

Mr. Hendry's



9th Grade P.E. Program (Study Guides)

Ultimate Frisbee Study Guide

HISTORY

Ultimate Frisbee originated in Maplewood, New Jersey in 1968. It combines skills from sports such as: Soccer, Football, Basketball, and Frisbee. Ultimate Frisbee is played in 42 countries, with programs in Sweden, Norway, and Japan receiving government funding. It is estimated that at least 100,000 people play the sport worldwide, about half in the United States. Ultimate Frisbee was a medal sport in the 2001 World Games in Japan.

GAME

1. Play to 21 goals; each goal is worth 1 point
2. Play two 24 minutes halves
3. Each team has 7 people on the field

RULES

1. Throw-off/Pull begins the game and is used after each goal
2. Teams switch direction of attack after a goal and the scoring team throws off 3. A player may only hold the disc or stand over it for 10 seconds (Defense calls "Counting 1, counting 2, .10" or "Stalling 1, stalling 2, . 10")
4. No "picks or screens" are allowed
5. Simultaneous catch between offense and defense = offense retains possession

OFFENSIVE PLAYERS

1. May NOT run or walk with the disc
2. Momentum steps are allowed while attempting to catch the disc
3. May NOT intentionally bobble and run with the disc while making the catch
4. Pivot foot must remain in contact with the ground at original spot

DEFENSIVE PLAYERS

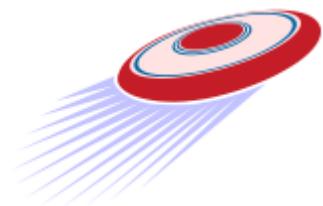
1. Only 1 person may guard an opponent 1 arm's length away from thrower (no double-teaming)
2. Cannot strip the disc from an opponent
3. Cannot interfere with an opponent who is attempting to make a catch (pass interference)

POSITION FOR THROW-OFF /PULL

1. All players from throwing team must be BEHIND the goal line
2. All players from receiving team must have at least 1 foot on the goal line
3. Players must remain in **starting position** until the **disc is released**

RULES FOR THROW-OFF

1. **Receiving team** CATCHES the throw-off = play starts at that spot
2. **Receiving team** DROPS the throw-off = the **throwing team** gains possession at the spot in which the disc landed
3. **Receiving team** lets disc LAND = they start their possession from that spot
4. **Disc lands out of bounds** = receiving team requests a re-throw or takes at spot



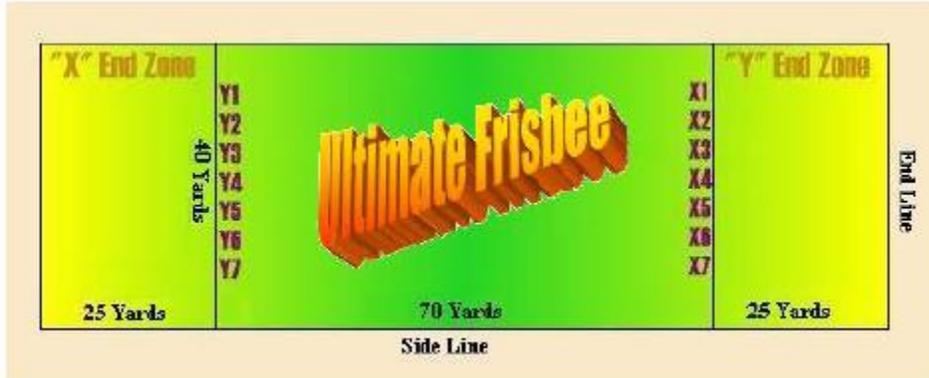
TERMINOLOGY

1. **Pull** - A throw from one team to the other that starts play at the beginning of the game, to start the second half, and after a goal is scored.
2. **Brick** - is a pull that lands out of bounds, untouched by the receiving team.
3. **Disk in play** - Anytime the play may proceed without the acknowledgement of the defense.
4. **Dead disk** - A disk is dead when play has stopped and can only continue with a check.
5. **Off-sides** - When the receiving team does not start with one foot in the end zone, or the pulling team leaves their end zone before the pull.
6. **Foul** - Foul is called by the person who was fouled, and can be used for a variety of the rule infractions.
7. **Strip** - When a defensive player touches the disk while the offensive player has possession (is a foul).
8. **Turnover** - possession is turned over to the defensive team (results from an incomplete pass, interception, knocked-down pass, or out of bounds pass).
9. **Check** - all players must come to a complete stop, the defense is handed the disc from the offensive player and then gives it back to them and play resumes. Players may move once the disc is handed back to the offense. a.) Done for 10 second violations, hand-offs, and self-pass violations
10. **Marker** - term for a defensive player.
11. **Backhand throw** - type of throw where the thumb is on top and fingers are clinched along the side of the rim. Player stands sideways with throwing shoulder towards target.
12. **Forehand throw** – type of throw in which the index and middle fingers are together along the inside of the rim and the thumb grips the rim. Player faces the target keeping the disc at waist height.
13. **Hammer throw** – same grip as forehand throw, except the disc is overhead with the elbow bent. The player is facing the target with non-throwing leg forward. The disc will fly left the right arc.
14. **Clap catch** – The surest way to catch the disc. Catch the disc between hands (top and bottom).
15. **Two handed rim catch** – Used when the disc is above your shoulders or below your waist. Allows for quick transition from catch to throw.

16. **One handed rim catch** – Very useful when disc is flying away from the body. It is the riskiest catch.

FIELD DIAGRAM AND DIMENSIONS

Field dimensions are 40 yards wide by 70 yards long with 25 yard-long end zones.
-All perimeter lines are considered out-of-bounds



Ultimate Football

The Game

Ultimate Football is a fast paced exciting game that involves the football skills of passing, pitching, and receiving. This game also involves many skills common to field games like soccer, lacrosse, and field hockey by requiring participants to move to the open space, make quick transitions from offense to defense, and play match-up defense.

Method of Play

Ultimate Football is the same as Ultimate Frisbee except a football is used. A team moves the ball down the field by passing and catching. Running with the ball is not allowed. When a player has possession of the ball the "ball carrier" or "passer" needs to pivot on one foot like a basketball player does after picking up the dribble. The ball may be thrown overhand or underhand; the pass may be forward, backward, or sideward. A goal occurs when a player catches a ball in his/her end zone. Each goal is worth one point.

There is no physical contact in Ultimate Football. Defenders must guard and play their opponents like one would do during a basketball game. Holding, reaching over the back, blocking, pushing, and stripping the ball from ones hands are illegal. The penalty for a foul

are is a free throw awarded to the fouled player. During a free throw the fouled player gets to throw the ball without being defended by his/her opponent.

