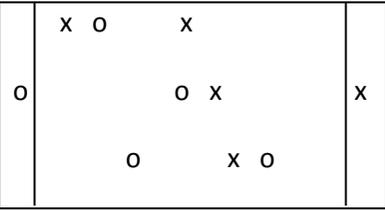
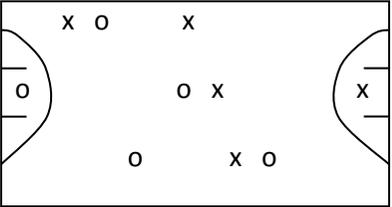
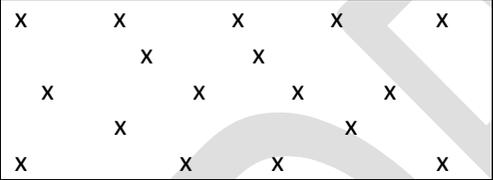


**NON-CONTACT INVASION GAMES (example only)**

<p>End Ball</p>		<p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Aim is to get the ball to the end zone to their team mate</p> <p>Attendees cannot move with the ball</p> <p>Pass in any direction</p> <p>Non-contact, interception only</p> <ul style="list-style-type: none"> <li>• Turnover, if defenders touch the ball carrier</li> <li>• Smaller, larger, change shape of goal</li> <li>• Team must select a goalie</li> <li>• Goal can be scored by passing to a goalie or any player can run into the area and receive the ball</li> <li>• Overhead, underarm, bellow knees, one handed passes</li> </ul>	
<p>Capture the Flag</p>		<p>Two teams A and B</p> <p>Area is dependent on the age of the participants, ranging from 1/8<sup>th</sup> to a whole pitch</p> <p>Two cone circles in each side</p> <p>A1 and B1 with a ball in it (bank)</p> <p>Teams have to cross the middle line going into the oppositions area, run to the bank, collect it and run back to their area</p> <p>As soon as a player crosses the middle line they can be touched by defenders. Once</p>	<ul style="list-style-type: none"> <li>✓ Do they work hard throughout the game?</li> <li>✓ Are they able to assess the risk?</li> <li>✓ How do they deal with the rules and the tactics of the game?</li> <li>✓ Are they quick and able to dodge the defenders?</li> <li>✓ Can they stay on their feet whilst dodging and tagging?</li> <li>✓ Can they create and exploit space?</li> </ul>

