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INFORMAL GAMES

FOR SOLDIERS



WAR DEPARTMENT

DECEMBER 1943

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G. C. MARSHALL,
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(For explanation of symbols see FM 21-6.)

CHAPTER I. GAME LEADERSHIP**II. GAMES OF BASEBALL TYPE**

	Page
1. Swat Ball.....	2
2. Bat Ball.....	3
3. Long Ball.....	3
4. Soakout.....	4
5. Punch Baseball.....	5
6. Kick Ball.....	6
7. Baseball Cricket.....	6
8. Kick Pin Baseball.....	7
9. Indian Ball.....	8

III. NET GAMES

10. Four-Man Volley Ball.....	9
11. Cage Ball.....	10
12. Shower Ball.....	10
13. Paddle Badminton.....	11
14. Paddle Tennis.....	12

IV. GAMES OF FOOTBALL AND SOCCER TYPE

15. Line Soccer.....	13
16. Mass Soccer.....	14
17. Sideline Soccer.....	15
18. Shinny.....	15
19. American Ball.....	16

V. GAMES OF BASKETBALL TYPE

20. Box Basketball.....	18
21. Goal Hi.....	18
22. Captain Ball.....	19
23. One-Basket Basketball.....	20

VI. VIGOROUS ACTIVITIES FOR RESTRICTED AREAS**A. Games**

24. Quick Line-up.....	21
25. Spoke Tag.....	21
26. Snatch the Bomb.....	22
27. One Out.....	23
28. Bombardment.....	23
29. Bucking Bronco.....	24
30. Dodge Ball.....	24
31. Chain Dodge Ball.....	25
32. Team Stick Guard.....	26
33. Bronco Tag.....	26
34. Skirmish.....	27
35. Crows and Cranes.....	28
36. Keep Away.....	28

CHAPTER VI. VIGOROUS ACTIVITIES FOR RESTRICTED AREAS—Continued

A. Games—Continued

	Page
37. Attack.....	29
38. Tether Ball.....	30
39. Box Hockey.....	30
40. Weak Horse.....	31
41. Grenade in the Hole.....	32
42. Beater Goes Round.....	32
43. Swat the Enemy.....	33
44. Baste the Bear.....	33
45. Push Ball.....	34
46. Bowling.....	35

B. Combatives

47. Team Bar Wrestle.....	35
48. Rooster Fight.....	36
49. Line Rush.....	37
50. Westmoreland Wrestling.....	37
51. Hog Tying.....	38
52. Arm-lock Wrestle.....	38
53. Crab Fight.....	38
54. Human Tug of War.....	39
55. One-man Pull.....	39
56. Hand Wrestle.....	40
57. Indian Wrestle.....	40
58. Pullaway.....	41
59. Master of the Ring.....	42
60. Cane Fight.....	42
61. Back-to-back Push.....	43
62. Horse and Rider.....	44
63. Island.....	44
64. Concentration Camp.....	45

VII. RELAYS FOR INDOORS AND OUTDOORS

65. Caterpillar Race.....	46
66. Bayonet Jab.....	46
67. Back-to-back Relay.....	47
68. Monkey and Crab Race.....	47
69. Kangaroo Race.....	48
70. Log Roll.....	48
71. Pilot Relay.....	49
72. Round the Bases.....	49
73. Centipede.....	50
74. Jump 'em and Down.....	50
75. Goat-butting Relay.....	51
76. Dizzy-izzy Race.....	51
77. Snake-walk Relay.....	52
78. Jump the Stick.....	52
79. Paul Revere.....	53
80. Chariot Race.....	53
81. Over and Under.....	54
82. Skin the Snake.....	54
83. Wheelbarrow Race.....	55
84. Circle Race.....	56

CHAPTER I

GAME LEADERSHIP

The principal factor in successful game leadership is an energetic, dynamic, enthusiastic leader. Games, if they are to be successful, must be carried on in a continuously snappy, vigorous manner. Whether or not the activities are conducted in this way is dependent upon the leader. The play group will invariably reflect his attitude whether it be enthusiastic or apathetic. Enthusiasm is contagious but the players cannot catch it unless it is present. A hustling, energetic, aggressive spirit on the part of the leader is the first requirement for effective game leadership.

Confidence is another essential of successful game leadership. The lack of confidence on the part of the play leader creates indecision and hesitation which are fatal. Confidence grows out of experience and a thorough knowledge of the games to be played. Actual practice in teaching is the best way for the beginner to build confidence. However, there is no substitute for careful preparation. Even the very experienced enjoys more confidence when he has carefully reviewed the materials he is to cover. Players are not fooled by the individual who attempts to bluff his way through games with which he is not thoroughly acquainted. Mastery of subject matter is the first step in developing confidence, assurance, and poise.

For the leader of soldier games the following suggestions are offered:

a. Remember you are teaching soldiers, not

games. Make this an enjoyable experience:

b. Get the game underway quickly by selecting and teaching only the minimum essentials.

c. Emphasize only the difficulties.

d. Demonstrate whenever possible. Do not explain.

e. Stand in a position where you can be seen and heard by everyone.

f. When explanation is necessary, speak clearly and simply.

g. Get your men in the position you want them in before describing the game.

h. Rules should add to the enjoyment of the game and not interfere with the spirit of fun.

i. Anticipate difficulties. It will reduce the number of questions.

j. Minor corrections of faults in play may be made while the game is in progress.

k. If an event is going badly, stop it; iron out the difficulties then restart.

l. Have all equipment ready and available.

m. Stop the game before interest begins to lag.

n. Train players to "stop, look, and listen" instantly upon hearing the whistle.

o. In team games, clearly distinguish sides.

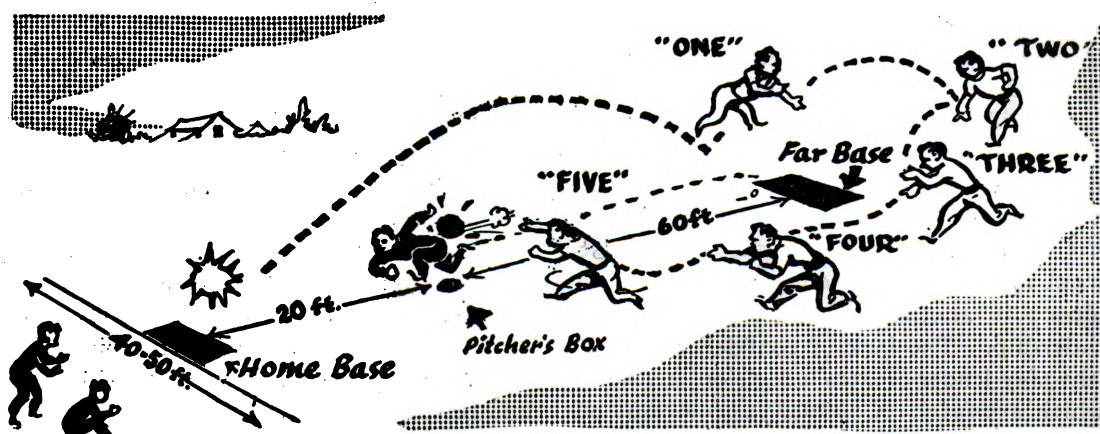
p. Always insist on fair play; enforce the rules impartially.

q. Halt all "horseplay" at its first appearance.

r. Develop a plan in each game period, and then work your plan.

CHAPTER II

GAMES OF BASEBALL TYPE



1. SWAT BALL.

PLAYERS: 10 to 15 on each side.
One man is pitcher; one catcher; rest of team are fielders.