The ball is dead when it lands on the ground, a foul is committed, or the ball carrier takes steps. When the ball changes possession it becomes in play as soon as it is picked up by the defense. Possession of the ball changes often and can be turned over the following ways:

- the defensive team intercepts the ball
- the offense fails to complete a pass
- steps are taken by the ball carrier
- a goal is scored

Field

Ultimate Football can be played inside a gymnasium or outside on a field with twelve to thirty players. Teams of seven to eight members work the best in a gymnasium while teams of ten to twelve work well on a field. If team size is going to exceed twelve members it is suggested that two games are played with smaller groups. Teams wear flag belts or jerseys to designate their team. Boundaries inside can be the lines of the basketball court or the volleyball lines if playing in small groups. Outside play can be defined by whatever is available. The width of a soccer or lacrosse field would be ideal size but the area of play can always be adjusted to meet the needs of the group. The baseline or end line of the basketball court or soccer field serves as a goal line.

Strategies

Offensive players need to move to an open space in hopes to receive a pass. Like in basketball, if they do not receive a pass move to another open space. The passer needs to quickly find the open player by scanning all of his/her teammate and determining whether or not they are open.

Defensive players need to mark up on an opponent and keep them from getting open or catching a pass. The defense should cover the passer by standing in front of him/her with their arms extended limiting their passing lanes.

Flag Football Study Guide

History of Football

The basic roots of the game can be traced back to styles of both soccer and rugby being played in England as early as 1820. At about the same time, students at Princeton University, New Jersey were participating in contest resembling the combination of the above, referring to their interpretation of the games as "ball own." In 1867 Princeton students established the first set of known rules for the American style of play, and the size and shape of the ball became more consistent. On November 6, 1869 the first organized game between different institutions was played, featuring Princeton and their rival Rutgers.

The original number of players of 15 per side was reduced to 11 by Walter Camp (Head Coach at Yale University). He is also responsible for establishing a system of "downs" and the distance to advance the ball at ten yards. The forward pass became legal in 1905. President Theodore Roosevelt, in 1906, called upon Harvard, Yale and Princeton to solidify the future of the game. More than 60 universities sent representation and formed the original National Collegiate Athletic Association (NCAA) at that time. Other than equipment, facilities, and the size, strength and speed of the participants, the game has remained relatively unchanged for nearly 100 years.

Flag

- * The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross Midfield.
- * Once a team crosses the midfield, it has 4 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- * If the offensive team fails to cross the midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- * All possession changes, except interceptions, start on the offensive 5-yard line.
- * Teams change sides after the first 25 minutes, clock stops and possession changes at the half.

Players/Game Schedules

- * Teams must field a minimum of five (5) players at all times or game is forfeited.

Timing/Overtime

- * Games are 50 minutes long with a running time clock.
- * If the score is tied at the end of 50 minutes, teams move directly into overtime. The first team to score wins.
- * Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one Warning before a delay of game penalty is enforced.
- * Each team has two 60-second time out and one-30 second time out per game.
- * Officials can stop the clock at their discretion.

Scoring

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line)

Extra point: 2 points (played from the 12-yard line)

Safety: 2 points

Running

- * The quarterback cannot run with the ball.
- * Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- * Laterals or pitches may be used behind the line of scrimmage.

- * "No running zones", located 5 yards from each end zone and 5 yards on either side of the Midfield, are designed to avoid short-yardage, power-running situations.
- * The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
- * Once the ball has been handed off or pitched, all defensive players are eligible to rush.
- * Spinning is allowed, but players cannot leave their feet, other than the quarterback on an attempted pass.
- * The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- * All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage.)
- * As in the NFL only one player is allowed in motion at a time.
- * A player must have at least one foot in bounds when making a reception.

Passing

- ** The quarterback has a seven-second "pass clock". If a pass is not thrown within the seven seconds, play is dead, loss of down at the spot where the quarterback is. Once the ball is handed off, the seven-second rule no longer is in effect.
- ** Interceptions may be returned.

Dead Balls

- * The ball must be snapped between the legs, not off to one side, to start play.
- * Substitutions may be made on any dead ball, from the player's side of the field.
- * Play is ruled "dead" when:
 - Ball carrier's flag is pulled or falls out.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Any part of the ball carrier's body hits the ground. (Other than his feet)

NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.
This is a judgment call!!!!!!

Rushing the Quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend the line of scrimmage.

Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. **Remember, no tackling is allowed.**

Sportsmanship/ Roughing

If the field monitors or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game. Please keep it clean.

-Physically assaulting an official, player, or scorekeeper, or outrageous verbal abuse will result in automatic suspension for the remainder of league and tournament play and possible a one year suspension from the League. This will be at the discretion of the Recreation Specialist/Director. (Legal action may also be taken).

Penalties

The referee will call all penalties.

Defense:

Off sides– 10 yards and automatic first down

**Interference– Spot of foul and automatic first down.

Illegal contact (holding, blocking etc.) - 10 yards and automatic first down

Illegal flag pull (before receiver has ball) - 10 yards and automatic first down

Illegal rushing (starting rush from inside 7 yard marker) -10 yards and automatic first down.

Offense:

Illegal motion (more than one person moving, false start etc.) 10 yards and loss of down.

Offensive pass interference (illegal pick play, pushing off/away defender)- 10 yards and loss of down.

** Flag guarding – 10 yards and loss of down

Delay of game– clock stops, 10 yards and loss of down.

** Offensive team may accept or decline defensive penalty's due to result of a play.

* No current professional or college players allowed except for A league. (These players must be 5 years removed from school or pro ball to play lower than A league.)

* Referees determine incidental contact that may result from normal run of play.

**** Only the team captain may ask the referee questions about rule clarification and Interpretations. Players cannot question judgment calls.**

* Games cannot end on a defensive penalty, unless the offense declines it.

SOCCER STUDY GUIDE

RULES FOR GAME PLAY

All basic Soccer rules will be enforced. In order to better accommodate our slightly different games, the following rules will also be added and enforced to enhance performance, increase participation, and provide a positive learning environment for everyone.

LEAGUE RULES FOR ALL GAMES

1. Players will accept, and act appropriately, to ALL calls made by the referee; NO arguing
2. Show proper respect and be courteous to ALL players.
3. Keep all negative comments to yourself. Try to compliment at least three different people.
4. All players should get the opportunity to have fun; therefore all playing time should be equal.
5. All games will begin with rock, paper, scissors.
6. After making a goal, the ball goes to the other team starting at midfield.
7. Each team must be represented with a common color shirt. Team colors must be submitted to the commissioner on a first come basis.

8. Each game begins and ends with all players and officials shaking hands.
9. Win without boasting, lose without blabbing
10. When there is a hand ball there will be a free kick by the other team; the ball will be placed where the hand ball happened.
11. If there is a personal foul inside the 18-yard line it will become a penalty kick, if there is one outside the 18-yard line it will be a free kick. Penalty occurs 12 steps from goal line
12. No Goalies.

SOCCKER DEFINITIONS

The field- Rectangular in shape, usually 110 x 70 yards

Referees- Usually there are 2 line judges and 1 main referee

Number of players- 11 players per team, 10 players in the field and 1 goalie

Throw-ins- If the ball crosses the side-line, the ball is put back into play using a throw in. A throw in = using two hands and throwing the ball in from over the back of the head while keeping both feet in contact with the ground.