	<p>touched they raise their hand and walk to the jail (A2 or B2) in their oppositions area.</p> <p>Players can be freed from jail by one of their team mates crossing the centre line and running into the jail and tagging all the prisoners (jail break)</p> <p>If a player collects the ball and is then touched whilst running back, they must place the ball down (which is returned to the bank) and then go to jail.</p> <p>Players are safe in their oppositions Jail and bank (defenders are only allowed to enter their own bank to place the ball back).</p> <p>Fair play must be introduced – if a player says you are touched then you are</p> <ul style="list-style-type: none"> <li>• Introduce passing ( ball can be passed in the oppositions area but must be run over the middle line) if the ball is dropped both passer and receiver go to jail</li> <li>• Introduce kicking ball can be kicked in the oppositions area but must be run over the middle line) if the ball is dropped both kicker and receiver go to jail</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do they make accurate and appropriate passes?</li> <li>✓ Can they pass and receive under pressure?</li> <li>✓ Can they kick and catch accurately? Do they kick tactically?</li> <li>✓ Can they work as a team to defend? Do they understand the principals of defending?</li> <li>✓ Can they outwit their opponents with footwork and creative passing?</li> </ul>																				
<p>Ultimate Frisbee/NERF ball</p>	<table border="1" data-bbox="302 866 689 1074"> <tr> <td></td> <td>x</td> <td>o</td> <td></td> <td>x</td> </tr> <tr> <td>o</td> <td></td> <td></td> <td>o</td> <td>x</td> </tr> <tr> <td></td> <td></td> <td>o</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td>x</td> <td>o</td> </tr> </table> <p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Aim is to get the ball to the end zone to their team mate</p> <p>The attendees can take up to three steps after receiving the Frisbee/NERF Ball</p> <p>Pass in any direction</p> <p>Non-contact, interception only</p> <ul style="list-style-type: none"> <li>• Turnover, if defenders touch the ball carrier</li> <li>• Smaller, larger, change shape of goal</li> <li>• Team must select a goalie</li> <li>• Goal can be scored by passing to a goalie or any player can run into the area</li> </ul>		x	o		x	o			o	x			o						x	o	
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	<p>and receive the ball</p> <ul style="list-style-type: none"> <li>Overhead, underarm, below knees, one handed passes</li> </ul>	
Hand Ball	 <p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Goal is score when the ball is thrown from outside the semi-circle into the goal</p> <p>The attendees can take up to three steps after receiving the handball</p> <p>Pass in any direction</p> <p>Non-contact, interception only</p> <ul style="list-style-type: none"> <li>Turnover, if defenders touch the ball carrier</li> <li>Smaller, larger, change shape of goal</li> <li>Team must select a goalie</li> <li>Goal can be scored by passing to a goalie or any player can run into the area and receive the ball</li> <li>Overhead, underarm, below knees, one handed passes</li> </ul>	
Kick Tennis	<p>Two teams of 4 or 5, in an area 20m by 30m, split in half by a cone line (dependent on team size and age of participants)</p> <ul style="list-style-type: none"> <li>The team has to kick the ball over the middle line into a space, if the ball lands they get a point.</li> <li>If the defending team catch the ball, they can take steps forward before they kick it over the 'net'</li> <li>Rules can be adapted, one bounce, can be passed within the team</li> </ul>	<ul style="list-style-type: none"> <li>✓ Do they work hard for the whole game?</li> <li>✓ Can they put themselves into situations outside their comfort zone?</li> <li>✓ Do they help their team to be the best they can (reviewing their performance and suggesting aspects to focus on)</li> <li>✓ Can they process the cues given by the kicker and then positions themselves in the correct position to receive the ball?</li> </ul>
Rugby Netball	<p>Two teams of 4 or 5 in an area 20m by 30m</p> <p>Teams score by kicking the ball to a team mate standing in the end zone</p> <p>Players kick it between themselves but are not allowed to run with the ball</p>	<ul style="list-style-type: none"> <li>✓ Do they catch the ball efficiently whilst</li> </ul>

	<p>Game can be adapted by introducing turn over if the ball is dropped and running with the ball until tagged</p>	<p>balanced?</p>
<p>Rugby Golf</p>	<p>Each attendee has a ball. Golf course set up with cones for the T off and for holes, alternatively trees, posts, goals or any other feature in the area can be used.</p> <p>Attendees have to get the ball from the T off to the hole in the least amount of kicks</p> <p>They can choose which ever kick they think will be appropriate</p> <p>Attendees have two rounds of the course which will allow further decision making to take place</p>	<p>✓ Are they quick to make decisions? Where to run, kick or pass?</p> <p>✓ Can they find space by evading defenders? decision making, creativity</p> <p>✓ Can they generate a force, kick accurately and fluently?</p> <p>✓ Do they position their body correctly to catch, cushioning with arms and legs?</p> <p>✓ Can they kick tactically to create an advantage for their team?</p>
<p>Crystal Maze</p>	<p>Area 10m by 15m</p> <div style="text-align: center;">  </div> <p>Coloured cones spread out in the square, attendees start at side 1 and run towards side 2. Partner of coach calls out 4 colours and the attendee has to visit them in the given order before they get to side 2</p> <ul style="list-style-type: none"> <li>• Run by the cones</li> <li>• Touch the cones with hands, one or alternate</li> <li>• Sidestep between two before moving forward</li> <li>• Using forwards and backwards movement</li> </ul>	<p>✓ Do they persist even when task gets harder to succeed in</p> <p>✓ Do they help motivate and coach others in their team. Do they listen and respond to coaching?</p> <p>✓ Do they accelerate and change direction quickly and in balance?</p> <p>✓ Can they coordinate their body in fine motor tasks?</p> <p>✓ Are they aware of spaces and can they exploit them?</p> <p>✓ Are they quick to react to information that they see?</p>