EQUIPMENT: A volley ball.

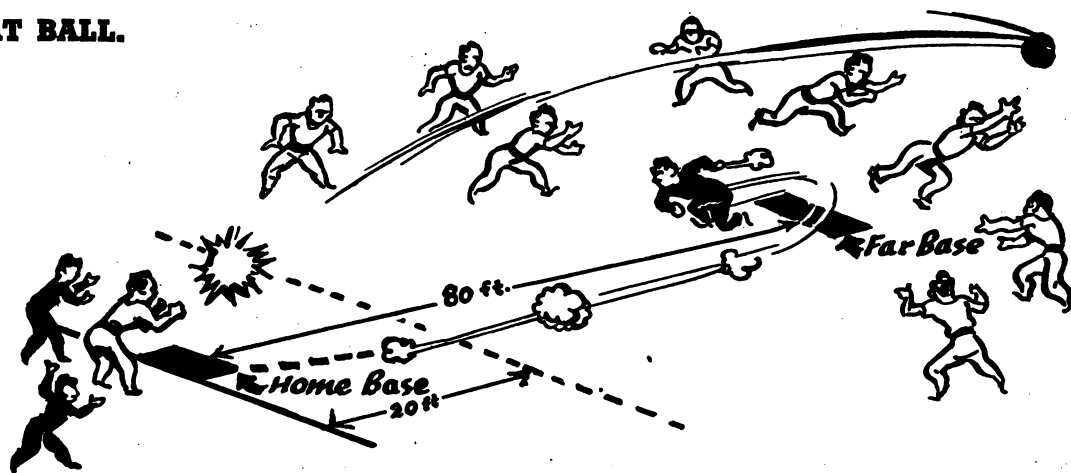
AREA: Any outdoor area or gymnasium will suffice. In the middle of a 40- to 50-foot end line home base is marked. The pitcher's box is located 20 feet in front of home base. From 50 to 60 feet beyond pitcher's box a far base is located.

THE GAME: The pitcher tosses the ball easily to the batter who swings at it with his clenched fist and hits it out into fair territory which is in front of the end line or end line extended. The batter must run around the far base and return home before he is hit by the ball. Before the ball can be thrown at the base runner, it must be passed five times among the members

of the team in the field. No two consecutive passes may be made between the same two individuals. The fielders may not run with the ball but must advance it by passing from one player to another. The runner is not permitted to run wider than the extent of the end line. Three foul balls put the batter out. Three put-outs constitute a side out. The game continues for any predetermined number of innings. The runner is out if the ball is caught on the fly or when the runner is hit by the ball after the legal number and kind of passes have been made before he reaches home base.

SCORING: The batter must make a home run which counts one run for his team. The side scoring the most runs during the game will be the winner.

2. BAT BALL.



PLAYERS: 8 to 15 on each side.

EQUIPMENT: Volley ball.

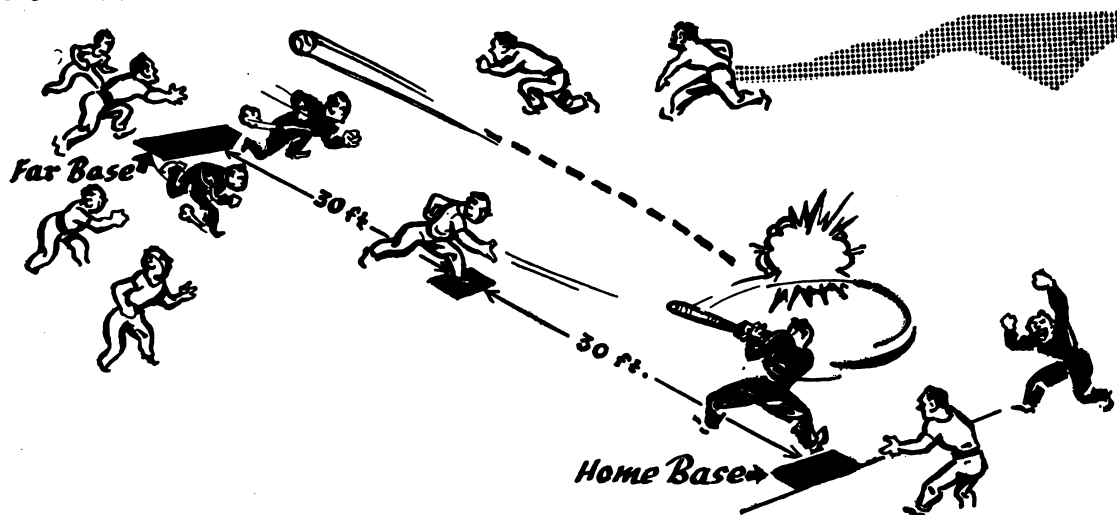
AREA: Any outdoor area or gymnasium will suffice. In the middle of a 40- to 50-foot end line, a home base is marked. A line 20 feet away and parallel to the end line is drawn. 70 or 80 feet from home base a far base is marked.

THE GAME: The batter himself tosses up the ball and hits it with his hand or fist. After hitting the ball he must run around the far base and return home before being hit by the ball thrown at him by the defensive team. If he does not hit the ball over the 20 foot line, he gets an additional trial. If the ball fails to go over the

second time, the batter is out. Members of the side which is in the field have no definite positions, but scatter about the space beyond the 20-foot line. They attempt to put out the batter by catching a fly ball or by hitting or tagging the batter with the ball. The fielders are not permitted to take more than one step while holding the ball or to hold the ball for more than 3 seconds. They may relay the ball to another fielder closer to the runner. The batter is not permitted to run wider than the extent of the end line. Three outs retire the side. Any predetermined number of innings may be played.

SCORING: Every time a home run is made, one run is scored for the team at bat.

3. LONG BALL.



PLAYERS: 5 to 12 men on each side;

EQUIPMENT: Softball and bat.

AREA: Any outdoor area: 30 feet from

home plate is the pitcher's box. 30 feet beyond the pitcher's box is an area 3 by 6 feet. This is called the far base.

THE GAME: When the batter hits the ball he

must run to the far base and either remain there or return home. Several players may occupy the base at once, provided there is a player at bat. When there is more than one player on the base, all may return to the home base on a hit. Once a base runner leaves the far base, he cannot return unless a fly ball is caught. The batter remains in bat until he hits the ball. Every hit is a fair hit even though it may be nothing more than a foul tip. A runner is out when—

a. A fly ball is caught.

b. The ball is thrown to the far baseman before the batter reaches there.

