolled, the penalty line can be removed, etc.



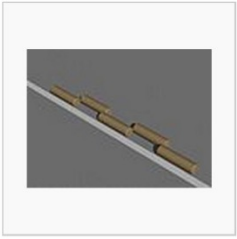
Cannon

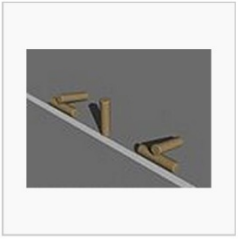
Fork

Star

Arrow

Well


Crankshaft


Artillery

Raquet

Machine gun installation

Lobster

Watchmen

Sickle

Shooting gallery

Airplane

Letter

Executive Marbles

Adapted from the book "Executive Marbles" by Sam Sykes

Players: 2-8 as individuals or teams

Equipment: 8 billiard balls, 5 stakes, open area

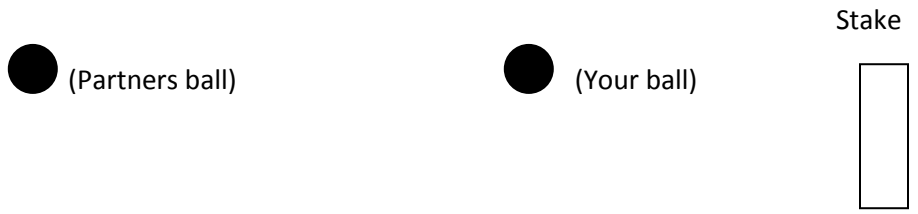
Goal: To be the first person or team to hit all 5 stakes in order and in reverse order. Note in team play the same person must hit all 5 stakes in both directions not just someone on the team.

Rules:

- Solids are one team stripes are the other team
- You must keep your feet together at all times when throwing the ball.
- You maintain the same order of play that is established at the beginning of the game.
- You throw your ball from where it rests when it is your turn.
- Alternate between teams a solid and then a stripe
- For a stake to count as hit the ball must hit it on the fly or on the first bounce.
- If on your turn you don't hit the stake your ball stays where it is on the ground. If you hit the stake you pick your ball up and wait for your next turn.
- Note you do not wait for all players to hit the stake before moving on. If you hit the stake you pick up your ball and on your next turn throw for the next stake
- You are allowed to throw up to 5 times on one turn provided that each time you throw the ball you hit another ball (teammates or opponents) on the fly or first bounce.

Play: The person with the lowest number ball goes first. Then alternate between stripes and solids. Remember whom you play after! On your turn you have the option of trying to hit the stake or you can hit other balls to either clear opponents out of the way, help your teammate move their ball closer or use other balls to get close enough to the stake to hit it easily. Remember up to 5 throws on a turn as long as you hit another ball.

Strategy: In team play, you want to try and keep as many people moving forward and hitting stakes as possible. At some point there will be a time where a few members may go defensive and try to knock the opposing team's balls away from the stake. Remember only one person on your team has to hit all the stakes in order. At any time in the game someone may stop hitting stakes and just try to assist their teammates by knocking opponents away or placing their ball in a place that will help their teammate (see example below) You want to throw your ball where it will help your partner get closer to the stake. Then on their turn they can drop their ball on yours and then be able to hit the stake.



Flop Option: You can also play with the flop. The flop is a way to get closer to the stake or another ball. To accomplish the flop your stand with your feet together and then begin to fall forward. You must release the ball before your hands hit the ground and with your feet still together.

Pickle-ball

Quoted from www.pickleball.com. Please see this site for a full set of rules, strategies not outlined here, and to purchase officially licensed Pickle-ball gear.

Equipment Needed

Pickle-ball paddle (looks like a solid racquetball paddle. In a pinch, you could use ping-pong paddles)
Pickle-ball Ball (looks like a whiffle ball. You can use a standard baseball whiffle ball in most instances)
Net (standard net is 3 feet high, which is about the height of a tennis court net)
Chalk or string to outline the court

Basic Overview

- Pickle-ball is played on a badminton-sized court, which is 20' x 44.' See diagram on next page for details.
- The ball is served diagonally (starting from the right-hand service-square), and points can only be scored by the side that serves (i.e. no rally scoring)
- Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent "spiking."
- The server continues to serve, alternating service courts, until he faults.
- The first side scoring eleven points and leading by at least two points wins.
- Pickle-ball can be played with singles or doubles.

