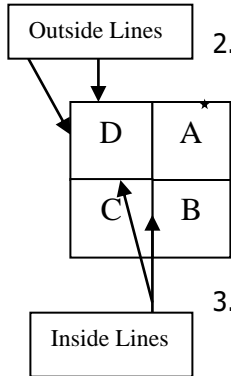


Recreational Games Study Guide

Four Square Rules



1. There are ideally 4 players to a game*. Players take positions in boxes "A, B, C, and D". The object of the game is to be in the server box "A" and stay there.
2. Player "A" starts each rally with a serve.
 - Player "A" says "service" so everyone knows they are serving the ball.
 - You serve by bouncing the ball from the corner " " of square "A" and hitting it underhand to any other square (You do not have to tell to where you are going to serve).
 - Players hit the ball from box to box in any order until someone misses. When someone misses or a player fouls (see below) each player moves up 1 box in a counter clockwise direction** (from box "D" moving up toward "A").
3. A point will be awarded to the player whose hit caused the other player to miss or foul. A bonus point is awarded to the server for staying in square "A" for 3 consecutive serves (Rally scoring)
4. The ball must bounce before you hit it.
5. You must slap the ball to move it from square to square, using your palms with one or both hands.
6. The ball must completely clear all inside lines (outside lines as indicated in the diagram are in play)

NOTES:

*If there are only 3 players in a game, then box "D" is left open and is out of bounds.

**If there are more than 4 players, the extra player(s) remain off of the court during play. The individual who misses goes out and the next player up enters into square "D".

4 Square Fouls:

1. Illegally hitting the ball. The heel of the hand or the fist may never be used to strike the ball. No throwing, pushing, spinning or carrying the ball.
2. Failure to hit a ball which bounces into one's box
3. Playing a ball which has bounced into someone else's box
4. Hitting the ball out of bounds or onto an inside line
5. Hitting the ball into one's own box
6. The ball touches any other body part other than the hands

Wellness:

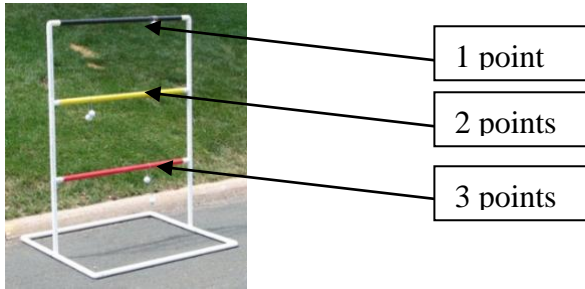
- Even though the game may seem easy to play it requires several wellness elements. **Agility**, being able to control all **movements** of the body, is the skill most player will have to utilize during the game. However, **eye-hand coordination** is also a big part of the game. Simply making contact with the ball can be difficult for some players.

Strategy:

- A strategy that most player can use is going for low bounce shots. This is make it more difficult for the receiving player to make a good return shot.
- Aiming for another players foot is an effective way to end a round quickly.
- Most times your opponents will be looking at your eyes to see where you are going to your next shot. A strategy that you can use is to look one way and hit the ball another.
- Even though it is not a "team" game, working collectively to get the server out of the "A" square is also an important strategy.

Ladder Golf

Ladder Golf is played with 2 or more players or teams. Each player has 3 golf ball bolas. A bola is 2 golf balls attached by a nylon rope. The object of the game is to wrap your bolas around the steps of the ladder. The ladder consists of 3 steps, a top, middle and a bottom step.



Rules of the Game:

1. Ladder Golf is played in rounds, each round consists of all players at one end tossing 3 bolas. A coin toss is used to decide which player or team will toss first. 2 players on opposite teams would be on one side and the other 2 opposing players would be at the other game ladder. One side would toss all bolas and the other team would toss them back.
2. The first player must toss all 3 bolas before the next player is able to toss his or her bolas. bolas must be tossed underhand.
3. The winner of the round earns the first toss in the next round.
4. Games are played to an exact point total of 21.
5. In order to win, a player must be the only one to score exactly 21 points after the completion of a round. If a player goes over the exact point total, that player's points for that round do not count. (For example: A player with 18 points needs 3 points to get the exact score of 21 in order to win. If that player has 5 points hanging on the ladder after all the players have tossed all strands, none of those points count and the player will enter the next round with 18 points again needing 3 points to win.)

