

JUNIOR/SENIOR GAMES

Students get to choose what games they play each week. Teams are divided evenly. You may NOT switch games in the middle of the period. If there is a problem, talk to the person in charge of the game. If they are willing to let you go, then you MUST COME SEE ME before going to another game.

Nuke 'Em*
Soccer*
Kickball
Gaga Ball
Flag Football
Capture the Flag*
Dodgeball (War Ball)*
Camp Games*
Star Wars Tag

FRESHMAN/SOPHOMORE GAMES

Students do not get to choose their games until they reach the age of 10. The age groups rotate each day throughout the the list below, alternating kickball and soccer each week. For example, if the Freshman are playing kickball, the Sophomores are playing soccer, and the next time, they will switch and the Freshman will play soccer and the Sophomores will play kickball.

Soccer
Kickball
Capture the Flag
Dodgeball (Sophomores only)
Camp Games
Parachute Games (Freshman only)
Star Wars Tag (less complicated version of the game - see rules below)

On the next page are the rules for most of the games we play at Sports Day. We will be adding more very soon. We encourage you to go over these rules with your children if you have never been to Sports Day. It will be helpful for them to know how to play before arriving. Just skip over the sections that don't apply to your child(ren). It's not necessary to read all of them, there are several pages of rules.

CAPTURE THE FLAG - SENIORS ONLY

Team flag is the jersey of the color of the defensive team and sits in the box. Player flag refers to the two flags that players wear

- We always go with two teams
- Usually the box is 8 squares wide and long with 2 guards in the box.
- Guards can't stand or sit on the team flag
- We usually get in 4-6 games per period so we vary things. After a couple of games, we move the boxes closer together to make it easier to capture the other team's flag.

Another variation is to have Elimination where there is no flag so one team wins by eliminating all the players on the other team. "Every man for himself" is popular with some and I usually leave it for the last game.

- When a player grabs an opponent's flag, they are to come to one of the officials and give him or her the flag. They are immune during this time, but we watch for dawdling and call them out if they are slow. Once they hand me the flag, they have a couple more seconds of immunity to get away from the official. This is always a judgement call. Really good players get less time than not-so-good players.
- We do not let teammates share a player flag (Player 1 gives 1 of his two flags to Player 2 who has lost both of his so that Player 2 can stay in the game). Our opinion is that when you are dead, you are dead.
- We watch for player flag guarding and tell players to pull the flags out of their pants further (a favorite trick is to have little of the flag showing to make it hard to grab).
- You can enter the team flag box from the front and sides, but not the back. You can exit however you want. Teammates can hand another teammate a team flag, but cannot throw it.
- No tackling and we warn players who fall a lot to make getting their player flags hard.

CAPTURE THE FLAG - JUNIORS, SOPHOMORES, FRESHMEN

The team flag (pillow) sits in the team box is the color of the flags each team wears. Player flag refers to the two flags that players physically wear on their bodies.

There are always two teams.

Usually the box is in corners on opposite sides of the court with 2 guards in each box.

Game Play

- Guards can't stand or sit on the team flag.
- When a player grabs an opponent's flag, they are to come to one of the teen or adult leaders and give him/her the flag. They are immune while holding the players flag. Once they hand me the flag, they have five more seconds of immunity to get away from the staffer.
- We do not let teammates share a player flag (Player 1 gives 1 of his two flags to Player 2 who has lost both of his so that Player 2 can stay in the game).
- We do not allow player flag guarding, leaving your hands on your flags to prevent them from getting stolen, or have little of the flag showing to make it hard to grab.
- You can enter the team flag box from the front and left side, but not the back blue lines. You can only exit through the front and left side. Teammates can hand another teammate a team flag, but cannot throw it.
- No tackling, hitting, scratching, biting, kicking, or tripping of any kind is allowed. If a player continuously pretends to fall they will be out for the rest of the game. If a player trips because of you, we ask that you be a good sport and help them up.
- We allow players to do either pushups or sit ups to get only one more set of flags. The amount is based on their ages.

Freshman (6-7) - 5 pushups or 7 sit ups.

Sophomores (8-9) - 10 pushups or 15 sit ups.

Juniors (10-13) - 15 pushups or 25 sit ups.