The Serve

- Serves are made diagonally, starting with the right-hand service-square and alternating with each serve. The serve must clear the seven-foot non-volley-zone in front of the net and land in the service court diagonal from the server.
- Serves are done underhand with the paddle below the waist, and the ball must be hit from below the waist. The server must keep one foot behind the back line when serving. The ball should be hit into the air without being bounced. The serving side will continue to serve until the there is a fault on the service, at which point the service will be given to the opposing side. (However, if the ball touches the net but still lands within the appropriate service court, the serve may be redone)

Volleys

To volley means to hit a ball in the air without first letting it bounce. In Pickle-ball, this can only be done when the player's feet are behind the non-volley zone line (seven feet behind the net). This is the reason for the "No Volley Zone" seven feet on either side of the net.

Double-Bounce Rule

- Each team must play their first shot off of the bounce.
    - The receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it.
- Once these two bounces have occurred, the ball can either be volleyed or played off the bounce.

Fault

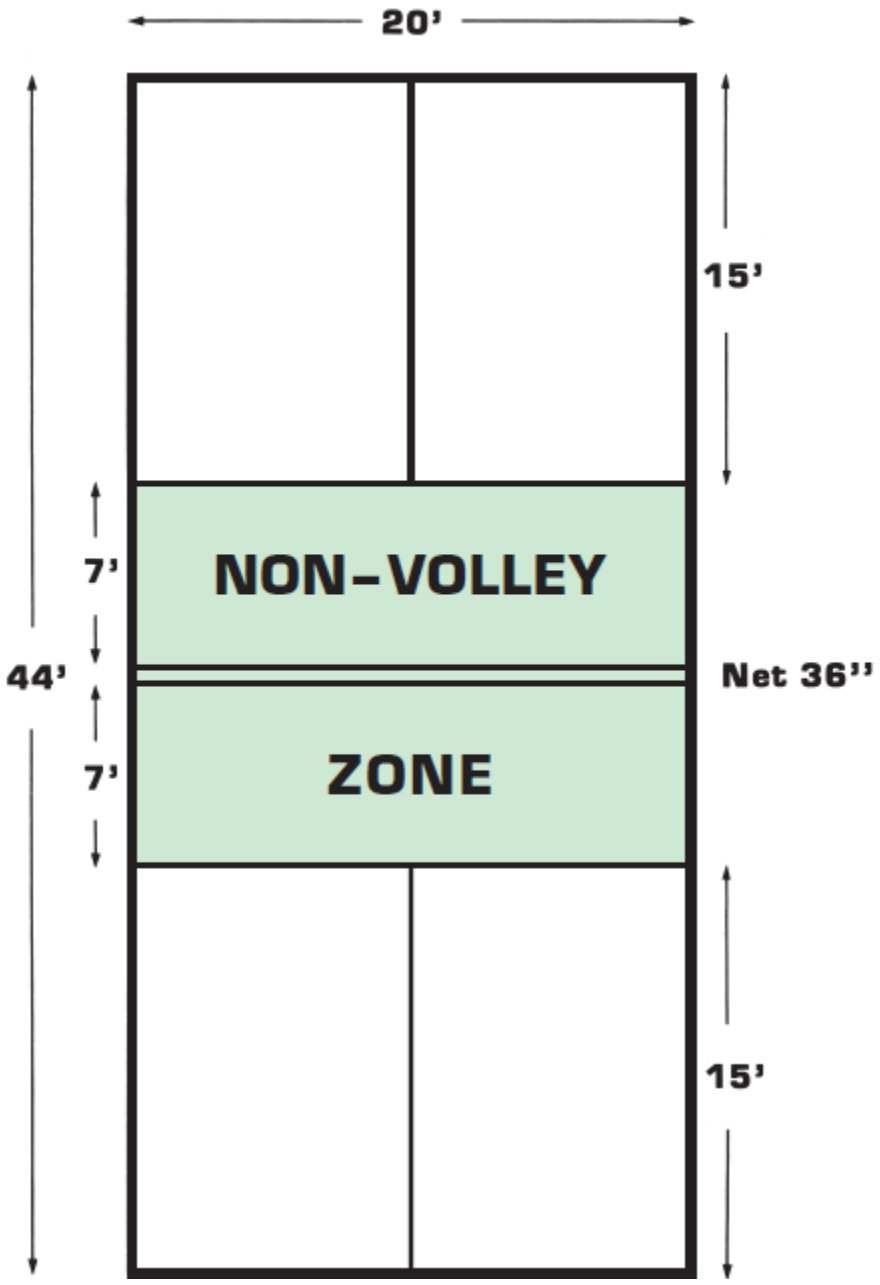
A fault is committed when the ball:

- Is hit out of bounds
- Does not clear the net
- Is volleyed from the non-volley zone
- Is volleyed before a bounce has occurred on each side

Determining Serving Team

The serving team may decide who will serve first with a coin toss, rock-paper-scissors, or any other agreed upon method. The winner of will have the option to choose whether to serve first.

OFFICIAL PICKLE-BALL® COURT



Alaskan Baseball

This creative take on baseball that requires only a soft, throw-able object (e.g. rubber chicken, teddy bear, bean bag, etc.). Don't get caught up on the object, as it is just a minor part of the game. For simplicity, "hitter" refers to the entire team that is the team at bat, and "fielder" refers to the entire team retrieving the object.

Basic Overview

- Find a fairly large space to play (gym for indoors, open field with no/few obstacles for outdoors)
- Decide on the number of runs or innings to play to BEFORE the game starts
- Participants are broken up into two (relatively) even teams. Having one extra on a team won't impact the game.
- One team starts as the "hitter" and one as the "fielder." Choose this by playing rock-paper-scissors.

Gameplay

1) The team starting as the hitter chooses one person to be the first batter. The team circles around the batter. The batter throws the object anywhere he wants outside the circle.
   a) NOTE: hard to reach/impossible to reach places, such as on a roof, on a basketball rim, in the rafters, etc., are not allowed.
2) As soon as the batter throws the object he begins to run around the outside of the circle. Each time around the circle counts as one (1) run.
3) As soon as the batter throws the object, and while the batter is running around the circle, the fielder team runs TOGETHER to the object. When the first team member picks up the object, the team lines up behind the person. The object is then passed in a between-the-legs to over-the-head alternating motion to the back of the line and then back to the front.
   a) Alternatives:
4) Once the fielding team gets the object back to the front of the line (after however many passes needed), fielding team yells "STOP". The person in the front of the line with the object throws it wherever he likes.
5) The two teams are now SWITCHED (i.e. the inning is over) – the hitting team is now fielding, and the fielding team is now hitting. The process of steps 2 – 4 are then played out.
   a) There is no pause between innings
6) The game is over when the run limit or inning limit, whichever was chosen, is reached.

Facilitator Tips / Alternative Rules

To ensure all players have fun and feel included, we recommend/offer the following:

1) Require that the batting team must use a new batter (i.e. thrower) each inning. **We highly recommend this.**
2) You can use nametags for the first inning or two, but then have players take off/hide names for remaining innings
3) If you want to slow the game down a bit / make it less physical, have the batter walk around the inside of the circle, and he has to call out the name of each person in order. This method is great as a semi-"Get to know you" game.
4) Have the object passed between the legs to the back of the line, then overhead to the front of the line
5) Fielding team has to have multiple passes of the object up and down the line
6) Have the fielding team call out the name of the person he is passing the object to (mimic the hitting team)
7) To change the game up, you can, instead of throwing an object, use a pool noodle and a beach ball. The fielding team would have someone lob the ball to the designated hitter, and the hitter uses the noodle to hit the ball.

Kan Jam

Kan-Jam is a relatively new game that works great as an outdoor party game or for a moderately sized group of people. Official Kan Jam sets can be purchased for $40 or less online, but you can easily make your own at home.

Equipment Needed

- Kan Jam flying disc
  - Any Frisbee can be used
- Two Kan Jam goals
  - You can use two garbage cans of the same size, with a square hole cut out in the front, about 3 inches tall and 12-14 inches wide.