Corner kicks- A kick is given to the tam on offense if the defending team kicks the ball over the end line. The kick is taken from the defensive team's corner of the field.

Goal kick- A kick is given to the team on defense if the offensive team kicks the ball over the end line. The kick is taken from the corner of the goalie box and must go past the 18-yard line.

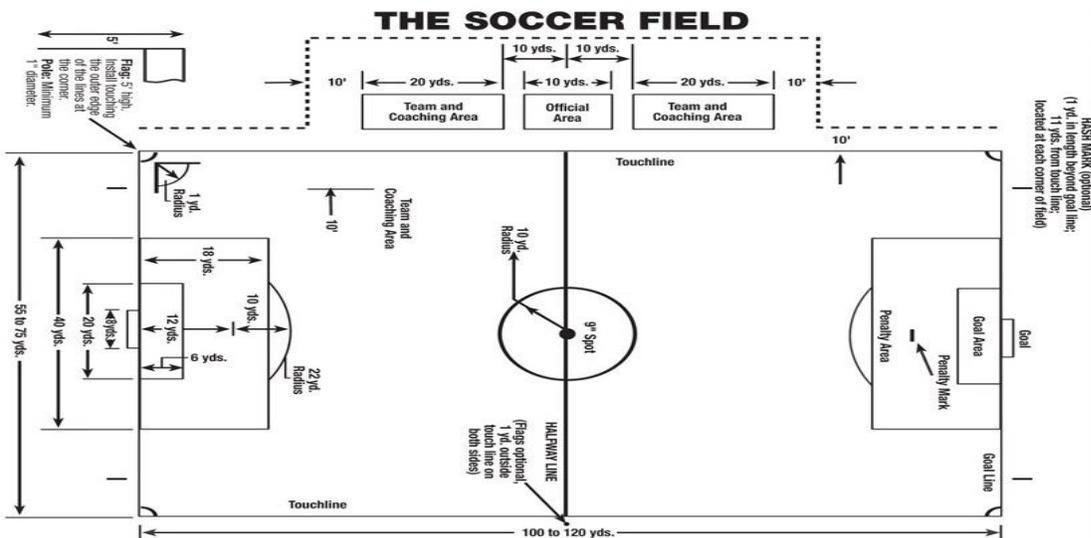
Direct kick- Direct kicks allow the player to score a goal without passing the ball to another player.

Indirect kick- Indirect kick require a second person to touch the ball before a goal can be scored.

Penalty kick- If a foul occurs against the defensive within its own 18-yard box, a penalty kick is awarded to the offensive team. The ball is centered between the goal posts, 12-yards away from the goal. The goalie cannot move their feet until the ball is kicked. All the other players are required to stay outside the 18-yard box until after the ball has been kicked.

Drop ball- Drop-balls occur for various reasons such as injury, equal offense of both teams, and other stoppages that do not require either team to be penalized.

Offside- A player is offside if they are beyond the last defender without having the ball or if they past the last defender when the ball is played. A player is not considered offside if they received the ball directly from a goal kick, corner kick, throw-in, or drop ball. If a player is offside, the opposing team is awarded an indirect kick.



Speedball Basic Rules

Here are all of the **need-to-know** essentials about Club Speedball in order to start playing it today! GCSA is here to provide the greatest all-around experience for players and the easiest way to start for people who are just interested; so if you're into having fun, getting fit, and learning a new team sport while meeting new people then this is for you!

Equipment:

- Size 4 soccer ball
- Enough markers to show two end zones
- Athletic wear
- Surface appropriate footwear

Team sizes:

- How much space do you have?
- As low as 5 v 5
- As high as 11 v 11

Ball Movement:

- Ball carrier has unlimited movement, anywhere on the field
- Run with it in your hands, passing to teammates with your arms
- Dribble on the ground with your feet (soccer), passing to teammates with legs
- Possession can be from arms to feet and vice versa as well as passes to teammates

How to Score:

- Ball must travel from one teammate in the midfield to a teammate in the offensive end zone without the ball touching the ground in between
- Running the ball in to the end zone DOES NOT count for any points
- Receiver of the pass must CATCH WITH HANDS and maintain possession
- Ball must cross the plane of the end zone for points to be possible

Point System:

- 2-pointer: Any use of the hands and arms to score will result in a 2 point conversion
 - o Includes throwing, bumping, setting, or any other contact from arms/hands
- 3-pointer: Any use of the body OTHER THAN the arms/hands will result in a 3 point conversion
 - o Includes kicking, headers, or deflections off hips and knees.

You Lose Possession If..:

- You get tagged with two hands while running with the ball
 - o Possession is overturned right there and put back in to play
- You commit a handball during gameplay
 - o If you touch the ball or it hits your arms/hands after touching the ground last,
- You commit a foul. Outside of GCSA League play, pretty self-explanatory
 - o Full description of fouling in our Complete GCSA Rule Book

Softball Study Guide

History

A reporter named George Hancock invented the game of Softball in Chicago in 1887. It was first played as an indoor game. Efforts to organize softball on a national basis didn't materialize until 1933. The first national softball tournament was played at the Chicago's World Fair with 24 teams. As of 2007, the Amateur Softball Association registered over 245,000 softball teams comprised of over 3.5 million players.

Fundamentals of Softball

The fundamentals of softball are the same as those of baseball. Batting and fielding strategy are similar, but softball is played on a much smaller area and a game is only seven innings long instead of nine innings. The pitching distance for women is 40 feet in high school and 43 feet in college. Bats for softball must be round, not more than 34 inches long, and not more than 2.25 inches in diameter at the largest part. The official softball is a smooth-seam ball 12 inches in circumference.

In softball, the pitch is delivered with an underhand motion whereas in baseball the pitch is thrown overhand or sidearm. Base stealing is permitted in both games, but in softball the runner must keep contact with the base until the pitcher releases the ball on delivery to the batter. A popular variation of softball, called slow-pitch, is played with regulation equipment. The major differences between fast-pitch and slow-pitch are that slow-pitch is played with 10 members on a team and a pitched ball must be delivered at moderate speed with an arc of at least 6-10 feet in its flight toward the batter. Base stealing and bunting are not allowed in slow-pitch. Generally speaking slow-pitch is the most popular form of softball across the United States. The object of the game is to score more runs than your opponent by advancing more runners around four bases. Each team is given 7 innings in which to bat.

Basic Softball Rules

- There are 9 players on a fast pitch softball team, 10 on a slow-pitch team.
- The infield is made up of the following positions: 1st, 2nd, and 3rd bases, shortstop, pitcher and catcher.
- The outfield positions are designated as left, right and center field. (Slow-pitch plays an extra outfielder usually called the short fielder).
- 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 is an out).
- An official game is 7 innings. An inning is when both teams have had a turn to bat.
- All pitching must be done underhand.
- High school fast pitch pitchers pitch from a distance of 40' from home plate.