Another variation is to have 'Elimination' where there is no team flag so one team wins by eliminating all the players on the other team.

"Every man for himself" is popular with some age groups and we usually leave it for the last game.

Remember, the staffers are in charge. Whether it's a teen staffer or an adult, they get the final call. If a player throws a fit continuously over a staffers call, he/she will be asked to sit out for the rest of the game. If the arguing continues, the director will be asked to step in.

We want this to be a fun game and following the rules will ensure that everyone has a good time.

NUKE 'EM VOLLEYBALL - everyone

Nuke 'Em is played with two evenly split teams at a volleyball net.

The game starts with Team 1 throwing the ball over the net. The other team tries to catch the ball before it hits the ground. Some rulebooks say that you can't hold the ball for more than three seconds, but Sports Day culture allows leniency on that rule as long as the victory dance doesn't last too long.

You can pass to one other person on your team before your team throws it back over.

You're out of the game if the ball lands on the floor in front of you, or you're the closest to the ball when it hits the floor, unless someone else touched the ball first when trying to catch it - the first person who touched the ball counts as the "closest to the ball."

You're also out if you throw the ball out of bounds, or if you attempt to throw the ball over the net and can't get it over.

If the ball lands equally close to two people, Rock-Paper-Scissors decides who's out.

If a team catches the ball with only one hand, one of their "out" players can come back in.

CAMP GAMES - Everyone

Usually played by Juniors, Sophomores and Freshman (some times Seniors)

Various games are played for Camp Games. Rules are usually explained before each game starts. Your child can let a Teen Staffer know if they don't understand. Some games are played with only certain ages.

Games offered:

Parachute games (Freshman only)

Museum (or Wax Museum)

Relay games

Amoeba Tag

Octopus Tag

Sharks and Minnows

Freeze Tag

Steal the Bacon (Freshman)

Shooting Stars

Fruit Basket

Captains Coming

Telephone

Assassin

Please feel free to have your child suggest games for Camp Games. We are always looking for new fun games to play!

INDOOR SOCCER - Everyone

Indoor Soccer rules/guidelines

We do the 1-2-3 method for both girls and boys to select teams. Our opinion is that letting the kids pick teams takes too long and never works well. We know the players well enough to know who is good and once the teams are selected will move people around to balance the teams. Once play has started, if there is an imbalance in the teams, we will trade people ("You are traded from blue to red and you on the red team are now on the blue team"). Having imbalanced teams ruins the games in our opinion. This does not mean one team will not win by several goals, but we want teams to win because a group plays better/harder, not because one team had a lot more talented players. We do not keep score, but the kids do.

Rules:

- Far wall is in bounds and we play on. We will call a throw-in if the ball gets stuck.
- On the near side, the farthest color change in tiles is out of bounds and throw-ins occur on that side.
- No corner kicks or penalty kicks. We will occasionally do a penalty kick for Seniors if there is an egregious handball right in front of the goal, but only because Seniors can handle it and the Senior goalies are good.
- Outdoor soccer has end lines where if the ball goes off the defense and across the line, a corner kick is awarded and if off the offense, a goal kick is awarded. On the far edges of the field (good distance from goal), we have the back wall in play. Near the goal, we award the ball to the goalie and allow a goal kick. Sophomores can punt the ball, but Juniors and Senior goalies must throw or kick the ball off the ground (to protect the lights) soccer throw-ins.
- Shots on goal must be at the goalie's height or below (for older kids, the ball must be reachable above their head) to be considered a goal.
- Throw-ins are normal soccer throw-ins.
- No free kicks if there is a handball or foul. We play on and we warn the offending party.
- Goalie wears team color jersey and goalie jersey on top so they can quickly change from goalie to player.

KICKBALL

Kickball is played in simplified baseball fashion with two opposing teams, each alternating kicking and fielding.

Object of the Game: Score more runs than the other team within the time allotted.