Basic Overview / Gameplay

- Four players are split into two teams.
- The two cans are placed 50 feet apart. Players of the same team stand at opposite cans (think Cornhole/Bags).
- Decide which team goes first (we recommend rock-paper-scissors)
  - NOTE: The team that elects/is chosen to go last has "The Hammer" shot. This gives them the last shot in the game, no matter the circumstances.
- Once order of play is decided, the first team member throws the disc towards the other can (see Rules below) in an attempt to score. Both team members throw one time for a turn. Then the disc is given to the other team.
- Teams alternate throwing while attempting to get to 21 points.

Rules

- Game is played to 21. If a team goes over 21, points fall to 17. Scoring is as follows:
  - Dinger – 1 point. Scored when the disc is redirected to hit the can by the teammate
  - Deuce – 2 points. Players hits the can on the fly, with no help from teammate
  - Bucket/Slam Dunk – 3 points. Disc is knocked into (or falls in on the fly) the top of the can.
  - Chog / Instant Win – Disc is thrown on the fly into the slot in the can <u>without</u> help from teammate.
    - If <u>redirected</u> into the slot, 5 points are awarded.
    - NOTE: If the team that was scored on with a Chog has The Hammer, they get one more turn
- The front edge of each can is the throwing line. Players must <u>RELEASE</u> the disc from behind this line (e.g. can't walk up to the line and release in front of it, even with feet behind)
  - First Player Infraction: team warning
  - Second Player Infraction: no points can be scored, but a re-throw is allowed
  - Third Infraction: no points scored, NO re-throw
- There are no limitations on where the deflector can move, which includes allowed to be in front of the can. However, the deflector CANNOT touch the can at any time.
- Legal Deflection Moves: In short, any brief touch with one hand or two hands together that is very brief. The three basic legal deflections are:
  - Jam: using one or two hands (together) to hit the disc down
  - Push: using one or two hand together on the side of the disc to angle it toward the goal
  - Flip: if throw coming in low, it is possible to reach under the disc and flip up. However, much not catch or hold the disc for any length of time.
- Illegal Deflection Moves: catching, throwing, palming disc to control flight, pulling/pushing disc, stopping the disc mid-flight causing it to fall straight down, and double hits
  - Essentially, anything that involves prolonged contact with the disc

Facilitator Tips / Alternative Rules

- If it becomes obvious players are struggling to score/get the disc to the cans, you can move the cans closer, or allow players to move up 10 feet to throw
- Overtime: if teams are tied at 21, overtime continues as normal play for one round, with the team that has The Hammer going last.

For more detailed rules, please visit this link.
(URL: http://www.springvillegi.org/webpages/mheichberger/index.cfm?subpage=1584249)

Molkky

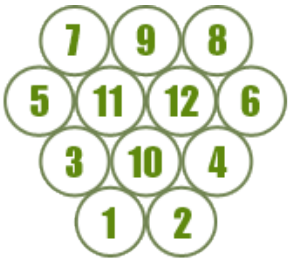
Molkky is a Finnish throwing game invented in the late 1990's that has its roots in an ancient throwing game called kyykka. While official sets can be purchased online, all you need in order to make your own set is a few relatively straight tree branches, access to a circular or table saw, and a marker.

Equipment Needed

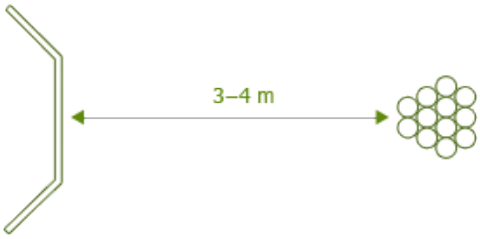
- Wooden throwing pin (molkky). Should be a round piece of wood (dowels work well) about 6-10 inches long.
- 12 standing wooden pins, each numbered 1-12 on the top (they can be the same height, or increasing in height from shortest (1) to tallest (12). See picture below for an example.
- Chalk, string, or other marking item to mark the throwing line
- Large, fairly flat and smooth playing surface/field. Long grass is not recommended. A parking lot, gym floor (ONLY IF IT CAN BE MARKED UP), large cement pad are all viable options.