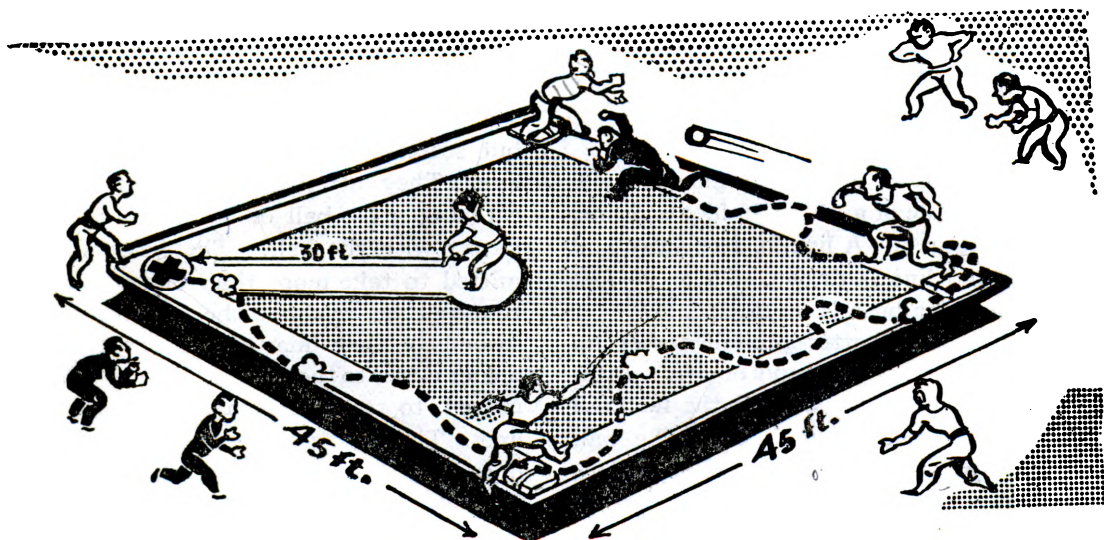
c. He is tagged off base with the ball held by an opposing player.

d. He is hit when off base by the ball thrown by an opposing player.

The ball must hit the runner on the fly.

SCORING: A run is scored each time a base runner reaches home base safely. After three outs, the teams change places. Any predetermined number of innings may be played.

4. SOAKOUT.



PLAYERS: 9 to 12 players on each side.

EQUIPMENT: A 16-inch indoor baseball, indoor baseball bat, three bases, and a home plate.

AREA: Softball diamond or gymnasium. 45 feet between bases. Pitcher's box 30 feet from home base.

THE GAME: The plan of the game is that the batter after hitting the ball runs all four bases, during which run, members of the defensive team endeavor to "soak" him "out" by hitting him with a direct throw. The ball may not be relayed. The batter is out—

a. After three strikes (whether or not the third strike is held by the catcher).

b. When a fly ball is caught.

c. When a foul tip is caught.

d. When the runner is legally "soaked out" or tagged by a member of the defensive team. He may be hit by the ball on the fly or on a bounce.

e. If a member of the offensive team touches the ball or interferes with the play of a member of the defensive team.

When the batter hits the ball, whether it be fair or foul, he becomes a base runner. The base runner, when he hits the ball, must make a home run. He must run all bases in any order. He may halt, dodge, or run in any direction on the playing area. If the batter receives a base on balls, he is not permitted to leave first base until a succeeding batter hits the ball. When the batter is hit by a pitched ball it is called a ball. No base stealing is permitted. Three outs constitute retirement of a side. Any predetermined number of innings may be played. The pitcher must use the underhand pitch. Pitchers should be changed every inning through rotation of players.

SCORING: One run shall be scored each time a base runner has touched all bases, that is, scored a home run. The base runner shall be entitled to a "home run" without liability of being put out when—

a. Runner is deliberately held or impeded by any member of the defensive team.

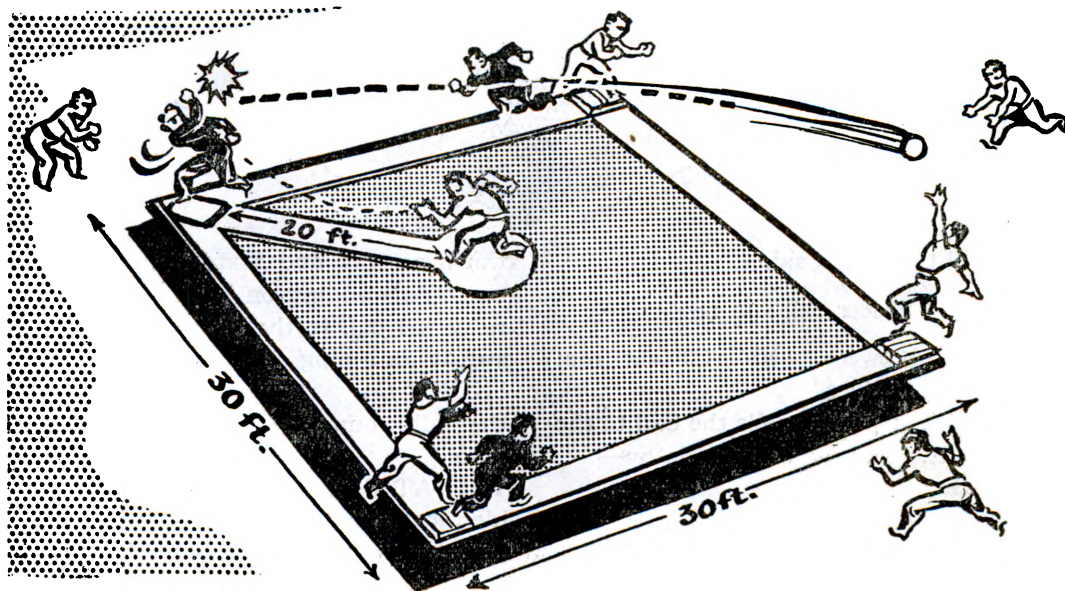
b. Member of defensive team fails to attempt to field ball immediately and throw same at the runner. The defensive player may not hold ball, "balk," or hesitate in throwing ball at the runner. Neither may the defensive player relay the ball

to a teammate, but must make attempt to "soak out" the runner.

c. Members of defensive team intercepts throw before ball has crossed the path of the runner.

d. Runner is hit on the head by a thrown ball.

5. PUNCH BASEBALL.



PLAYERS: 8 to 12 men on each side.

EQUIPMENT: Volley ball, three bases, and home plate.

AREA: A baseball diamond with 30 feet between bases. 20 feet from home to pitcher's box.

THE GAME: The players in this game assume the same positions as in softball. The team at bat hits in the order of catcher, pitcher, first baseman, etc. The batter hits the ball with his forearm or closed fist. The pitcher must use an easy underhand pitch and must adhere to softball rules for pitching. Base runners may advance only on hits. Outs are made as follows:

a. Catching a fly ball;

b. Getting the ball to the first baseman before the batter reaches the base.

c. Batter hitting three fouls.

d. Forcing a baserunner at any base.

e. Tagging a baserunner with the ball.

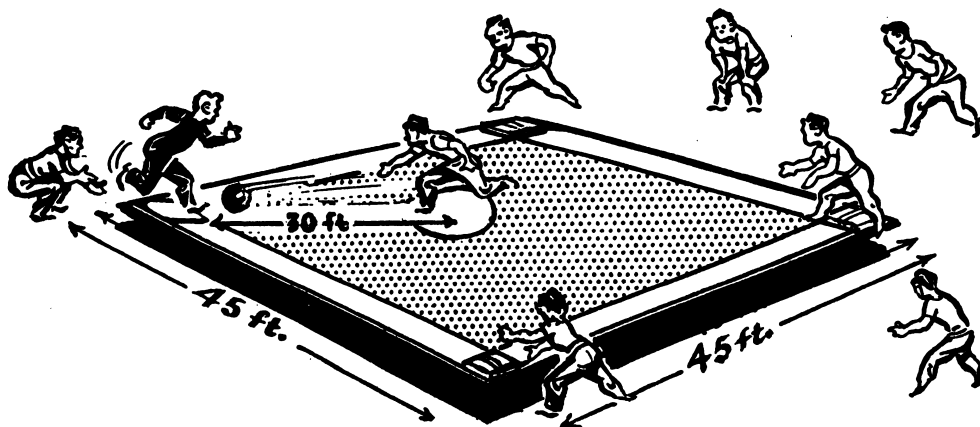
SCORING: A run is scored each time a baserunner crosses the home plate.

