

Bocce Study Guide

Object of the game:

To score the most points by ending each round with your color bocce balls closest to the pallino (point ball). Each player rolls 4 bocce balls.

Scoring:

1. The game is played to 12 points.
2. At the end of each frame, the team closest to the pallino will get 1 point for each bocce ball that is closer than the closest bocce ball of their opponents.

Playing the game:

1. One player rolls the pallino at least halfway down the designated playing area.
2. The same player who threw the pallino then rolls one of his/her bocce balls trying to get as close to the pallino as possible.
3. Team 2 then rolls, trying to get their ball closer to the pallino than team 1.
4. If team 2 gets closer it becomes team 1's turn again.
5. If team 2 does not get closer, team 2 continues to roll until they get one of their bocce balls closer.
6. Each team can knock the other team's ball away from the pallino by rolling and hitting the opposing team's ball.
7. After both teams roll all 4 of their bocce balls, the team with the closest bocce ball to the pallino is the only team that can score points for that frame.
8. The game may be played by 2 people (singles) or by 4 people (doubles).

Golf Study Guide

Golf History:

The game of golf as it is played today originated in Scotland in the early fourteenth century. The first rules of golf were written in 1754 at St. Andrews Golf Club in Scotland. The first golf club in the United States, St. Andrew's of Yonkers, New York, was founded in 1888. The USGA (United States Golf Association) was established in 1894 to govern the game in the U. S. Today there are an estimated 23 million golfers in America alone.

Golf Courses:

Regulation golf is played on a course consisting of 18 different holes.

Each hole has a **tee box**, **fairway**, and a **green** and a par rating of 3, 4, or 5. Varying combinations of these holes in any order on any course give it an overall par rating in the upper 60's to low 70's (most commonly 69-72) for all 18 holes. Par is determined by the length and design of a hole and is always the number of shots it **should** take a golfer to get to the green plus two putts on the green to put the ball in the cup. The goal of every golfer is to try and take as few shots as possible on each hole – meaning that in golf the **low** score wins.

Golf Clubs:

The rules of golf allow a player to carry a maximum of 14 clubs in their golf bag during any competition. A traditional full set of golf clubs includes three or four woods, nine or ten irons (including wedges), and a putter. A general rule to remember about clubs is as the *number increases*, the *loft increases*. The **lower number** woods/irons (1-5) are for **distance** and the **higher number** clubs (6-9, & wedges) are for **shorter**, but more **accurate** shots. The putter (used on the greens) is the club that is essential to all golfers. Golf clubs are also made out of different materials (metal, wood, & graphite), in different styles (men's & women's), and different sizes (for taller or shorter/ stronger or weaker players).

KAN JAM

History:

Kan-Jam is a fun new exciting game, which was created by Mr. Swisher and Mr. Sciandra, who are both alumni from NTHS. People of all ages and skill levels are playing this innovative new game across America. Kan-Jam originated as a garbage can disk game around 1990. For the next 10 years, the tournaments held would be played using garbage cans and large disks. There was no Instant Win slot in the front either. In 1999, the game expanded to more people and the garbage cans were changed to heavy-duty plastic cans with smaller disks. This made it possible for the newcomers to join the fun by getting their own set. In 2003, the smaller disks were replaced with larger ones, and proved to be better in the wind.

Benefits:

Kan-Jam is not similar to any existing game or activity. It is fun, easy to play, safe, portable, simple to store, and can be set up in a matter of seconds! The rules are simple and easy to learn. Kan-Jam is challenging and very competitive because the team that is losing always has a chance to win, no matter how far behind they are

- Kan-Jam is ideal for ages 8 to adult and no special skills are needed to play
- This interactive, quick paced game is easy to learn and fun to watch
- Kan- Jam provides healthy exercise, improve coordination skills, and encourages friendly competition without physical contact
- The "Instant Win" feature adds excitement to the game by providing the opportunity to win right up to the very last throw.

Object of the Game:

Partners stand at opposite goals, alternating throwing and deflecting. One partner throws the flying disk and the other partner redirects it toward or into the goal. After both partners complete one throw each, the flying disk is passed to the opposing team. The game continues alternating team turns until an exact score of 21 is reached or there is an Instant Win scored. Kan-Jam is fast paced and play is continuous.

Kan-Jam Scoring:

Dinger 1pt Redirected Hit: Deflector redirects thrown disk to hit any side of the goal

Deuce 2pts Direct Hit: Thrower hits the side of the goal, unassisted by partner

Bucket 3pts Slam Dunk: Deflector redirects the thrown disk and it lands inside the goal

Instant Win Game Over: Direct Entry Thrower lands the disk inside the goal, unassisted by partner. The disk can enter through the slot opening on the side or through the top of the goal. When an Instant Win occurs, the throwing team is declared the winner and the opposing team does not receive a "last toss" option.