Batting

- Batters should stand facing home plate.
- Hands should be together
- Keep your eye on the ball, watching it until the bat makes contact with it.
- Do not throw the bat.

A Batter is out when:

- three strikes have been called
- a fly ball is caught in either fair or foul territory
- the batter does not stand in the batter's box while attempting to hit a pitch
- the batter is hit by her own batted ball in fair territory (outside of the batters box) before it is played by a fielder
- the batter hits a grounder and the ball is thrown to 1st base before the batter reaches first base.

Base Running (Slow pitch)

- Runners must touch each base in order.
- Runners may overrun 1st base only. At 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 wait until the ball is hit or crosses home plate
- 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.
- A runner is out if:
 - they are tagged with the ball before reaching a base
 - the ball gets to 1st base before the runner
 - 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).
- **Count**- this is the number of balls to the number of strikes the batter has during the time at bat. The number of balls is always given first by the umpire.
- **Double Play**- is a play by the defense in which two offensive players are legally put out as the result of a continuous action.
- **Force out**- is an out, which may be made when the runner has to advance to the next base to make room for the following base runner.
- **Foul Ball**- a legally batted ball hit outside of the baselines. It counts as a strike on the batter until you get to two strikes.
- **Grounder**- A ball that is hit on the ground.
- **Inning**- a portion of the game consisting of a turn at bat for each team. The visiting team always bats first.
- **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.
- **Strike zone**- the ball passes the batter over the plate between their armpits and knees.
- **Umpire**- person responsible for enforcing all rules of the game.
- **Walk**- the batter is awarded first base after the umpire calls four pitches balls. Other base runners advance if forced.

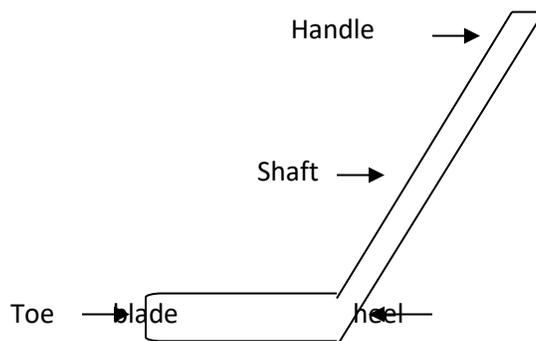
Floor Hockey Study Guide

General Rules:

Floor hockey originally was created as an adaptation of ice hockey. The game can be played both indoor/outdoor and consists of 3 periods. The game begins with a face-off at the center face-off circle and after every goal that is scored. Each team will start with 6 players in their defensive zone (the side with the goal they are on). The players on each team must move the puck up and down the floor by dribbling and passing the puck to each other. Any other means of moving the puck are not allowed. The object of the game is to score the most goals while holding the opposing team to the fewest and the team that scores the most at the end of the game is declared the winner.

Any player can score a goal, but it must be scored with the player's stick. A goal will not count if it is intentionally deflected off an offensive player's body (foot) before going into the goal. All offensive players must stay out of their opponent's crease during game play; however their stick may reach into the crease. If they are in the crease when a goal is scored, the goal will not count and the puck will be put back into play with a face-off from the opponent's attack zone.

If the *puck is in air*, any players can catch it but must put it down immediately in order to continue playing. Even though all players may use their hands and feet to stop the puck, the goalie is the only player who can legally freeze the puck by putting their glove on it while it is on the ice. Any aggressive play or violation will result in a warning or spending time in the penalty box. When a player is assessed a penalty, the time he/she must sit out depends on the severity of the penalty. No body checking or high sticking is allowed. **The blade of the stick cannot go higher than your knees.** If this occurs a warning will be assessed and if any more violation happens again it will result in the player spending time in the penalty box.



Terminology

Assist: a pass that directly leads to a goal by a teammate

Checking: attempting to prevent an opponent from gaining an advantage (stick/body checking)

Crease: this is the half circle/rectangular box in front of the goal (goal box)

Clearing: sending the puck out of the attack zone

Puck handling/dribbling: moving the puck around with a tapping motion and maintaining control

Face-off: a means of starting off the game or after each goal is scored.

Goal: a puck that is scored inside the goal area

Hat trick: scoring 3 goals in a game play a player

Power play: when there is a person(s) advantage for one team because of a violation from the other team

Short hand goal: when the team without the person advantage scores a goal

High sticking: when the stick blade is brought higher than the knees. (during the backswing or follow through)

Tripping: illegally using the stick or foot to trip the opponent

Slashing: illegally using the stick to hit downward at the opponents body

Sweep shot/pass: a pushing action that is used to score or pass a short distance

Wrist snap shot/pass: the pass used most often for longer passes or scoring a goal

Icing: occurs when a player passes the puck across both the center red line and the opposing team's goal line without the puck going into the net. Play is resumed with a face-off in the defending zone of the team that committed the infraction.

Offside: when an offensive player is across the defensive team's blue line before the puck is passed to them. (It is okay to straddle the blue and be considered on sides.)

Players position:

- A) Goalie: last person who can prevent a goal and earn a save.
- B) Defenders: players who help the goalie on defense by clearing the puck out of the attack zone.
- C) Center: a play who plays both offense and defense and is responsible for the face-offs.
- D) Forwards (wings): players who are responsible for scoring goals.

TEAM HANDBALL STUDY GUIDE

Although popular throughout much of the world, **team handball** is just starting in the United States. Team Handball originated in Europe in the late 1800's. The modern game actually grew out of three sports that were developed, independently in three different European countries: The Czech *hazena*, the Danish *handbold*, and the German *torball*. All three were based on soccer, but essentially replace the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

The sport uses natural **athletic skills** such as **running, jumping, throwing and catching** to provide action for the game. Spectators describe team handball as soccer with your hands, but they also notice things that remind them of basketball, water polo and ice hockey. The International Amateur Handball Federation (IAHF) was established in 1923. Handball was a 11 man demonstration sport at the 1932 Olympics and became an Olympic sport at the 1936 Munich Games. When handball was introduced to the United States, about 1930, the name “Field Handball,” eventually shortened to “Fieldball,” was already being used for the court game that was very popular in YMCA’s. In 1959 the U.S. Team Handball Federation was founded and the seven-player version became a sanctioned competition.

Team handball is one of the world’s fastest team games. **Two sides of seven players (1 goalie, 2wings, 2 backs, circle runner and center) play it.** The **object is to score the most goals by throwing the ball into the opponent’s goal** and attackers pass or dribble the ball with their hands until a shooting opportunity is created. When a team loses possession of the ball, that team goes on defense.

HOW A GAME STARTS: The teams will flip a coin for choice of goal or throw-off. A **Throw-off** is taken from the center of the field within 3 seconds of the referee’s whistle. Every player must be in his/her own half of the field and opponents must be 10 feet from the thrower until the ball is thrown.