Three outs retire a side and nine innings constitute a game.

With the exceptions noted above the game is played as softball.

VARIATION: The ball is rolled on the ground to the batter who kicks it. Otherwise the game is played as above.

6. KICK BALL.



PLAYERS: 9 to 12 on a side.

EQUIPMENT: Soccer ball and bases.

AREA: 45 feet between bases. 30 feet from pitcher's box to home plate.

THE GAME: The pitcher rolls the ball to the batter who kicks it. Put-outs are made by—

- a. Batter kicking three fouls.
- b. Fielder catching any fly ball.
- c. The ball beating the runner around the bases to home plate. After kicking the ball, the runner circles the bases. The runner must make a home run. On a fair ball, not caught on the fly, the fielder throws the ball to the pitcher who then throws to either the first or third baseman. The ball then must reach home base via the first, second, and third basemen in that order or via the

third, second, and first basemen. The basemen must be standing on their base before they can relay the ball to the next base. Three outs constitute an inning and nine innings a game.

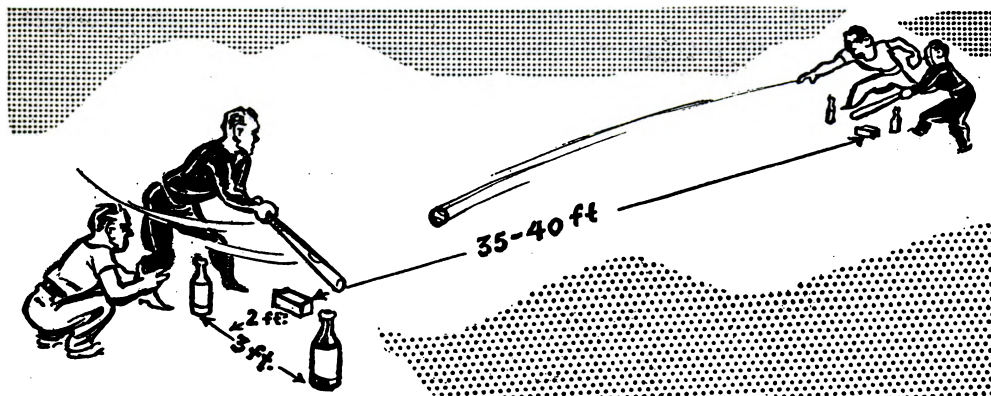
SCORING: If the batter succeeds in beating the ball around the bases, he scores a run for his team.

VARIATION: This game may be played in an identical manner except that the ball is put into play by the pitcher tossing the ball to the batter who hits it with his fist or forearm. The pitcher must deliver the ball with an underhand throw.

VARIATION: The ball may be played by placing it on home base and kicking it by the batter from that point. The above rules apply.

VARIATION: Do not count fly ball caught as an out but rather play it as any fair hit ball.

7. BASEBALL CRICKET.



PLAYERS: 2 or more men on each team.

EQUIPMENT: 2 softball bats, a softball 14 or 16 inches, 4 pins, and 2 bases.

AREA: 100 feet by 200 feet. (For playing dimensions see diagram above.)

THE GAME: There are two or more players

on a team. One team bats and the other team pitches, catches, and fields the ball. Two pins are placed on the ground about 3 feet apart. Between these two pins and about 2 feet in front of them, a small block is placed for a base. One of the batters takes a position in front of the two

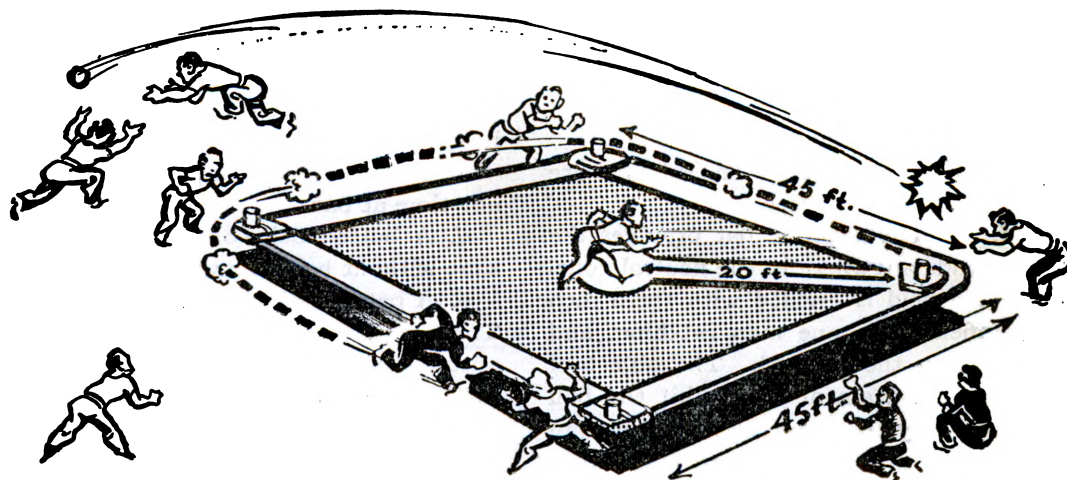
pins with his bat on the base. Another teammate takes the same position at the other base. One of the fielders throws the ball underhand at the two pins at the opposite base. An out is scored every time a pin is knocked down. The batter attempts to protect the pins by hitting at the ball. If he hits the ball in any direction, he may exchange places with his teammate and thereby score a run. The batters may exchange places any number of times on a hit and score a run on every exchange. The fielders try to recover the ball, throw it, and knock down the pins while the runners are exchanging places. A player may knock down the pins by throwing the ball at them

any time the batter guarding the pins takes his bat off the base. On the pitch, the bat on the base is not a protection. It is an out when a fly ball is caught. Fielders are placed anywhere on the field. Fielders alternate in pitching the ball at the pins. Three outs constitute an inning and seven innings a game. Batters continue to bat until an out is made. When an out is made two new batters replace the men who were at bat.

MODIFICATION: Allow a player only two bats or hits after which he gives up his place at bat to a teammate.

SCORING: One point is scored every time the batters exchange places.

8. KICK PIN BASEBALL.



PLAYERS: 10 to 12 on each side. One pitcher, catcher, three basemen as in softball and the remainder outfielders.

EQUIPMENT: One soccer ball, four tenpins. Tin cans may be substituted for the tenpins.

AREA: Baseball diamond with 45 feet between bases. Pitcher's box 20 feet from home plate.

THE GAME: The tenpins are placed on the outside corner of each base and in the middle of home plate. The pitcher rolls the ball at the home plate pin. The batter kicks the ball and circles the bases on the outside of the pins and finally touches home plate.