Softball	<p><b>THE GAME</b></p> <ul style="list-style-type: none"><li>• There are 9 players on a softball team.</li><li>• The playing field is divided into the infield and outfield</li><li>• The lines between the bases are 60' apart and when joined they form a "diamond", inside the baseline is known as the infield</li><li>• Outside the baseline but inside the playing field is called the outfield.</li><li>• Any ball going outside the 1st or 3rd base line is a foul ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out)</li><li>• An official game is 7 innings (a inning is when both teams have had their turn to bat)</li></ul> <p><b>PITCHING</b></p> <ul style="list-style-type: none"><li>• The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.</li><li>• The ball must be thrown underhand.</li><li>• Both hands must be on the ball at the start of the pitch.</li></ul> <p><b>BATTING</b></p> <ul style="list-style-type: none"><li>• Batters must follow the same order throughout the whole game</li><li>• The batter is out if and when:<ol style="list-style-type: none"><li>a) three strikes have been called</li><li>b) a fly ball is caught</li><li>c) the batter does not stand in the batter's box</li></ol></li></ul>	
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## **BASE RUNNING**

- Runners must touch each base in order
- Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
- Runners cannot lead off a base, they must be on base until the ball has left the pitcher's hand
- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
- One base runner cannot pass another base runner that is ahead of them.
- Stealing a base is not permitted
- A runner is out if:

a. they are tagged with the ball before reaching a base

b. the ball gets to 1st base before the runner

c. they run more than 3 feet out of the base line to avoid being tagged

## **TERMS:**

- Ball- a legally pitched ball that does not enter the strike zone (four balls equals a walk)
- Grounder- A ball that is hit on the ground
- Force out- when the runner has to advance to the next base to make room for the following base runner.
- Fly ball- ball hit up in the air to the infield
- On deck- the next batter
- Pop up- ball hit up in the air to the infield
- Strike- term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.

	<ul style="list-style-type: none"><li>• Strike zone- the ball passes the batter over the plate between their chest and knees</li></ul>	
Volleyball	<p><b>Basic Volleyball Rules</b></p> <p><b>The Serve</b></p> <ul style="list-style-type: none"><li>• Server must serve from behind the end line until after contact</li><li>• Ball may be served underhand or overhand</li><li>• Ball must be clearly visible to opponents before serve</li><li>• Served ball may graze the net and drop to the other side for point</li><li>• First game serve is determined by a volley, each subsequent game shall be served by the previous game loser</li><li>• Serve must be returned by a bump only. no setting or attacking a serve</li></ul> <p><b>Scoring</b></p> <ul style="list-style-type: none"><li>• Rally scoring will be used.</li><li>• There will be a point scored on every score of the ball.</li><li>• Offense will score on a defence miss or out of bounds hit.</li><li>• Defence will score on an offensive miss, out of bounds hit, or serve into the net.</li><li>• Game will be played to 25 pts.</li><li>• Must win by 2 points.</li></ul>	

**Rotation**

- Team will rotate each time they win the serve
- Players shall rotate in a clockwise manner
- There shall be 4-6 players on each side.

**Playing The Game**

- Maximum of three hits per side
- Player may not hit the ball twice in succession (A block is not considered a hit) Ball may be played off the net during a volley and on serve
- A ball touching a boundary line is good
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play
- A player must not block or attack a serve
- Switching positions will be allowed only between front line players. ( After the serve only )

**Basic Violations**

- Stepping on or over the line on a serve
- Failure to serve the ball over the net successfully
- Hitting the ball illegally ( Carrying, Palming, Throwing, etc. )
- Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play
- Reaching over the net, except under these conditions a) When executing a follow-through b) When blocking a ball which is in the opponents court but is being returned ( the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play

- Reaches under the net ( if it interferes with the ball or opposing player )
- Failure to serve in the correct order
- Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position

**The Court**

- Both indoor and outdoor courts are 18 m x 9m
- Indoor courts also include an attack area designated by a line 3 m back from the center line

**Net Height**

- Net height for men, co-ed mixed 6 is 2.43 meters
- Net height for women is 2.24 m

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