MOVING THE BALL: Passing the ball is the best way to move the ball. A player may also dribble the ball as is done in basketball. A player may take only **3 steps** while holding the ball. He/she may then dribble the ball, stop dribbling, and take **3 more steps**. Once a player stops moving, he/she has **3 seconds** to throw the ball. He/she may dribble the ball repeatedly with one hand while running. A player may bounce or roll the ball to another player. A player may roll the ball with one hand along the ground.

PLAYING THE BALL: Play starts with each team on their own side of the court or field. The player in the center front will start with the ball and throw it to a teammate to begin play. Players can dribble, as in basketball. Players may dribble anywhere on the court/field. The same rules as basketball apply to guarding the person with the ball. Players must shoot towards the goal from outside the goal area. If a player from either team steps into the goal area, it is a penalty. If a player takes more than 3 steps, double dribbles, or dribbles over the centerline, the ball is given to the other team.

A player may:

1. Stop, catch, throw, bounce or strike the ball in any direction.
2. Hold the ball for 3 seconds but no longer.
3. Move the ball from one hand to another.
4. Pass the ball when sitting, kneeling or lying on the ground.

A player may not:

1. Pass the ball to him/herself.
2. Kick the ball.
3. Dive for the ball that is rolling on the ground, except for the goalkeeper in his/her goal area.
4. Deliberately throw the ball over the sideline or goal line.

The best way to move the ball is to pass it. As soon as a player receives the ball, he/she should look down the field to see if any teammates are open for a pass. If one is, pass the ball right away; don’t give the defense a chance to get organized. If no one is open, a player may dribble it as you would in basketball. **If your teammate has the ball, keep moving to find an open area so he/she can pass to you. A player can’t hold the ball more than 3 seconds and can’t run with it unless dribbling.**

The defensive team should use a person-to-person defense. The defense can try to intercept a pass or knock the pass down. After the ball hits the ground, he/she could pick the ball up and try to make a goal.

SCORING: A goal is scored when the ball passes over the whole goal line into the goal. A goal counts **1 point**. After a goal is scored, a **throw-off** occurs at midfield by the team that was scored upon. The team with the most goals wins a game when play ends.

GOALKEEPER: The goalkeeper may defend the goal in any way, except that he/she may use lower legs only if the ball is moving toward the goal. Within the goalie area, he/she can take as many steps or as much time to throw the ball as he/she wants. Goalies can move outside the goal area and throw for a goal, but must abide by the same rules as court players.

GOAL AREA RULES: Only the goalie is allowed inside the goal area and there must be a goal keeper at all times. Players may jump into the goal area if they release the ball before landing in the area. A ball in the goal area belongs to the goalie unless it is in the air.

THROW-OFF: The type of throw used to start the game or to put the ball into play again after a goal was scored. Play starts with a throw-off from the centerline by the offensive team. Each team must be on their half of the field at the time.

CORNER THROW: If the ball touches a defensive player and goes over the end line, but not in the goal, the ball will be put into play by the offensive team in the near corner of the field.

GOAL THROW: If the ball goes over the goal line outside the goal and last touched by an offensive player, it is put into play by the goalkeeper from within the goal area. The ball is in play again as soon as it crosses the goal line area. The goalkeeper must not play the ball again before it touches another player.

THROW-IN: When any part of the ball or player holding the ball touches the sideline, a member of the other team will throw the ball into play from where it went out. The thrower must have at least one foot on the sideline.

FREE THROW: A free throw is awarded to the opponents for:

1. Illegally entering or leaving the playing area.
2. An illegal throw-in.
3. Illegally playing the ball.
4. Illegal obstruction.

A free throw may be taken immediately from the spot where the offense occurred without the referee blowing the whistle. A goal may be scored directly from a free throw. The ball may be thrown in any direction. **Thrower must keep one foot on the ground.** After the free throw, the player who did it may not touch the ball again until another player has. **Players should be 10 feet from the point of the free throw.**

PENALTY THROW: A penalty throw is awarded to opponents:

1. For fouls anywhere on the court, if they destroy a clear chance for a goal.
2. If a defender deliberately enters his/her own goal area for defensive purposes.
3. If the goalkeeper carries or throws the ball into his/her own goal area, or leaves the goal area while in possession of the ball.

It is an unguarded throw at the goal from a line directly in front of the goal. Only the goalkeeper is allowed to try and stop the throw. All other players must be outside the free-throw line. Player taking the throw has 3 seconds to shoot after the referee signals. If scored, the penalty throw counts one point.

REFEREE'S THROW: A ball bounced by the referee to restart the game after simultaneous infractions by members of both teams or when a game is interrupted.

GENERAL POINTS:

Offense = the team with the ball

Defense = team that does not have the ball.

When playing offense, always keep moving to get open for a pass.

When playing defense, try to stay close to the person you are guarding and prevent him/her from catching the ball. Make sure you don't foul the person you are guarding.



BASKETBALL

Dr. James A. Naismith in Springfield, Massachusetts, introduced the game of basketball in 1891. This developed as an outgrowth of a project to create an interesting game to encourage young men to participate in indoor exercise and recreation programs during the winter. The first games were played with a soccer-type ball using peach baskets as goals. Naismith proposed 13 rules for basketball. The game and these rules were first publicized in 1892 in a YMCA magazine. The first intercollegiate game was held in 1896 (Yale vs. Connecticut Wesleyan). Senda Berenson of Smith College revised and published the Basketball Guide for women in 1901. Men's intercollegiate rules were established to govern college play in 1904. With the exception of the 3-point play, the majority of the rules for men have not changed significantly since 1915.

PLAYING THE GAME

Basketball is played by two teams attempting to score points by throwing the ball through the hoop at one end of the court, while trying to prevent the opponents from scoring points in a similar manner at the other end of the court. Each team is comprised of five players who must pass, hand, or dribble the ball to advance it toward their own goal. Each goal made from the playing court counts 2 points. Goals made by free throws counts 1 point. The team scoring the most points wins. Players are also allowed 3 points to be scored by long shots made from at least 19 ft 9 inches away from the rim, which is designated by a three point line.

The game is started with a jump ball between any two opponents at the center circle. After a score, the ball is put in play from the out-of-bounds area by the team not scoring. A player and/or the ball are out of bounds if he or she touches the floor on or outside the boundary line.



VIOLATIONS AND FOULS



Violations: Offenses that result in loss of possession of the ball, commonly called turnovers

- Taking steps while holding the ball
- Dribbling the ball, catching it and dribbling again
- An offensive player staying in the free throw lane for more than 3 seconds
- Causing the ball to go out of bounds
- Stepping on or over a boundary line while holding the ball
- Holding the ball too long in certain circumstances
 - Inbounds pass more than 5 seconds
 - Moving the ball from the back court to the front court (more than 10 seconds)



When a player commits a violation, the opponents throw the ball in from out of bounds at a point near where the violation occurred.