The batter is out when—

a. A pitched ball knocks over the home plate pin.

b. The ball is caught on the fly by an opponent

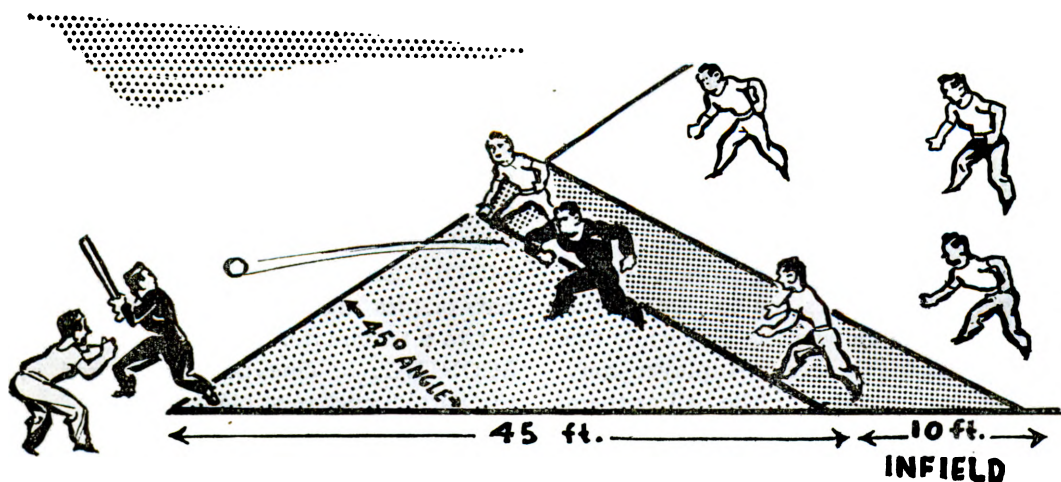
c. The batter knocks over the home pin or any other base pin during his turn at bat.

d. The base pin is knocked over by a baseman hitting it with the ball provided the ball is fielded and passed in advance of the runner (that is, to first, second, etc.) to the baseman who knocks over the pin before the runner reaches that point.

e. The runner is hit by the ball while he is between the bases, the ball having been passed counterclockwise around the bases to the point where the runner is advancing. Three put-outs constitute a side out. Any predetermined number of innings may be played.

SCORING: The batter must make a home run to score one run.

9. INDIAN BALL.



PLAYERS: 12 to 15 men on a side. Team composed of 3 infielders, 1 catcher, and 8 to 11 outfielders.

EQUIPMENT: Bat and softball.

AREA: See diagram above. The sidelines are at an angle of 45° to each other.

THE GAME: The team at bat provides the pitcher who stands anywhere in the neutral zone. The team in the field is divided with three men playing the infield area, one man catching, and the rest playing in the outfield. The object of the game is for the team at bat to hit the ball safely in fair territory and score runs; for the team in the field, to retire the team at bat. The batter hits the ball only. There are no bases and there is no base running.

Hits are made when—

- a. The ball hits ground in the outfield.
- b. The ball is dropped in the infield or comes to rest in the infield.
- c. A fly ball is dropped in the neutral zone.
- d. A home run is made by a fly ball being hit over the head of the last outfielder.

Outs are made when—

- a. Any fly ball is caught.
- b. A ground ball is fielded cleanly in the infield zone, that is, not dropped to the ground once it is touched by the infielder.
- c. The batter hits more than one foul during one time at bat.
- d. A batted ball comes to rest in the neutral zone without being played by a fielder.
- e. A batted ball hits the pitcher.

Three outs retire the side. Seven innings constitute a game.

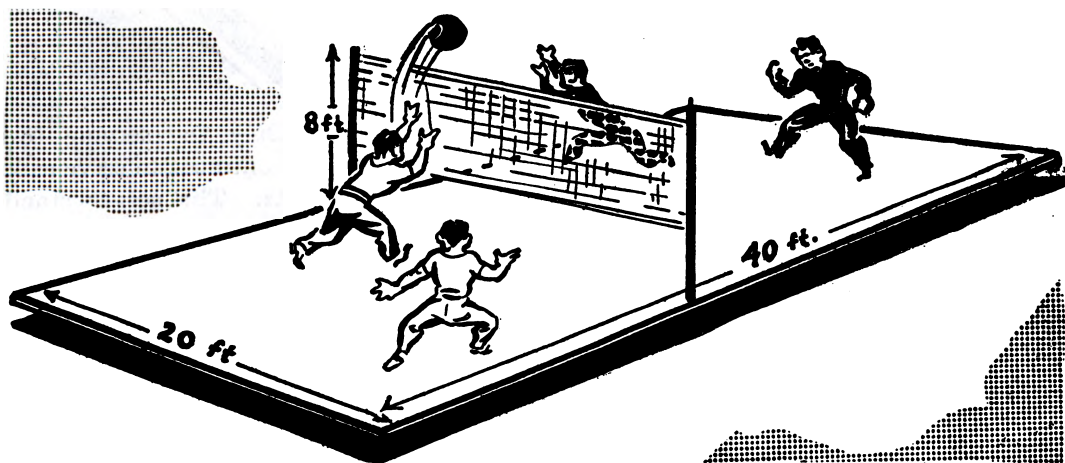
SCORING: Runs must be forced in. (Imaginary runners running imaginary bases.) Every hit is a single with the exception of the home run indicated above. One hit puts a man on first, the second puts men on first and second, and the third hit puts men on first, second, and third. The fourth hit forces in one run. A home run then would clean the bases scoring four runs. Scoring is as in regular baseball.

VARIATIONS: Use a volley ball and strike with the arm and fist. Use a soccer ball and kick. If 12-inch ball is used, lengthen the neutral zone.

CHAPTER III

NET GAMES

10. FOUR-MAN VOLLEY BALL.



PLAYERS: 4.

EQUIPMENT: Volley ball and net. The net is 8 feet high.

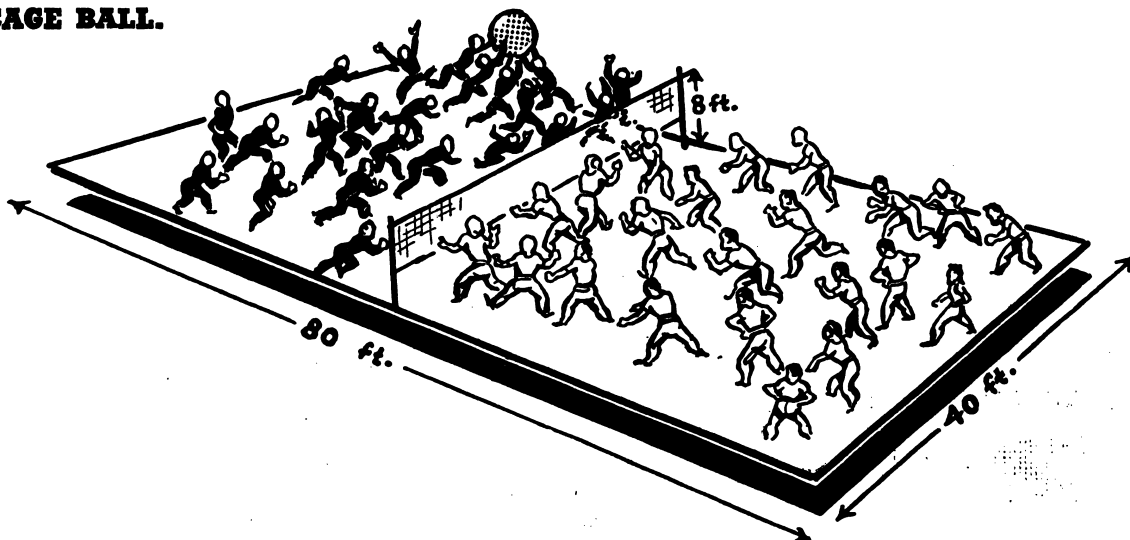
AREA: 20 feet by 40 feet.

THE GAME: The object of the game is to serve or hit the ball into the opponent's court so that they cannot return it. Two players play on each side. Each side must return the ball to the opposite court without striking the ball more than three times. A player may hit the ball twice but not more than twice in succession. No player is permitted to touch or to reach over or under the net. In order to serve, the server must stand

behind his end line. On the serve, the ball must land in the opponent's court without touching the net or without being assisted by the server's partner. The server continues to serve as long as his side continues to make points. If the server fails to serve the ball over the net or his side allows a returned volley to strike the ground or bats a returned volley out of bounds or violates the successive hitting rule indicated above, his team forfeits to the opponent the opportunity to serve.

