

Basketball Rules

Equipment: 1 basketball, team bibs, 2 basketball hoops

- No more than 6 a side.
- Game starts with a tip off: two players stand shoulder to shoulder while the ref throws the ball up between them, they must tip the ball to a teammate and start play.
- Two points for a basket.
- The game restarts from the backline after a goal. Defending team must be 5m back
- **No travelling:** if the ball carrier moves without bouncing the ball it is given to the other team to take from the side line.
- **Double dribble:** if the ball carrier dribbles the ball then holds it and begins to dribble again or bouncing the ball using two hands at the same time.
- **No contact:** if a player contacts another the non-offending teams takes a throw in from the side line.
- **Foul whilst shooting:** if a player is fouled whilst shooting the non-offending team take two free shots each worth 1 point. All other players stand on the outside of the semi circle and cannot rebound until after the second shot has been taken



Shake hands with the other team at the start and end of a game.

Cornerball Rules

Equipment: 1 tennis ball, team bibs, 16 cones

- No more than 7 a side.
- Each team has two players who stand in two boxes in the corners of their scoring end, they are the 'box players' and they are the only players allowed in the boxes.
- When you have the ball in your hands you cannot move your feet and you can only hold the ball for four seconds.
- To score a point you must throw the ball to your box player and they must catch it. Once a goal is scored, the other team take possession of the ball.
- To defend the ball, you must be a metre away from the player who is holding it.



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Football Rules

Equipment: 1 football, team bibs, 2 football goals

- No more than 6 a side.
- Ball cannot go above head height (roll in from the side line and roll out from the keeper).
- Restart the game after a goal from the middle.
- No hand ball.



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Handball Rules

Equipment: 1 playground ball, team bibs, 2 football goals, base stations

- Create two semi-circles around each goal using the base stations. Only the goalkeeper is allowed in the semi-circle.
- No more than 6 a side including a goalkeeper.
- You can only shoot from outside the semi-circle by throwing the ball into the goal.
- When you have the ball in your hands you can take three steps with it, then you can shoot, pass or bounce the ball to yourself.
- If you choose to bounce the ball after taking three steps, you can take another three steps, after that you must shoot or pass.
- You cannot take the ball out of the opposition's hands.



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Hockey Rules

Equipment: 1 tennis ball, team bibs, 4 cones, 12 hockey sticks, base stations

- No more than 6 a side including goalkeeper
- Create two semi-circles around each goal using the base stations. Only the goalkeeper is allowed in the semi-circle.
- You can only shoot from outside the semi-circle.
- Only use one side of the stick.
- Do not let the ball touch your feet, if it does the ball goes to the other team.
- Do not lift your stick above your waist.



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Quick Cricket Rules

Equipment: 1 tennis ball, 2 cricket bats, 2 wickets

- 10 a side, batting team is divided into pairs who bat for one over per pair. An over is 6 balls.
- Each team starts with 200 runs.
- Each time a batter is out, the pair is deducted 5 runs from the total but pairs continue to bat for their over (6 balls).
- A batter can be bowled out, caught out, stumped out, or if they hit the wickets with their bat.
- A run is scored each time the batters change ends.
- Bowling is from one end only and a fielder may only bowl for a maximum of one over.



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