Gameplay / Rules

- Set up the pins in the formation shown below
- Choose a player to begin. Ways to choose – youngest first, oldest first, closest birthday to today, last one to have done a certain thing – be creative!
- First player throws the molkky at the formation to knock over as many pins as possible.
    - Molkky can strike pins on the fly or by being rolled.
- Scoring: if a pin is completely knocked down, player gets that many points. Count the points on all pins that are completely knocked over.
    - A pin does not count for points if it is leaning on the molkky or on another pin. Must be <u>completely</u> parallel to the ground
- Once the points are counted, all of the pins are set back up exactly where they landed by the player who just threw the molkky.
- The next player in line then throws, and play continues through the line.
- First player to score 50 wins. If player goes over 50, score goes back to 25.
- If a player misses all pins three times in a row, he is out of the game.



PICTURE 1: The formation of the pins in the setup.



PICTURE 2: The throwing line.

Camouflage

This game was taught by members of various 4-H clubs in Kansas, though origins are probably much farther back than that. This is a simple game that requires no props, and CAN be played in almost any location, though larger areas with lots of obstacles (read: things to hide behind) are ideal.

Rules / Gameplay

1) Choose one person to be the first "searcher". All other players are the "hiders."
2) The searcher picks a spot and stays there the entire time he is searcher.
3) All hiders stand within arms reach of the searcher.
4) The searcher closes his eyes and then yells "Ready, Set, Go!"
5) The hiders now have 15 seconds to run to a hiding spot. The searcher counts down from 15, and when he hits zero, yells "Camouflage!" (this is the first round)
6) At this point, the searcher opens his eyes. He surveys the area, looking for any hider that is not completely hidden. The searcher can bend down, turn around, go on tip toes, but cannot move from his spot. If he spots someone, he calls out where he sees the hider. He can use various identifying method: color of clothes, what they are hiding behind, or his or her name, if he can identify the hider that way. If the searcher is correct, the hider must reveal himself and come back to the starting area.
    a) Note: Allow adequate time each round for a search, but don't allow it to go on excessively. Do not allow speculative guesses, ("I think I see someone behind that rock…") This is meant to move quickly and have many people be the searcher.
7) Once the searcher has looked for and found any and all hiders possible, he then yells "Ready, Set, Go!" At this point, any remaining hiders now MUST find a new hiding spot. If a hider does not move, he is automatically out.
8) While the hiders are finding new spots, the searcher counts down from 10 to zero, and at zero, calls out "Camouflage!" The searcher now looks again for any hiders he can see. (this is the second round)
9) After this round, the searcher calls out one more time "Ready, Set, Go!" The hiders now have only five seconds to find a NEW hiding spot. The searcher counts down from 5 to zero, and at zero, calls out "Camouflage!" The searcher now looks again for any hiders he can see. (this is the third round)
10) Once the searcher can find no more hiders, he yells out some sort of call saying he is no longer looking (Can use "Come out, come out wherever you are!", or something shorter).
11) Any remaining hiders at this point leave their spots and run to the searcher. The first hider to get to the searcher is now the next searcher. The game then repeats from step 2.

Alternatives / Modifications / Other Rules

- If you have a smaller space available (such as being indoors), you can reduce the number of rounds (15 seconds / 10 seconds / 5 seconds) to two, or even one. Always feel free to adjust the time allowed to hide as well.
- If you don't want remaining hiders running to the searcher at the end, you can just have them come back to the starting area, and do an elimination game to decide on the next searcher.
- Once a hider has a spot during a certain round, he cannot move DURING the search. However, all hiders MUST find new hiding spots between rounds.
- A single hider must have a different hiding spot for each round of one game (no going back to a spot). However, a single hider may use the spot of another hider
- If two hiders arrive at the same spot, there are no rules for claiming the spot. Both can stay, both can leave, or one can decide to stay and the other leave. Be fair, be safe, but it is a free for all for hiding spots.
- Always promote safe playing (don't have hiders hang off the edge of a cliff, climb under a car, etc.)

Streets & Alleys

This is a good game to play to expend excess energy of campers/participants. This is best played with a “square” number of people plus two (18, 27, 38, etc.), but can be managed with any number of people to have equal rows.