SCORING: Only the serving side scores points. Eleven points constitute a game. A point is scored when the server's opponents fail to return the ball or hit the ball out of bounds.

11. CAGE BALL.



PLAYERS: 10 to 40 on a side.

EQUIPMENT: Balls 18, 24, or 36 inches.
Net 8 feet high.

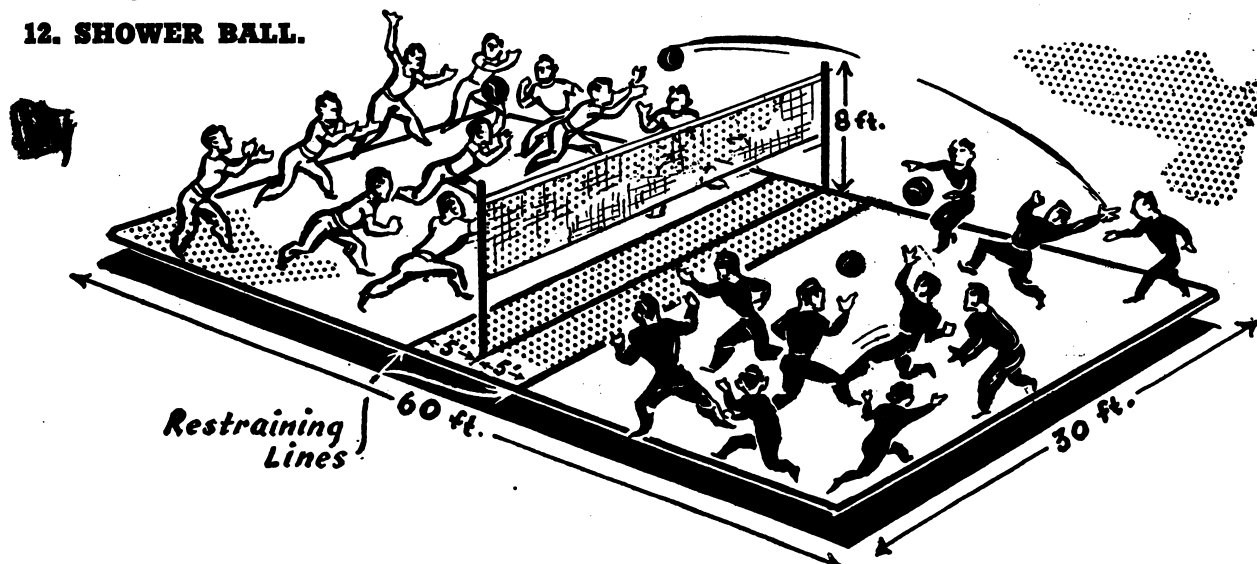
AREA: 40 feet by 80 feet. For smaller groups, area 30 feet by 60 feet.

THE GAME: Players of each team count off so that the serve will proceed in regular order. The ball is volleyed back and forth over the net. A player may hit or juggle the ball as many times as he chooses while it is within reach on his side of the net, and as long as he remains in his same relative position and does not move forward to

the front line. Only the serving team scores points. A server continues to serve as long as his team scores points. The server stands behind the back line and throws the ball to another player of his team who assists it across the net. All serves *must* be assisted or the side loses the serve.

SCORING: A game consists of seven points. A point is scored by the serving team when the receiving team bats the ball out of bounds or allows it to hit the ground. If the serving team fails to serve the ball over the net, fails to return a volleyed ball or bats the ball out of bounds it loses the opportunity to continue to serve.

12. SHOWER BALL.



PLAYERS: 10 to 40 on a side.

EQUIPMENT: 2 or 3 inflated balls.

AREA: 30 feet by 60 feet. For over 12 players on each side a court of 40 by 80 feet is

recommended. Net is 8 feet high. A restraining line is drawn 5 feet on each side of the center line and parallel to it.

THE GAME: Play starts by one team throw-

ing two or three balls over the net simultaneously from the back line. The opponents attempt to keep the balls from hitting the ground by catching them and throwing them back across the net. No player may hold the ball for more than three quick counts. Taking more than one step with the ball is not allowed. Player catching the ball may not pass to a teammate but must attempt to return the ball over the net. All return throws must be made from behind the restraining line.

SCORING: A point is scored when—

a. The opposing team allows the ball to strike the ground on their side of the net.

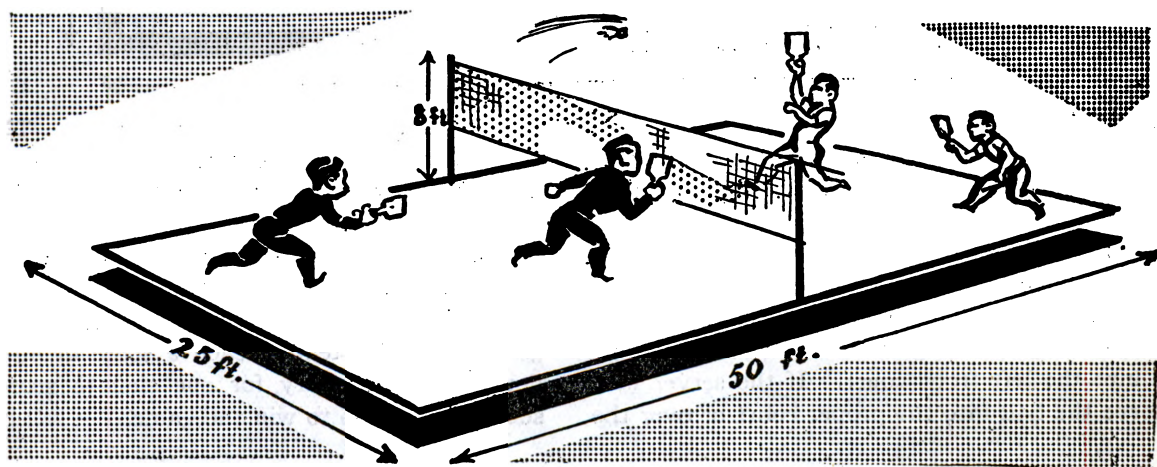
b. One of the opposing players throws the ball out of bounds or into the net.

c. Any of the above rules are violated.

After a point has been scored, the player nearest to the ball puts it in play by throwing it over the net. A game consists of 21 points.

VARIATION: This game may be played by using one ball and applying the rules stated above. When played in this manner, the game is called "Newcomb." This is a more satisfactory game when there are from 8 to 12 players on a side.

13. PADDLE BADMINTON.



PLAYERS: Any number from 1 to 6 on each side.

EQUIPMENT: Net, paddles, bird. The bird is larger and heavier than a badminton bird and this makes the game more suitable for outdoors. By refeathering, the bird will last indefinitely. Wooden paddles are used. The net is 8 feet high.