FOULS:

Fouls are more serious offenses such as personal contact with the opponent (pushing, blocking, and holding), or unsporting behavior such as delaying the game, having too many players on the court or using abusive language. Fouls are usually penalized by awarding the opposite team free-throws. Individual players are allowed five personal fouls, after which they are ejected from the game. If a team accumulates 7 or more fouls the other team receives a one and one free throw. If they accumulate ten or more team fouls the other team shoots two free throws.

TERMINOLOGY:

Assist: A pass to a player who is in a position to shoot a basket, and results in a goal.

Backcourt: The half of the court that is farthest from the basket at which a player is shooting.

Baseline: The end lines of the court under each basket.

Blocking Out: Positioning the body near the basket, and in front of the opponent to prevent that player from getting a rebound.

Center: A player who generally plays within a few feet of the basket on both offense and defense.

Charging: An offensive player with the ball who moves into a stationary player.

Field Goal: Any goal scored from the court other than a free throw.

Forward: A player who generally plays near the end line to the side of the basket.

Free Throw: An unguarded shot at the basket taken from the free throw line.

Front Court: The half of the court nearer to the basket which a team is shooting.

Guard: An offensive player who generally plays near the center line when on offense and drops quickly back to defend the goal.

Man to Man Defense: A defensive system in which one player guards another player.

Palming: Placing the palm of the hand under or behind the ball while dribbling.

Point Guard: The offensive player who generally plays closest to the center line when on offense. Playmaker and good three point shooter.

Travel: To run illegally with the ball or to move the feet while holding the ball.

Turnover: The opponents gain possession of the ball.

Zone Defense: A defensive system by which the court area is divided into specific areas to guard.

Equipment

1. High school court is 84 feet long by 50 feet wide.
2. Free throw line is 15 feet from the backboard.
3. Three point arc is 19 feet 9 inches from the basket.
4. Basketball rim is 10 feet above the floor.
5. Smaller ball for girls (about 1 inch smaller in circumference and 2 ounces lighter than traditional boys' basketball).

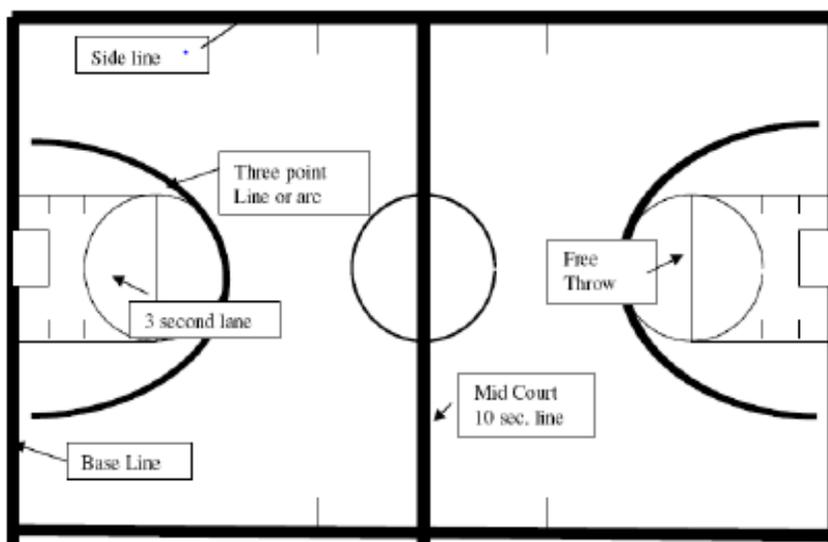
Length of Game

High School JV and freshman – 4 quarters consisting of 8 minutes each.

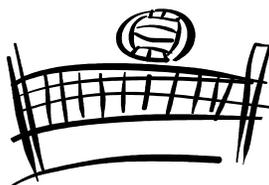
High School Varsity – 4 quarters consisting of 8 minutes each. 1 min.

between quarters & 10 min. half.

College – 2 halves consisting of 20 minutes each Pro – 4 quarters consisting of 12 minutes each.



VOLLEYBALL STUDY GUIDE



HISTORY

The history of volleyball is very interesting! The game originated in the USA in 1895 and was popularized throughout the world in later years. William C. Morgan of Springfield, Mass. first devised the game which combined the skills from tennis, handball and baseball. It was well liked by the businessmen at the YMCA where Morgan first brought the game as it was less strenuous than basketball.

The early version of the game allowed for any number of players to be on the court as the ball was hit or batted back and forth across the net. Each server had three outs and the game ended in nine innings. Changes occurred as the game spread across the country. 1912 was an important year in the history of volleyball as more rule changes occurred and the first recorded tournament took place.

Schools began having volleyball as a team sport in 1915, and by the year 1925, volleyball had its set of established rules that continue today. Volleyball is now played in more than 60 countries, is one of the most popular Olympic sports for men and women and is also played professionally by two, three and four person sand teams.

The object of the game is to score more points than the other team by hitting the ball over the net to a spot where the other team has a difficult time returning it.

BASIC RULES

1. Six players per team: 3 in the front row and 3 in the back row.
2. At the time of serve, all players must be in their proper position on the court.
3. After the serve, all players may move to play the ball or cover the court area. However, **a back row player may not block at the net or play the ball over the net from above the height of the net if their body is in front of the 10' line.**
4. **The server may serve from anywhere behind the end line.** The server cannot step on the line or a foot fault occurs and side-out results.
5. On the serve, the ball must be hit or batted with the hand, fist or forearm, and it must cross over the net. The ball must be playable within the lines of the receiving team's court.
6. A ball landing on the line is considered in-bounds.
7. After the serve, each team may hit the ball three times on their side of the net. The ball must be hit without coming to rest on any part of the body above and including the waist. **No player may hit the ball two times in a row.**
8. A player may go outside the boundary lines to hit the ball. A ball that is hit over the net from out-of-bounds must cross the net between the sidelines.
9. Fouls occur when the ball is not played properly or rules are not followed. Fouls result in a point for the serving team or a point and side-out for the receiving team.
A foul occurs if:
 - a. The server steps on or over the end line as he/she contacts the ball.
 - b. Any player on the court is out of position when the ball is served.
 - c. The server hits the ball out of bounds or fails to get it over the net.
 - d. The ball lands out of bounds after being hit.
 - e. A player lets the ball come to rest on the playing surface and it is not clearly hit.
 - f. A player hits the ball 2 times in a row. **Exceptions:** If a player blocks the ball, he/she may hit

- be the first to hit it again. If 2 players on the same team hit the ball at the same time, either can be the first to hit it again. On the serve or hard driven hit from other team, the person playing the ball is allowed multiple contacts.
- g. More than 3 hits are taken before the ball crosses the net.
 - h. A player touched the net or completely crosses the centerline when the ball is in play.
10. A replay can occur under certain circumstances.
 11. At the end of each rally, a point will be scored by one of the two teams. The first team to 25 points and ahead by at least 2 points wins the game. A match consists of 2 out of 3 games or 3 out of 5 games.
 12. When a point is scored by the serving team, the same server keeps serving. No rotation occurs.
 13. When a side-out occurs, the receiving team scores a point and becomes the new serving team. The team rotates clockwise; the right front player goes back to serve at the right back position.