General Rules:

1. Players must remain behind the goal when throwing. No points are awarded if the player crosses the line.
2. There are no points awarded when a throw hits the ground before striking the goal.
3. Deflectors can move anywhere within the playing area to redirect the disk.
4. No score will result if a deflector double hits, catches, or carries the disk.
5. Three points will be awarded if an opponent interferes with play or defends the goal. If the score is 19 or 20, 1 or 2 points are awarded.
6. A team must reach an exact score of 21 points to win. If a given throw results in points that raise a team's total score above 21, the points from that play are deducted from their current score and play continues. For example, if a team has 20 points and score a BUCKET (#points), their score is reduced to 17.
7. Teams must complete an equal number of turns before the game is over. Except when an Instant Win is thrown, the team with "the hammer" (last toss) will always get to throw last.
8. In the event of a tie game, the winner is decided in a tiebreaker method of overtime. Each team completes one round of throws and the team with the most points wins. Overtime rounds continue until the tie is broken.

WASHERS

Object:

Each player or team gets a set of four washers of the same color.

Players take turns throwing their washer to the goal that is 25-30 ft away

When a player's throw lands in the can, box, or within a foot away from the box, points are scored.

Playing Washers:

One member of each team stands at one box with all four washers and their teammate stands at the opposite box.

If playing singles, both players throw toward the same box.

All players at the first box throw toward the opposite box alternating with their opponent and their partners tally the score. The team with the highest score that round will toss first.

Points:

Inside the can= 5pts

Inside the box= 3 pts

Within a player's foot from the outside of the box= 1pt

Inside leaner=4 pts

Outside leaner= 2 pts

Balancing a washer on the box or can is an automatic game winner!

*You may cancel an opponent's throw if you throw the same score as they do, on the same throw. *

Keeping Score:

The game is played to 21 and you may go over.

HORSESHOES

Object:

Four players on two teams take turns tossing horseshoes at a spike in the ground, trying to get them on or near the spike.

Rules:

Both team members use one pair of shoes. Pairs of players, one from each team, stay at opposite ends of the court for the whole game. One side pitches, and the partners at the opposite end call the score, retrieve the shoes and pitch them back.

Scoring:

A ringer is a horseshoe that completely encircles the stake.

-No ringers, closest shoe (must be within six inches of the stake): 1 pt

-No ringers, two closest shoes: 2 pts

-Ringer: 3pts

-Leaner (a shoes that is propped up against the stake): 2 pts

Games are played to 21 points, your team must win by 2 pts.

Cancellation Scoring:

You can use cancellation scoring. If you and your opponent both score a ringer during the same turn, the ringers cancel each other out. These are known as dead ringers. This can keep the game challenging and more competitive.

SPIKEBALL

Object:

Team sport played by two teams of two players. Opposing team's line up across from each other with the spikeball net in the center. The ball is put in play with a service- a hit by the server from behind the service boundary into the net to an opposing player. Once the ball is served players can move anywhere they want. The object of the game is to

hit the ball into the net so that the opposing team cannot return it. A team is allowed up to three touches to return the ball. The rally continues until the ball is not returned properly.

Rules:

Before the ball is served any players not receiving the serve must be at least 6 ft from the net. The returner can stand at whatever distance they choose.

Once the ball is served players can move anywhere they want.

Possession changes when the ball contacts the net.

Each team has up to 3 hits per possession, but they do not need to use all 3 hits.

Scoring:

Rally scoring (points can be won by the serving or receiving team)

Games are played to 21. You must win by two points.

Switch sides after one team reaches 11 points.

Points are scored when:

- The ball isn't hit back into the net within 3 hits

- The ball hits the ground

- The ball hits the rim (including clips) (Even during a serve- rim shots don't count as a "let")

- The ball does not bounce off the net in a single bounce. (It must clear the rim in order to be good)

- There is an illegal serve or other infraction

Serving:

The ball must be tossed up from the server's hand before it is hit. It cannot be hit out of the server's hand.

If the server does not like the toss, they need to let the ball drop to the ground. They will have one more opportunity to toss and serve the ball.

Serves can be as hard or as soft as the server likes, and drop shots are allowed.

The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lost the point. If the receiver does not call "let", continue play.

If the ball contacts the rim at any time, it is a point for the other team and a change of possession.

Contacting the Ball:

Hits must alternate between teammates.

If the teams cannot determine if the ball hit the rim, replay the point, no questions asked.

Once the ball hits the net, it must bounce off in a single bounce. It must clear the rim in order to be good.