Rules of Play:

- Order of kickers should alternate boy, girl as much as possible.
- Pitcher is to pitch the ball toward home plate so that it is rolling, not bouncing, by the time it reaches home plate. Pitcher may not release the ball in front of the pitching block.
- Each team gets three outs per inning.
- No Strikeouts or Walks
- To be “in play”, the kicked ball must touch the ground between the 1st and 3rd baselines extended. Balls hitting a building are in play provided the ball struck the building within the 1st & 3rd baselines extended. Balls hit into the tree are in play.
- Outs occur under the following situations:
 1. Ball is caught by a fielding team member on the fly (before touching the ground), whether in fair or foul territory. This rule includes incidence of the ball rebounding off a building or tree or rolling off a roof.
 2. A fielding team member who has the ball in possession touches a runner with the ball prior to the runner touching a base.
 3. A fielding team member who has the ball in possession touches the base that a forced runner is running to before the runner touches the base.
 4. A runner is hit below the shoulders by a thrown ball while moving to another base (either advancing or retreating) and not touching a base.
- Balls kicked on top of a building, if not caught for an out, are a ground rule double.
- On a fly ball, runners may not advance until the ball is either caught or hits the ground. Once the fly ball is caught, runners may “tag up” and then advance.
- No leading off or stealing bases is allowed.?
- Play ends once the ball has returned to the pitcher; runners may not advance.
- To score a run, a runner has to safely advance to each base consecutively and reach home plate before the end of an inning. Runs crossing home plate on the at bat that results in the 3rd out of the inning are not counted

WAR BALL (DODGE BALL)

Objective of War Ball:

to eliminate all players of the opposing team by throwing a game ball and hitting the opposing player below the shoulders.

The coach (adult or teen) is responsible for choosing the teams. There is no arguing. Students may respectfully request to be switched to the other team, but the coaches decision is final.

GAME PLAY:

All the war balls are lined up in the center of the court. When the whistle blows both teams rush from their base line to the balls. Players have to grab a ball and run back across the designated line before the game begins. Each player may only grab one ball (this allows for more players to actively play). Once the game begins the balls are thrown back and forth in an effort to eliminate the opposing team. If there are a fewer players on one side those players are allowed to have 2 balls in their possession.

You are **out** if:

- 1) you step on or over the centerline
- 2) a thrown live ball hits your body
- 3) you throw a live ball and it is caught by an opponent
- 4) you hit an opponent in the head (whether on purpose or accidentally).

A thrown live ball can only hit out 1 player.

Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out.

You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or if you fail to make a clean block (as in the thrown ball still ends up hitting or grazing your body afterwards), you are out.

If you are out, line up on your side of the court outside of the boundary lines or sit on the bleachers closest to your team. The coach will call a "RESCUE!" when one or both of the teams gets down to a few players left on the court. This means that all the players that are out are allowed back into the game. At times the "RESCUE!" may be called for only one team. Players who are out may not throw balls at the opposing team. Games can be played down to the final winner.

What ifs:

- What if a ball hits your teammate and you catch it? Your teammate is still out. It hit them first.
- What if you are getting a ball from out of bounds and returning to the field of play? You are considered out of the field of play and off limits to the opposing team.
- In addition, you may not throw the ball at the opposing team until you return to the field of play.

GAGA BALL

Gaga is a fast paced, high energy sport played in an octagonal pit. The more players the better! Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout.

Easily addictive, people can't wait to get back in the pit. The games move quickly...after a few short minutes, the action heats up with a second ball, sure to get even the best players out within minutes. Once the game ends, everyone is back in for the next round.

What we know for sure is that the excitement surrounding gaga is exploding!

RULES OF GAGA BALL

It's super simple. Basically, we throw a bunch of players and a ball in a pit. It's everyone for him/herself; if the ball touches you below the knee, you're out. The last one in the pit wins. Then, everyone hops back in for the next round. Games last no more than five minutes. It's fast, it's sweaty and it's really addictive. As soon as you get out, you can't wait to hop back in. That's why they're all talking about it!

The official game rules of The Gaga Center:

- All players start with one hand touching a wall of the pit.
- The game begins with a referee throwing the ball into the center of the pit.
- When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'GO' on the third bounce, after which the ball is in action.
- Once the ball is in play, any player can hit the ball with an open or closed hand.
- If a ball touches a player below the knee (even if the player hits himself or herself) he or she is out and leaves the pit. If a player is hit above the knees, the play continues.
- If a ball is caught on a fly, the player who hit the ball is out.
- Players cannot hold the ball.
- If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.