Gameplay

- Facilitator chooses two people to start. One person is the cat, and the other is the mouse (or the robber and cop, Seeker and snitch, etc.).
- Space the two out, either within the group, outside, or wherever you deem best.
- All other participants line up in rows (5 rows of 5, 6 of 5, 4 of 5, etc.)
- The people in rows then hold out their arms to touch the finger tips of those next to them. The space between the people are the streets.
- The facilitator yells go, and the chaser now runs after the other person. Both the chaser and the chased must stay in the streets. They cannot go under the arms.
- The facilitator, whenever the chaser is getting close to catching the other person, can yell out “Alleys!” At this point, the people standing turn to their left. The streets are now turned into alleys (looking from overhead, with the facilitator in front, streets run left to right, and alleys run up and down).
- The chase continues, with the chaser and chased running up and down the rows, and the facilitator calling out the change between “Streets” and “Alleys” at appropriate intervals.
- If the chaser does catch the chased, he wins that round.
- After the round is over, you can do several things:
    - The chased, if caught, is now the chaser, and facilitator chooses a new person to be chased
    - The chaser chooses a new chaser, and the chased goes again (see below)
    - Choose two new people to be the chaser and the chased **(Best Practice)**

Facilitator Notes

- Some rounds can go on for a long time. Call off the chase if it goes too long, as people tend to overexert themselves playing this game if they are competitive.
- Do not allow someone to be singled out if they cannot get away from the chaser, or if someone is continually being caught
- As the facilitator, do not alternate between streets and alleys excessively. Doing this too much will quickly wear out the patience of all participants.

Nine Square in the Air

Nine Square in the Air, or just Nine Square, is an update of the classic Four Square game. You have a large 3x3 "cube" set-up (see picture below) in which players stand. The goal is to be the "King" of the game for as long as you can. Official Nine Square equipment sets can be purchased from www.9squareintheair.com, or you can make your own from PVC pipe, wood, or if you have the welding ability, steel. You also need a fairly large, but lightweight, bouncy ball.

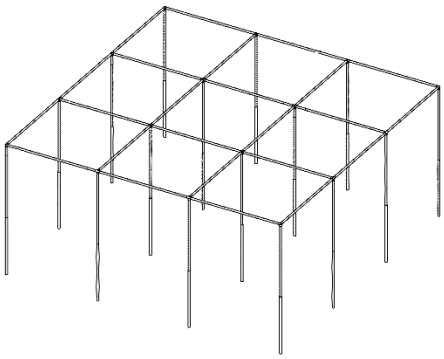
Basic Gameplay

1) Choose the first nine players. Choose quickly, as the game will move very fast.
   a) The player with the birthday closest to that day will be in the middle square, and be King to start. All other players fill the remaining squares (see diagram)
2) The King serves the ball from the center square to any other square by hitting the ball up and out of the top of the center game square.
3) Players must return the ball to another player's square.
4) If a player fails to return the ball to another player's square, that player is out and goes to the back of the line. The King also gets a point each time a player, other than him, gets out.
5) When a player is out, they leave their square and move to the end of the line. The other players advance to fill the square of the player who just got out, and the next person in line moves into square one.

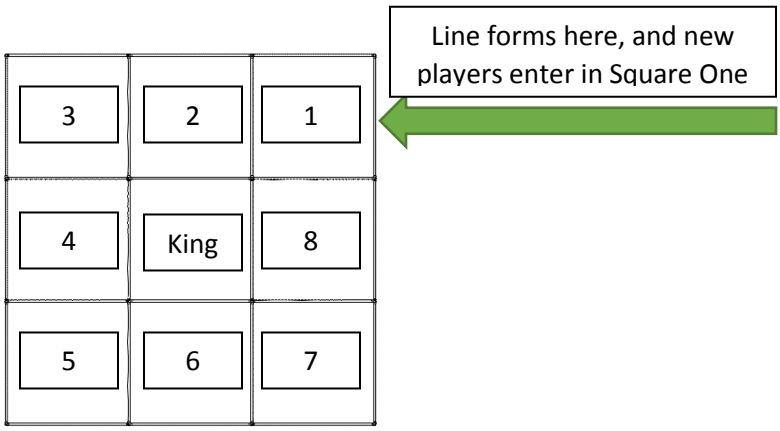
Rules / Modifications

1) A double hit results in that player being out.
2) No catching/carrying the ball. It must be hit with one or two hands (think volleyball rules)
3) If a player hits the ball completely out of the square (e.g. it cannot fall into another player's square) the player that hit it is out.
4) Spiking is generally frowned upon, but not illegal. If it gets to be a problem, do not allow the option.
5) Blocking is allowed.
6) During game play, players are not allowed to touch the game structure. Touching the game structure results in elimination.
7) One the King gets to 10 points, he or she wins, and goes to the back of the line.

