

Sequoia Academy Playground Rules



Safe

- Walk on blacktop
- Be aware of your surroundings
- Play for fun

Organized

- Use equipment appropriately
- Follow school rules for games & equipment
- Return equipment to cart

Accountable

- Be fair and take turns
- Freeze at bell
- Walk with a purpose
- Line up quickly

Respectful

- Show good sportsmanship
- Include everyone
- Use kind words

Black Top Games

Handball

- Only two (or four if playing partners) players on the court at all times. No partner breakup.
- The server may have no more than two serves/Attempts to put the ball in play inside the white lines.
- The ball must bounce within the white lines of the handball court and have one bounce only.
- The ball must hit the wall and then land between the sidelines.
- When serving, the ball must hit the ground and handball wall first before the opponent may hit/return the ball.
- The winner serves.
- Three serves/wins only, then the server goes out.
- If it lands on the line, or flies out of bounds you're out.
- Catching the ball is not allowed.
- If the ball misses the board or is out of bounds, you are out immediately. There is no "life" or "chances".
- Play fair (good sportsmanship) - no cheering when someone gets out, no arguing, no taking away the ball, no kicking the ball.
- When in doubt, ALL players vote. If voted out you must leave the court.
- You must stay in line the whole time while waiting.
- Do NOT stand or sit against the board when others are playing.
- Only current players are allowed in the court.
- The game ends at the bell.

Four Square

- One player per square - no teams.
- The server bounces the ball, then hits it underhand to any square.
- If there is interference from outside, restart/serve the game.
- The ball must bounce only once in the square and then that player hits it to another square.
- No switching courts, no frozen four squares (unless important like tying shoes).
- Players must strike the ball with one hand or fist only.
- Use the ball appropriately.
- Re-dos are allowed when pegs aren't on purpose or hitting the white line.
- Students line up a step away from the court - places may not be saved.
- If the ball is made to bounce over an opponent's head, it is an out for the hitter.
- When in doubt, ALL players vote. Liners are re-dos.

Four Corners

- First four students in line each stand on one corner. The fifth person in line stands in the middle of the square and is permitted three attempts to tag students when moving between corners. An attempt is when students on corners move from one corner to another. The next person in line is the judge.
- Students standing in corners have 15 seconds to move to another corner.
- If two students tie when reaching a corner, the tie is settled by doing Rock, Scissors, Paper.
- Students who are beaten to a corner are "out" and return to the end of the line. The student in the center of the square takes the student place in the corner. The next student in line enters in the middle of the square.
- No faking or you are out.

Basketball

- In order to play FULL court, you need a minimum of 10 players. A maximum of 16 players becomes a closed game.
- If less than 10 players, you share HALF court. (Maximum 10)
- Keep hands and feet to yourself at all times. Deliberate pushing results in immediate loss of play.
- After a team makes a basket, the other team takes the ball to center court or out of bounds on the basket side.
- If a foul occurs while a shot is being made, two free shots for foul. All other fouls, the opposite team takes the ball out of bounds. Charging is a foul.
- Dribble correctly- once you stop the ball must be passed or shot.
- Offense calls fouls.

Tetherball

- Rock Paper Scissors to decide who serves first in the first game. After the first game, the winner is the server.
- The server starts the game by hitting the ball out of his/her hand. His/her opponent may strike the ball at any time it passes him/her; they must try to hit the ball.
- As the ball travels, each player tries to hit it in an effort to wind the ball around the pole. The player who first winds the ball completely around the pole (called a tether) wins the game.
- Each player must remain in his/her own playing zone.
- Fouls:
 - Holding or catching the ball.
 - Hitting the ball more than once in a row.
 - The other player or the pole must contact the ball between hits UNLESS the ball goes completely around the pole.
 - Touching the rope.
 - Throwing the ball.
 - Stepping in your opponent's playing zone.

Pickleball

Serving:

- The serve must be underhand and hit below the waist.
- The server must stand behind the baseline and hit the ball diagonally to the opposite service box.
- The serve must clear the net and land in the opponent's service court.
- Only one serve attempt is allowed per server, except in the first service sequence of each new game.

Serving Sequence (Doubles):

- In doubles, both players on the serving team get a chance to serve and score points until they commit a fault.
- The first serve of each side-out is made from the right-hand court. If a point is scored, the server switches sides.

Double Bounce Rule:

- After the serve, the ball must bounce once on the receiving side.
- The serving team must also let the ball bounce once on their side after the return.
- After these two bounces, players can choose to volley the ball (hit it in the air) or let it bounce.

Non-Volley Zone (Kitchen):

- The non-volley zone, also known as the "kitchen," is the area within 7 feet of the net on each side.
- Players cannot volley the ball while standing in the kitchen.
- This rule prevents players from standing close to the net and smashing the ball.

Scoring:

- Only the serving team can score points.
- If the receiving team commits a fault, the serving team scores a point.
- If the serving team commits a fault, they lose the serve.
- Games are typically played to 11 points, but sometimes 15 or 21, and must be won by at least two points.

Faults:

- Faults include failing to return the ball, hitting the ball out of bounds, hitting the net with the ball, or volleying in the kitchen.

Play Structure Area

Swings

- One person at a time allowed on a swing.
- The waiting person must count to 30 and each swing (1 forward and 1 back) equals 1 count.
- The person waiting stands 5 large steps away from the swings in front of the person they are counting on.
- The person must get off after the count is up. NO count backs! You must go to a different swing after counting on.
- If swing is available, there is no counting on someone just to be near friends.
- Swing straight only or you will be asked to leave the swing.

Play Structure

- Walk only.
- One person at a time goes down the slide.
- Both feet should stay on the play equipment.
- Go down the slides facing forward on your bottom only.
- Two hands must be on the hanging bar at all times.
- Walk off the structure only.
- Climb only where it is meant for climbing.
- Cross bars in one direction only, from the outside of the structure to the inside of the structure.
- Stay clear of being under the monkey bars.
- Wood Chips stay on the ground at all times.

Grass Area Games

Soccer

- Games are played with one goalie per team.
- Games are played with 6 players on each team, a total of 12 players.
- Soccer goals stay in one place.
- Only the goalie may use his hands on the ball, everyone else must use feet only.
- Give the goalie space to play safely.
- Slide tackles are not allowed.
- Keep kicks below the knee.
- Excessive pushing with the elbow, hands, or shoulder is a foul, and the person may be asked to leave.
- A foul results in a free kick. The person fouled does the free kick. Players must back up 5 feet away from the person kicking.
- Any ball going out of bounds (sidelines) results in a throw-in. The throw-in goes to the team that did not touch the ball last. To throw the ball in, both feet need to be on the ground (dragging one foot is ok) and the ball is thrown over the head with both hands.
- Any ball going out of bounds across the goal line by the defensive team results in a corner kick.
- Any ball going out of bounds across the goal line by the offensive team results in a goal kick.
- After a goal is scored, the goalie punts the ball instead of kickoff.
- Stay on your feet at all times.
- Be respectful of others and play safely!
- Stay off the soccer field if not playing in the game.