STAR WARS TAG

Star Wars Tag is a complex and engaging version of the traditional game of freeze tag! The more the merrier in this game as there are many different roles that make every game as gripping and fun as the one before, and use different colored noodles to signify the different roles! Just like any great story, this game is broken down into chapters/stages where new characters/roles are introduced.

Stage 1: *The game begins with everyone taking the role of Rebels exploring this star system. Rebels are ordinary citizens that scatter themselves across the open playing field.*

Stage 2: *Upon hearing about all of the Rebel activity in this star system, the Empire decides to send in a squadron of Stormtroopers to deal with the problem. Select 2-3 students to be Storm Troopers who will become the freezers and use orange noodles as Blasters to tag the Rebels. Just like traditional Freeze Tag, when a Rebel is hit by a Storm Trooper with an orange noodle, that Rebel is frozen and must stand still with their hand in the air to signify they are frozen.*

Stage 3: *After getting word that the Rebel fleet is under attack, the Rebel Alliance sends in two of their greatest leaders: Luke Skywalker and General Leia Organa. Select 2 students to be Luke and Leia who will become the un-freezers and use blue noodles as Lightsabers to unfreeze the Rebels that are have been frozen. Being Rebels themselves, Luke and Leia must avoid being tagged by the Stormtroopers. If tagged, they become frozen. However, Leia may unfreeze Luke and vice-versa.*

Stage 4: *Hearing that Luke and Leia have joined the battle, the Empire sends in their most feared leader: Darth Vader.* Select 1 student to become Darth Vader and they will use a red noodle as a Lightsaber for their special role. If a Rebel is tagged with Vader's red Lightsaber, they must get an orange noodle and rejoin the game as a Stormtrooper. Therefore, there will be more and more Stormtroopers in the game as Darth Vader tags more Rebels.

Important: If Luke or Leia are tagged by Vader, they must drop their Lightsaber and rejoin the game as a Stormtrooper. Any Rebel may take on the Luke or Leia role by picking up the dropped Lightsaber.

Stage 5: *Having felt a great disturbance in the Force, Master Yoda decides to join the battle.* Select 1 student to take the role of Yoda and give them a Green noodle for a Lightsaber. Yoda plays the same role as Darth Vader, except that he targets Stormtroopers. If a Stormtrooper is tagged by Yoda's green Lightsaber, that Stormtrooper must put away their orange noodle and rejoin the game as a Rebel.

Important: Being masters of the Force, Yoda and Vader are immune to all attacks (including each other).

Stage 6 (Optional): *As the battle continues, the Rebels decide to send in reinforcements in R2D2, Han Solo, and Chewbacca.* Select 1 student to be R2D2 and give them a special blue noodle. R2D2 is powerful but is also immobile giving this character the ability to eliminate Storm Troopers from the game. Given this strength, R2D2 cannot move and must stand in the middle of the field and swing for Storm Troopers passing by. Han Solo and Chewbacca are partners and cannot leave each other's side. Select 2 students to be Han and Chewy and give them two special blue noodles. Both of them will run around and must hold onto one of the noodles called the unity noodle, and use the other noodle to shoot Storm Troopers. If either Han Solo or Chewbacca let go of the unity noodle, they are both eliminated, and in order to shoot Storm Troopers, they must throw their other noodle at Storm Troopers in order to eliminate them.

Important: Han Solo and Chewbacca are the only roles that can throw their noodles. All other roles must make contact with the noodles in their hand.

Stage 7 (Optional): *A new species has developed on this star system and they are eager to spread chaos.* This new species is known as the shapeshifter and they have a very powerful role. Select 1 student to be the shapeshifter and give them the purple noodle. The shapeshifter runs around and changes places with any role that they desire by hitting them with their purple noodle. As this new species, shapeshifters cannot be frozen or killed by any other role.

Stage 8: *Emperor Palpatine has had enough with the Rebel Alliance as well as the Empire and his fury rages upon anyone he comes across.* Select 1 student or leader to become Emperor Palpatine and give them a red noodle as a Lightsaber. This last stage ends the game as Palpatine eliminates all players while going on a rampage. Emperor Palpatine cannot be frozen or killed by any other role.