FIG. 4



Nine Square Equipment Set-up



Game Rotation

Go for the Goal

This game, despite appearing to be highly active, can be played by anyone willing to walk a little. Think of it as a cross between football and ultimate Frisbee. The goal is to "catch" a large rubber ring in the scoring zone. The biggest equalizer in the game is that the direction of play can be changed at any time by the team throwing.

Equipment Needed

- Large rubber ring (large enough to fit a hand easily through)
- Large grassy field (at least 100ft by 200ft), marked with beginning of scoring zones at end and midfield

Basic Gameplay

- Break all participants into two even teams. Make sure all boys and girls are evenly divided.
- One team starts with the ring at the middle of the field. The offensive players spread out and run around, attempting to get open. When the ring is thrown to a player, he or she attempts to catch the ring in any manner.
- The offensive team is attempting to complete three passes in a row. Once the offense has successfully completed three passes in a row, the offense can then "Go for the Goal".
- To Go for the Goal, the offensive team attempts to complete a pass in either scoring zone. However, the player catching the ring can only catch it using the "spear" method – catching the ring by putting his hand/arm through the ring. If the player catches the ring in this method in the scoring zone, the offense scores a point.
- The opposing team is allowed to play defense, and can attempt to catch the ring or knock it down, but they cannot touch the offensive player in any way. If the defense knocks down the ring or intercepts it, the defense then becomes the offensive team.
- At any point, the team on offense can decide to pass the ring in a different direction. The thrower can be very obvious about it by calling it out, or can be subtle, and attempt to get a single teammate to go the other way. The team on offense can change directions while they have the ring as many times as they want.
- The objective is to be tossing the ring towards *A* goal zone, not a specified goal zone, at all times.
- Play for 15 minutes, take a break, then play the second half.

Rules

- Throwing should alternate between boys and girls (if playing co-ed teams)
- Offensive team allowed to change directions at any time
- Scoring zones only have a beginning and no "back line"
- Players cannot make a catch in the scoring zone until the three team catches have been made

S'More Ball / 4-H Ball

This simple game can be used both as a get to know you game, as well as one to burn off a lot of energy. This can be played indoors or outdoors. Indoors in more challenging, with limited space, but certainly doable.

Equipment needed

- Large bouncy ball (large exercise ball is perfect)

Basic Gameplay

1) Choose one person to be the Tosser to start. All others form a circle around this player.
2) The Tosser launches the ball up as high as she possibly can. While she is throwing, she calls out the name of someone in the circle.
3) While the ball is in the air, the person who had their name called gets ready to catch the ball. In the meantime, all the other players, including the thrower, run as far away as they can.
4) When the called player catches the ball (whether in the air or after bouncing), he yells "Stop!" Everyone must stop immediately. The person who now has the ball is the Thrower.
5) The Thrower now gets to take four steps, as large/long as he possibly can, towards anyone he chooses. The goal is to get close enough to throw the ball and hit someone. The Thrower has to say the name of the person he is trying to hit and then throws the ball at her.
6) The person being thrown at can dodge any way possible as long as the feet do not move.
7) If the person called gets hit with the ball, she gets a letter (such as S as in S'more or H, if playing to 4 H's), and is now the new Thrower.
8) If the Thrower MISSES with his throw, the Thrower gets a letter, but the person he called is still the new Tosser.
9) Now here is where it gets interesting. Everyone remains in their spot. The new Tosser grabs the ball and returns to about where she was. From that spot, she calls out someone else's name (anyone except the recent Thrower), and tosses the ball up as high as possible. Whomever is called must run to catch the ball as quickly as possible (in the air or after bouncing), and that person is the new Thrower.
10) The game repeats steps 2-8, until someone gets all the letters of the word or sequence being spelled.

Rules / Facilitator Notes / Adaptations

- The Tosser must throw the ball as vertically as possible. No kicking or throwing the ball in a certain direction.
- If you can tell someone is being picked on, either to be a Thrower or being thrown at, implement the rule that everyone must be called on at least once before anyone can repeat.
- If you feel people are getting too spread out when running away, you can have everyone reform a circle each time the Tosser throws the ball up.