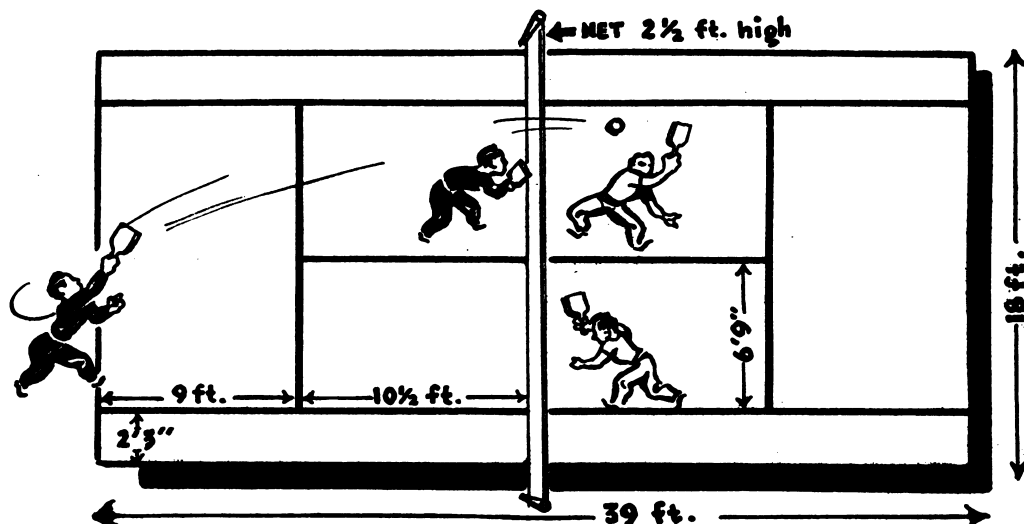
AREA: 25 by 50 feet.

THE GAME: The game is started with an underhanded serve which may be delivered from any point within the serving team's playing area. The serve must go into the opponent's court. Serves striking the net and going into proper court

are replayed. The bird is volleyed back and forth across the net until one side fails to return it to the opponent's court, or returns it out of bounds. The server continues to serve as long as his side continues to score points. After he loses his serve, he does not serve again until all other members of his team have had their turn. The team members of each team should count off to facilitate rotating the serve.

SCORING: Only the serving side scores. Fifteen points constitute a game. A point is scored when the server's opponents fail to return the bird or return it out of bounds.

14. PADDLE TENNIS.



PLAYERS: 2 to 4.

EQUIPMENT: Dead tennis ball or regulation paddle tennis ball. Paddles and a net 2 feet 6 inches high.

AREA: 18 feet by 39 feet divided as shown in diagram above.

THE GAME: The service alternates from court to court starting from the right back line and into the left front court. If the server fails to serve the ball into the proper court or over the

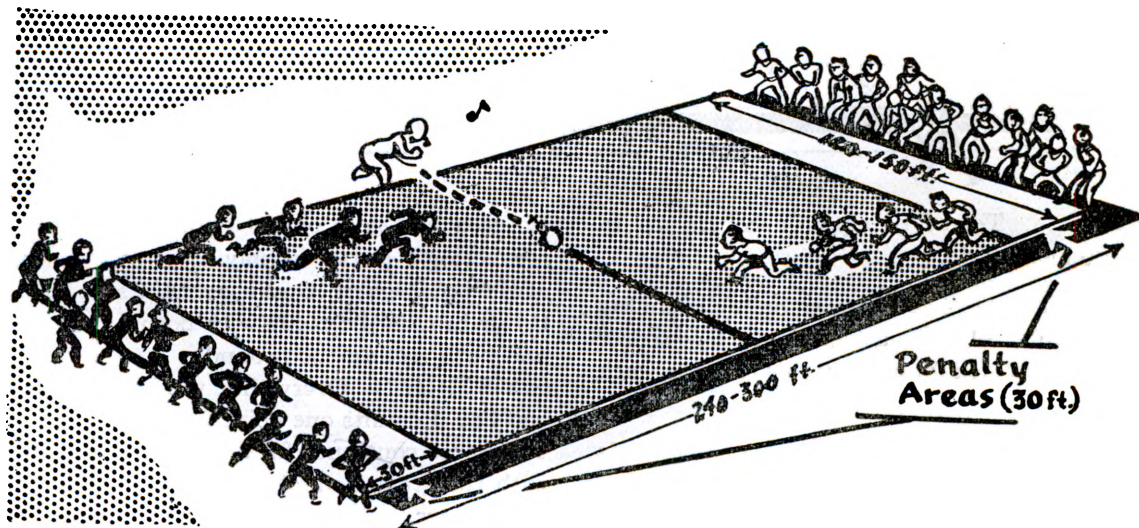
net he is given another opportunity. The receiver attempts to return the ball back over the net. The game continues with the players batting the ball back and forth. The serve alternates between teams after each game. This game follows the pattern of regular tennis.

SCORING: Points scored are 15, 30, 40, and game. If both teams reach a score of 40-40 or deuce it is necessary for one side to score two successive points to win the game.

CHAPTER IV

GAMES OF FOOTBALL AND SOCCER TYPE

15. LINE SOCCER.



PLAYERS: 20 to 80 men on a side.

EQUIPMENT: One soccer ball.

AREA: 120 to 150 feet wide by 240 to 300 feet long. (Use larger area when available.) Lines 10 yards from and parallel to the end lines mark off the penalty area.

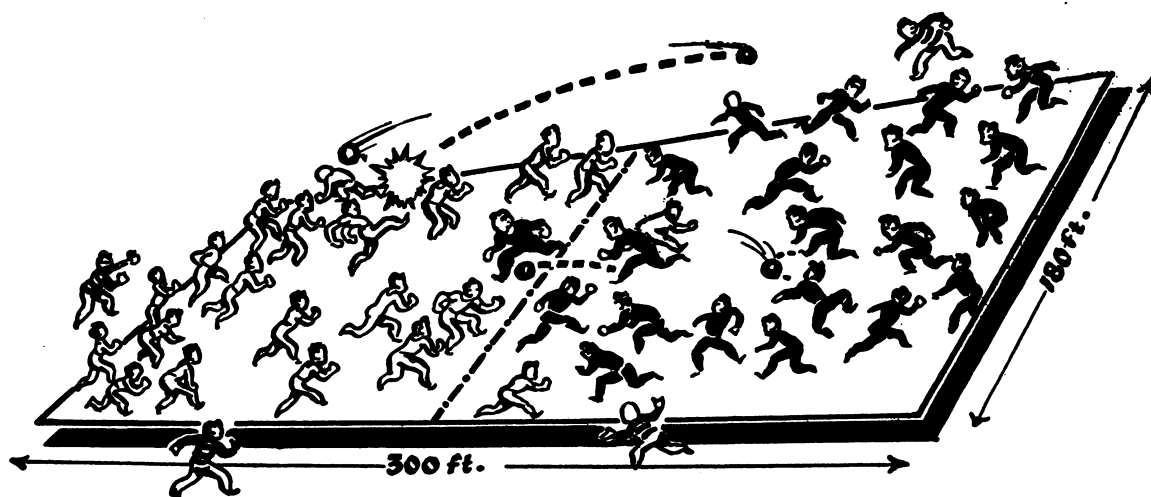
THE GAME: All the men on each side line up in a single line across the field on their own goal line. The first four or six men (as indicated) at the left of each line come out as the whistle is blown and the ball is rolled out into the middle of the playing area. These players attempt to kick the ball across the opponent's goal, not higher than the height of the shoulders. They continue playing until one side has scored a goal. All the remaining players on each side guard their goal. In doing so, they are not permitted to use their hands or to leave the goal line. After each goal, a new set of players advance to the center, usually in successive order from the goal line. When the ball is kicked above the heads of the goal defenders, a free kick is given to the defensive team. The ball is placed on the goal line for this kick. When the ball goes out of bounds over the side lines, the opposite side puts it back into play with a throw-in from the

spot where it crossed the side line. On all free kicks the opponents must be at least 5 yards away from the ball at the moment it is kicked. No goal may be scored directly from a free kick. No one is permitted to use their hands or arms below the elbow. When this rule is violated, the opposite side is given a free kick at the spot of the foul. However, when the defending team uses their hands within their own penalty area (the 10-yard area in front of their end line) a penalty kick is awarded. The penalty kick is executed by placing the ball on a line 10 yards from the goal line and attempting to kick it over the goal line within the proper height. The ball is in play immediately after the kick if the goal is not made.