Scoring:

After all teams have tossed all their bolas, scoring is determined by the bolas that are still hanging from the steps. Players can knock-off bolas during the course of the game; in fact knocking-off other players' bolas is encouraged and a good way to play defensively. Bolas that are knocked off during play do not count as points. Only bolas that are left hanging after all bolas are tossed are counted as points.

Points are determined by which step your bola wraps around. The top step is worth 1 point; the middle step is worth 2 points and the bottom step is only worth 3 points. If bolas from opposing teams are on the same step, those bolas cancel each other out. The highest amount of points available per player is 9. This is accomplished by hanging all 3 bolas on the top (3 point) step.

Wellness:

- **Eye-hand coordination** is a big part of this game. Being able to throw a moving object to a stationary object can be more difficult than it appears.
 - Your foot and your follow through should be pointed at the ladder you are throwing to
 - If you step, you should step with the foot opposite of the arm you are throwing with (i.e. a **right handed** thrower steps with their **left** foot)

Strategy:

- **Teamwork** and **cooperation** is also a major part to this game. One player cannot win a game (doubles) alone.
- A strategy that a team can use is planning out how you are going to get to 21 points. Some teams will find it easier to hit a 3 point shot than a 1 point shot. Plan out your last shot before you are forced to make a more difficult shot for your team than you have to.

- At some point in the game it might be more important to try and cancel the other teams' points than to score additional points for your team.

Ultimate Frisbee

Equipment Used: one Frisbee (disk) for each game

Regulation Games:

- 1) played with 7 players on each side
- 2) played on a field 70yards long by 40 yards wide with 25 yard deep end zones
- 3) A standard game is to 15 points or a predetermined amount of time (whichever comes first)

The Throw off:

- 1) A **throw off** will occur to start the game and after each score (after a score teams switch ends).
- 2) All players should be on their own goal line.
- 3) If team "A" throws off to team "B" no one from team "A" may touch the disk while it is in the air before a player from "B" has touched it.
- 4) Team "A" throws it to team "B":
 - If team "B" catches it they must start immediately from that point.
 - If team "B" attempts to catch it but drops it team "A" takes it from that point.
 - If team "B" lets it hit the field, they take it at that spot.
 - If it goes out of bounds team "B" takes it from that spot.

How to play offense:

- 1) You must attempt to **throw** and **catch** the disk. If the disk is not caught for any reason the defense takes it from that spot.
- 2) May **toss** the disk with a variety of techniques, but you cannot hand it off to a teammate.
- 3) Players may not take steps with the disk they are only allowed to pivot on one foot. (However momentum must be taken into consideration if a few steps are taken.)
- 4) If the disk is dropped, thrown out of bounds, or not caught for any reason the defensive team takes possession.
- 5) The thrower cannot catch his/her throw.
- 6) The thrower has only 10 seconds of possession time. If it is held longer the defense takes possession. The defensive players must count out loud to let the offense know about possession time.
- 7) A point is scored if the disk is caught while both feet are in the end zone.

How to play defense:

- 1) Only one player may guard the player who has possession.
- 2) The disk may not be forcefully taken away or knocked out of a player's hand.
- 3) **NO BODY CONTACT.**
- 4) If the defense deflects the disk to the ground they still gain possession.
- 5) The offense must have enough space to make a throw.

Wellness:

- Even though the game may seem easy to play it requires several wellness elements. Agility, being able to control all movements of the body, is the skill most player will have to utilize during the game. However, eye-hand coordination is also a big part of the game; **catching** the Frisbee can be very difficult for some player.

Strategy:

- Short passes can be an effective way to move the Frisbee down the field.
- Getting yourself into an open space away from your defenders can make you an attractive outlet for the passer.

Spirit of the Game:

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at

the expense of respect between players, adherence to rules, and the basic joy of play