Bocce Ball

Bocce is a well known game that originated during the Roman Empire, and was developed in its present form in Italy. The premise is fairly simple – get your bocce balls as close to the jack, the target ball, as possible. Hitting your balls closer to the jack, or hitting your opponents balls farther away are both permitted. The game can be played with 2, 4, or 8 players.

Equipment Needed

- Bocce Ball Set (official sets have 8 larger balls, 4 of one color and 4 of another, and a small white ball called the Jack or the pallina)
    - You can use a homemade set using eight softballs and a golf ball, or really any combination of eight larger balls and one smaller ball. Balls should not be made of bouncy/soft material (i.e. don't use eight dodgeballs as the large throwing balls)
- Large field. Official rules call for a field 13ft wide by 90ft long. You can use any size you like, but it is best to have a designated area with a line in the middle that represents halfway.

Basic Rules / Gameplay

Game begins with the toss of a coin. The team that wins the coin toss can choose to either have first toss of the pallina or the color of the balls they will use. To start a game, the pallina is tossed by a member of the team having won the coin toss. A player can toss the pallina any distance as long as it passes the center line of the court and does not hit the backboard. If the player fails to toss the ball properly into play, a member of the opposing team will toss the ball into play. If the opposing team fails to properly toss the pallina into play, the toss reverts to a member of the original team.

The player tossing the pallina must deliver the first ball. If the ball hits the backboard, that team must roll again until the first ball is put into play. Otherwise, that player steps aside and the opposing team will then deliver their balls until one of its Bocce balls is closer to the pallina or has thrown all its balls. The "nearest ball" rule governs the sequence of thrown balls. The side whose ball is closest to the pallina is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in", it steps aside and allows the "out" team to deliver. The other team throws until it gets its ball closer (not ties) to the pallina. This continues until both teams have thrown all their Bocce balls. After both teams have exhausted all their balls, a frame is over and points are awarded. The game resumes by teams throwing from the opposite end of the court. The team that was awarded points in the previous frame begins the next frame by tossing the pallina into play.

Scoring

- Can play to any number, but typically games are played to 12.
- Only one team scores in a frame.
- One point is awarded for each ball that is closer to the pallina than the closest ball of the opposing team.
    - In the event that the closest ball of each team is the same distance from the pallina, no points will be awarded and the pallina returns to the team that delivered it. Only balls which are distinguishably closer to the pallina than any of the opponent's balls are awarded points.
- If the bocce ball is touching the jack, it's typically called a "kiss." This throw is usually worth two points if the bocce ball remains touching the jack at the end of the frame.
- All measurements should be made from the center of the pallina to the edge of a Bocce ball.
- Games are played to 16 points with the first team reaching 16 points being the winner of a game.

Frisbee Golf

This game closely resembles regular golf. You can play with any Frisbee you have in your garage, or you can do what the pro's do, and buy a number of specialized golf Frisbees (driver, iron, short wedge, putter).

Equipment:

- 18 "holes" – can be garbage cans, poles in the ground, pre-picked trees. It just needs to be something you can hit with your Frisbee
- Frisbee

General Rules / Gameplay

- Determine your "course" of play
- First person "tees off" towards hole number one. Second person throws, and so on
- Person farthest from the hole throws next
- If your Frisbee gets stuck in a tree / other object and does not fall to the ground, you are penalized one shot

Scoring / Rules

- Two ways to play:
    - Match play scoring (only works with two people/two teams playing): Whoever has the lowest score on the hole wins, and goes "1-Up." Play continues until one player/team is up by more than there are holes remaining (i.e. player A is up by 7 with six holes to go; Player A wins "7 and 6")
    - Stroke Play: keep track of how many throws you've taken. Player with the fewest number wins
- In general, hitting any objects on the fly is part of normal gameplay, just as in regular golf
- You can throw in things such as: throw with opposite hand; throw between your legs, close your eyes and throw, or other wacky things, to make the game more interesting and fun

Resources

www.ultimatecampresource.com - Great source of games and activities

www.teamworkandteamplay.com/resources.html - Jim Cain's company

Any of Karl Rohnke's books - www.karlrohnke.com