VOLLEYBALL TERMS

- BLOCK:** A way to defend your side of the net by jumping and raising both arms to stop the ball from crossing the net.
- CARRY:** While attempting to play the ball, it rests on the arms or fingers. This is a foul.
- COURT:** The court consists of two 30'x 30' playing area divided by a center line and net.
- DIG:** A one handed closed fist pass, generally used as a last resort to play the ball.
- DRIVE:** An offensive hit. Both feet are kept on the floor and the ball is played like a top-spin serve.
- FOREARM PASS:** The type of hit to use when the ball is received below the shoulders. The thumbs are side by side, arms straight, knees bent and the ball rebounds off the forearms.
- FOUL:** A breaking of the rules. A point will be awarded to one of the teams for each foul.
- LIBERO:** A defensive specialist that only plays the back row.
- POINT:** The reward for making the opposing team commit a foul; either team can score on each serve.
- RALLY:** Keeping the ball in play going back and forth across the net.
- REPLAY:** The serve will be redone and no point awarded for a play due to certain circumstances.
- SERVE:** The way the ball is put into play at the start of each point.
- SET:** A 2 hand overhead volley used to pass the ball to the hitter or over the net. Pointer fingers and thumbs should form a triangle and contact should involve all of the fingers.
- SIDE-OUT:** The non-serving team earns the right to serve because the serving team failed to keep the ball in play. Players rotate clockwise to the serving position.
- SPIKE:** An advanced skill that resembles the drive except you jump and hit the ball downward into the opponent's court.
- TIP:** A skill that you take an approach as if to spike but when you hit the ball, you contact it very lightly so the ball just falls close to the net on the other side.



In 2005, Pete Boucher from Canton High School in Sarasota, Florida came up with the game NitroBall, a game that made national recognition. The game is described as “inverted volleyball” in which the players hit the ball down instead of up. The ball must bounce once before each hit.

Benefits of NitroBall:

- Increases cardiovascular skills and endurance
- Improves agility
- Develops hand-eye coordination
- Expands gross motor skills
- Encourages collaboration and cooperation and builds teamwork
- Develops strategic thinking abilities
- It's FUN!

Number of Players:

- General guidelines are 6-8 players per team. Can be played with as little as 4 players.

The Game:

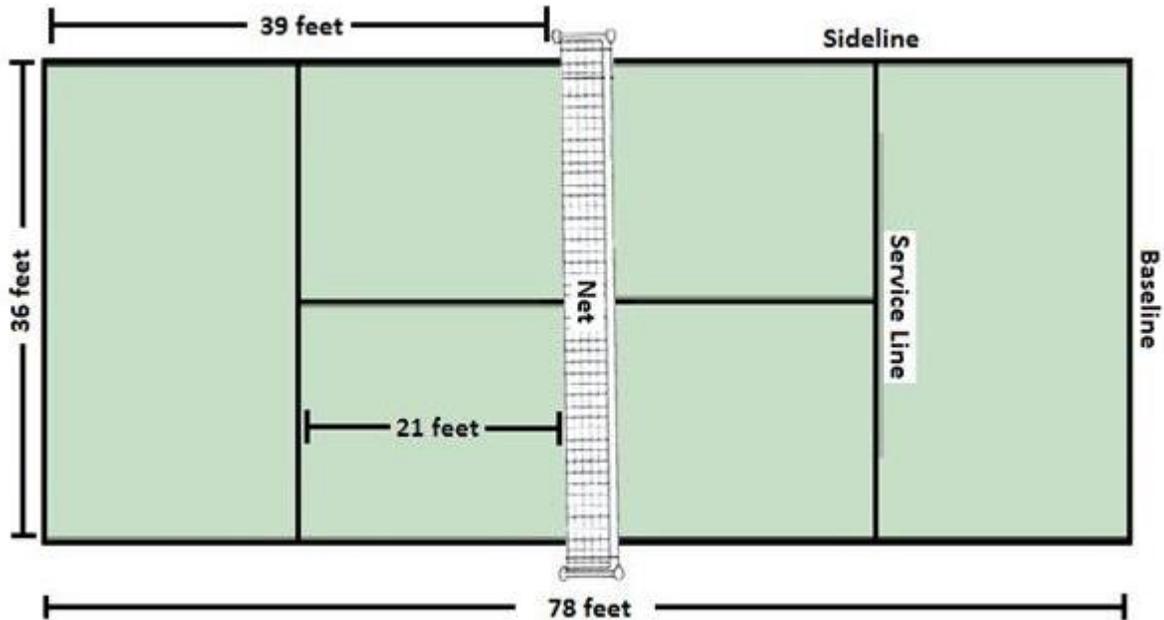
- The ball must bounce off the floor before every strike (except the serve)
- A player may not hit the ball twice consecutively.
- Kicking or heading the ball is not allowed.
- Blocks are illegal as the ball must hit the ground before every strike.
- The ball cannot hit a player in the air.
- The ball can be hit with one or two hands.
- It is a violation if the ball bounces twice.
- The game is played using rally scoring which means, a team doesn't have to be serving to get a point.
- The first server is in right back position.
- When a side out is called, the team will rotate clockwise.
- A ball can be played out of the net.

Scoring A point is scored when:

- The ball bounces twice on a side.
- The opposing team is unable to return the ball within three hits.
- The opposing team hits the ball out of bounds.
- The ball hits an opposing player in the air
- In class, we played to 15 and you must win by 2 pts.

Court Setup

- Typical court measures 78 feet by 36 feet (size of a doubles tennis court) with the service line 21 feet from the net. The net is to be 36 – 42 inches high



PICKLEBALL STUDY GUIDE

The Game

Pickleball is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court.

The ball is served underhand without bouncing it off the court and is served diagonally to the opponent's service court.

Points are scored by the serving side only and occur when the opponent faults (fails to return ball, hits ball out of bounds, etc.). The server continues to serve, alternating service courts, until server faults.

The first side scoring 11 points and leading by at least a 2-point margin wins. For example, if both sides are tied at 10 points, then play continues until one side wins by 2 points.

Side Out – Declared after one side loses its service and other side is awarded service.

A Fault – A fault is any action that stops play or creates a rules violation.

Faults:

- *Hitting the ball into the net on the service or any return.

- *Hitting the ball out of bounds.

- *Failure to hit the ball before it bounces twice on the player's court.

- *Violation of a service rule.

- *A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play.

- *The ball in play strikes a player or anything the player is wearing or carrying.

- *If the ball strikes a player standing out of bounds before a fault has occurred, that player loses the rally.

- *In doubles, if the serve strikes the receiver's partner, it is a point for the serving team, providing it is not a let serve or a fault serve.

- *This rule also includes balls that appear to be hit out of bounds: during play, if you catch the ball or try to stop it from heading out of bounds, you lose the rally.

The Serve

- a. **Only the serving side can win a point.**
- b. The serve is the stroke used to put the ball in play.
- c. Both feet must be behind the baseline before the ball is struck.
- d. The serve must be made underhand.
- e. The server must hit the ball in the air on the serve (no bounce).
- f. The serve must be made diagonally across court.
- g. The serve must clear (get past) the non-volley zone.
- h. Only one serve attempt is allowed.

Doubles Play

- a. Players may determine first serve by paddle spin or rock, paper, scissors.
- b. ***The player in the right-hand court always serves first.*** That player serves diagonally across court to the receiver in the opposite right-hand court. The ball must clear the non-volley zone and land in the right-hand serving court. The receiver must let the ball bounce before returning the serve. Serving team must also let the return bounce before playing it (see Double Bounce Rule). After the two bounces have occurred, the ball may then be played off the bounce or volleyed until a fault is made.
- c. If the fault is made by the receiving team, a point is scored by the serving team. When the serving team wins a point, its players switch courts and the same player continues to serve.

- d. When the serving team makes its first fault, players will stay in the same court and the second partner will then serve. When they make their second fault they will stay in the same courts and turn the ball over to the other team. **Players switch courts only after scoring.**
- e. At the start of each new game, the first serving team is allowed only one fault before giving up the ball to the opponents.

Double Bounce Rule

- a. Each team must play their first shot off a bounce. That is, the receiving team must let the serve bounce, and the serving team must let the return of serve bounce before playing it. After two hits over the net, the ball can be either volleyed or played off the bounce.

Volley

- a. To volley a ball means to hit it in the air without first letting it bounce. The ball may not be volleyed until it has bounced once on both sides of the court (see Double Bounce Rule). All volleying must be done with the player's feet behind the non-volley zone line. Note: it is a fault if the player steps over the line on his volley follow through.

Badminton Study Guide

A badminton match comprises the best of three games. A coin is tossed before the first game, and the winner of the toss may serve first or pick an end of the court. In Classic scoring format only the serving side can score, the winning team needs 15 points in doubles and men's singles, or 11 in women's singles. In the new Rally Point scoring format that was just recently adopted (2006) and used for major tournaments, the winning team needs 21 points to win the match.

Scoring

Matches comprise of the best of three games. Each game starts at 0-0 (traditionally called "love-all").

Classic scoring Format

If the serving side wins a rally, it scores a point, and serves again but from the alternate service court. If the receiving side wins the rally, the score remains unchanged and the service passes to the next player in turn. In singles, this is the opponent: in double it's either the partner or, if both players have just had a turn of serving, one of the opponents.

In men's singles and doubles events, 15 points wins a game. However, if the score reaches 14-14, the side which first reached 14 can choose either to play to 15, or to set the game to 17 points.

Scoring in women's singles is slightly different. 11 points wins a game and there is the option to set to 13 points at 10-10.

Rally scoring Format

- Games are played to 21 points (P.E. we played to 11 and 15)
- A match consists of the best of 3 games
- Rally scoring is used (a point is scored on every serve)
- At 20 all, the side which gains a 2 point lead first, wins the game
- At 29 all, the side scoring the 30th point, wins the game

Rules of Badminton

1. At no time during the game should the player touch the net, with his racquet or his body.
2. The shuttlecock (birdie) should not be carried on or come to rest on the racquet.
3. A player should not reach over the net to hit the shuttlecock.
4. A serve must carry cross court (diagonally) to be valid.
5. A player wins a rally when he strikes the shuttlecock and it touches the floor of the opponent's side of the court or when the opponent commits a fault. The **most common type of fault** is when a player fails to hit the shuttlecock over the net or it lands outside the boundary of the court.
6. Each side can strike the shuttlecock only once before it passes over the net.
7. The shuttlecock hitting the ceiling is counted as a fault.
8. A shuttle landing on the line is good.
9. A shuttle hitting the net is good and play continues (including on the serve) if all other aspects of the play is legal.
10. A "**let**" is a situation requiring a replay.

FAULTS:

- During the Serve it is a "fault" if:
 1. shuttle is struck higher than the waist
 2. head of the racket is not below server's hand holding the racket
 3. shuttle falls into the wrong service court or out of bounds
 4. shuttle falls before the short serve line
 5. shuttle passes through, under, or gets caught on or over the net on the serve
 6. server attempts to serve and misses the bird completely

- During Regular Play it is a "fault" if:
 1. player reaches over net to play the bird (**follow through over the net after contact is legal**)
 2. player hits the bird twice in one motion or momentarily holds or throws the bird
 3. player fails to return the bird to the opponent's court
 4. player touches the net with the racket, body, or clothes
 5. in doubles the receivers partner returns the serve
 6. shuttle passes through or under the net
 7. shuttle touches the ceiling or walls
 8. more than one hit is made on the same side

SINGLES PLAY:

- Singles **servicing court** and **playing court** are both **long and narrow**
- Serve from the right side when the server's score is "even" and from the left side when their score is "odd"
- All serves must be diagonal
- Both players change service courts after a point is scored

DOUBLES PLAY:

- Doubles **servicing court** is **short and wide**
- Doubles **playing court** changes to **long and wide following the serve**
- Each time the serving team scores a point, the same server serves the next serve from the other side of their court
- No player ever receives two consecutive serves
- The serving team changes service courts **only** after scoring a point
- A receiving team **never** changes courts
- Only the player served to may receive the service

Badminton Terminology:

- **Backhand** – The stroke used to return balls hit to the left of a right-handed player and to the right of a left-handed player.
- **Bird** – another term for shuttle
- **Carry**- An illegal tactic, also called a sling or a throw, in which the shuttle is caught and held on the racquet and then slung during the execution of a stroke.
- **Center or Base Position**- Location in the center of the court to which a singles player tries to return after each shot.
- **Carry**- An illegal stroke in which the shuttle is not hit, but caught and held on the racket before being released.
- **Clear**- A shot hit deep to the opponent's court.
- **Court**- Area of play, as defined by the outer boundary lines.
- **Doubles** – A game where a team of two players play against another team of two.
- **Drive**- A fast and low shot that makes a horizontal flight over the net.
- **Drop**- A shot hit softly to fall rapidly and close to the net on the opponent's side.
- **Fault**- A violation of the playing rules, either in serving, receiving, or during play.

- **Forehand**- The stroke used to return a ball hit to the right of a right-handed player and to the left of a left-handed player.
- **Match**- A series of games to determine a winner. .
- **Racquet (Racket)**- Instrument used by the player to hit the shuttlecock.
- **Rally**- Exchange of shots while the shuttle is in play.
- **Serve (Service)**- Stroke used to put the shuttlecock into play at the start of a rally.
- **Service Court**- Area into which the serve must be delivered. Different for singles and doubles play.
- **Short Service Line**- The line 6-1/2 feet from the net which a serve must reach to be legal.
- **Shuttlecock (Shuttle)**- Official name for the object that the players must hit.
- **Smash**- Hard-hit overhead shot that forces the shuttle sharply downward. Badminton's primary attacking stroke.