SCORING: Each goal scores one point. A goal from a penalty kick also counts one point. The game is decided by the team with the most points after a specific period of time.

VARIATION: The game of Punch Soccer is the same as Line Soccer, except that the arm and hand is used to play the ball (rather than the feet) by the group of players in the middle. The penalty for the illegal use of the hands by the players on the goal line is the same.

16. MASS SOCCER.



PLAYERS: Teams of equal numbers up to 200 men on each side.

EQUIPMENT: 4 to 8 soccer balls depending upon the number of men on each side. One soccer ball may be provided for each 20 to 25 men on each side.

AREA: A field 60 yards wide and 100 yards long.

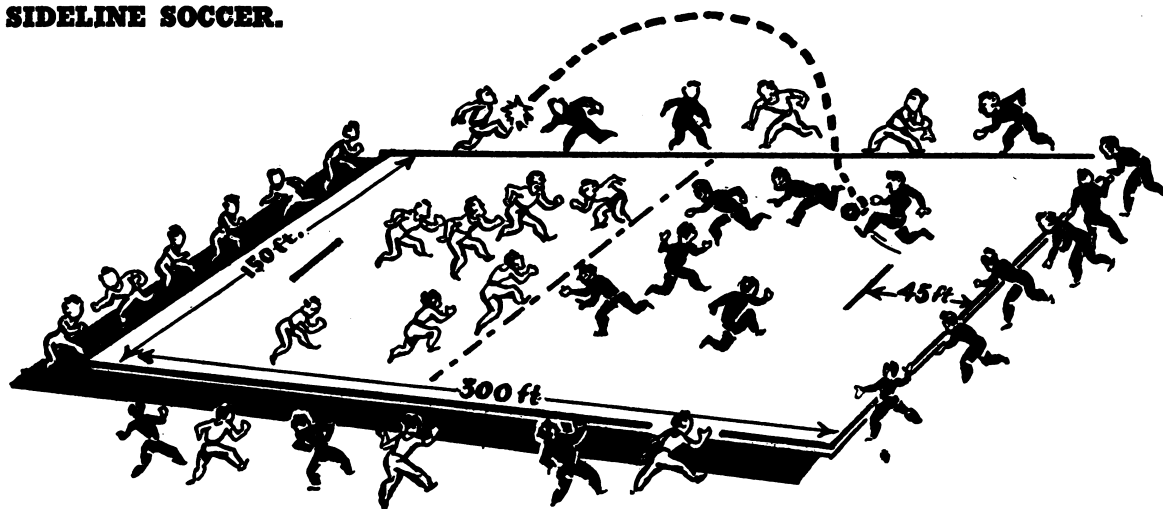
THE GAME: The balls are placed in the middle of the field about 10 yards apart. There should be a referee for each ball. The teams line up on their own goal lines, and on the signal rush forward and attempt to kick the ball across the opposite goal line. No player may kick, trip, hold, or rough unnecessarily another player at any time. For a breach of these rules the offender is put out of the game and his team penalized by giving the ball to the opponents for a free kick at the point where the offense was committed. No player may touch the ball with any part of his arm below the elbow. A free kick is awarded the opponents at the spot of the foul for this violation. On all free kicks the opponents must be at least 5 yards from the ball at the time of the kick.

When a ball goes out of bounds, the first player recovering it puts it in play again by throwing it in at the point where it went over the side line. This throw-in must be made with both hands overhead and both feet on the ground.

SCORING: Every time the ball goes over the end line it counts one point for the offensive team. The game continues for 30 minutes and the team with the greater number of points at that time is the winner. Whenever the ball crosses the goal line it is immediately dead and out of play. The game continues until all the balls are dead and out of play. When this occurs the balls are placed in the middle of the field and play is resumed as at the start of the game.

VARIATION: The introduction of goals provides an interesting variation of this game. They should be placed in the middle of the goal lines and be 24 feet wide with the cross bar 8 feet from the ground. The goal tender is permitted to use his hands in playing the ball. When the goals are available, five points are scored when the ball passes under the cross bar and between the uprights. One point is scored when the ball passes over the end line outside the uprights.

17. SIDELINE SOCCER.



PLAYERS: 50 to 100 divided equally into two teams.

EQUIPMENT: A soccer ball.

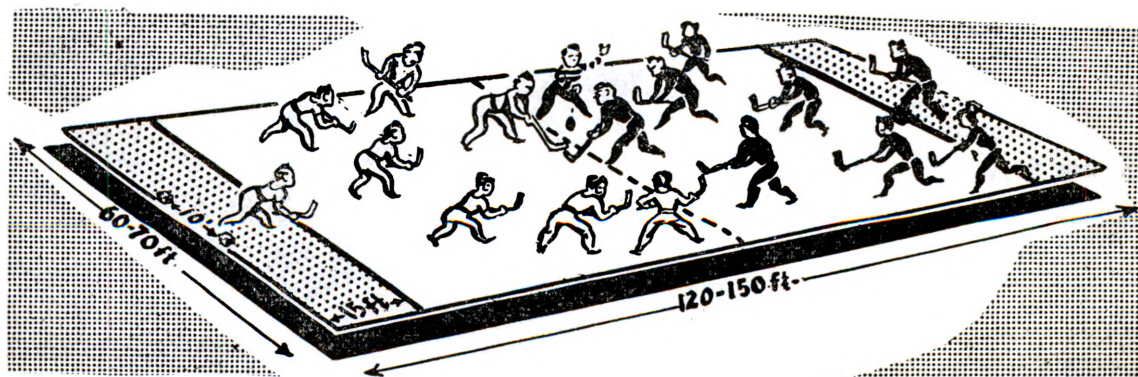
AREA: A field from 100 to 150 feet wide and 200 to 300 feet long.

THE GAME: Divide the group into two equal teams. From each team select six goal tenders. These men may use their hands in playing the ball as goal tenders in official soccer. A goal is scored when the ball is kicked over the goal line at a height not greater than the upreached hands of the goal keepers. Each team selects from its members six men who are placed alternately outside the playing field on either side. These men play up and down the sideline throwing and kicking the ball back into the field to the advantage of their own team. Sideline players are not

allowed to run with the ball but they may use their hands as the goal tenders do. No goals may be scored directly on a throw or kick by a sideline player. The game requires no goal posts, may be administered with a minimum of marking, and provides continuous action for large numbers of men. The goal keepers and the sideline players should be rotated with the field players. If a player other than a goal tender or sideline player uses his hands in playing the ball, the offended team is awarded a free kick from the point of the foul. For flagrant roughness, the offended team is awarded a penalty kick from a spot 15 yards in front of the goal line. Only the six goal tenders may protect the goal on these kicks.

SCORING: Goal from the field or a penalty kick is scored one point.

18. SHINNY.



PLAYERS: 6 to 10 on each side.

EQUIPMENT: Hockey sticks (a softball bat flattened on one side or a branch of a tree) and a

puck which may be a hard ball of any kind or a wood block.

AREA: Any size area although an area ap-

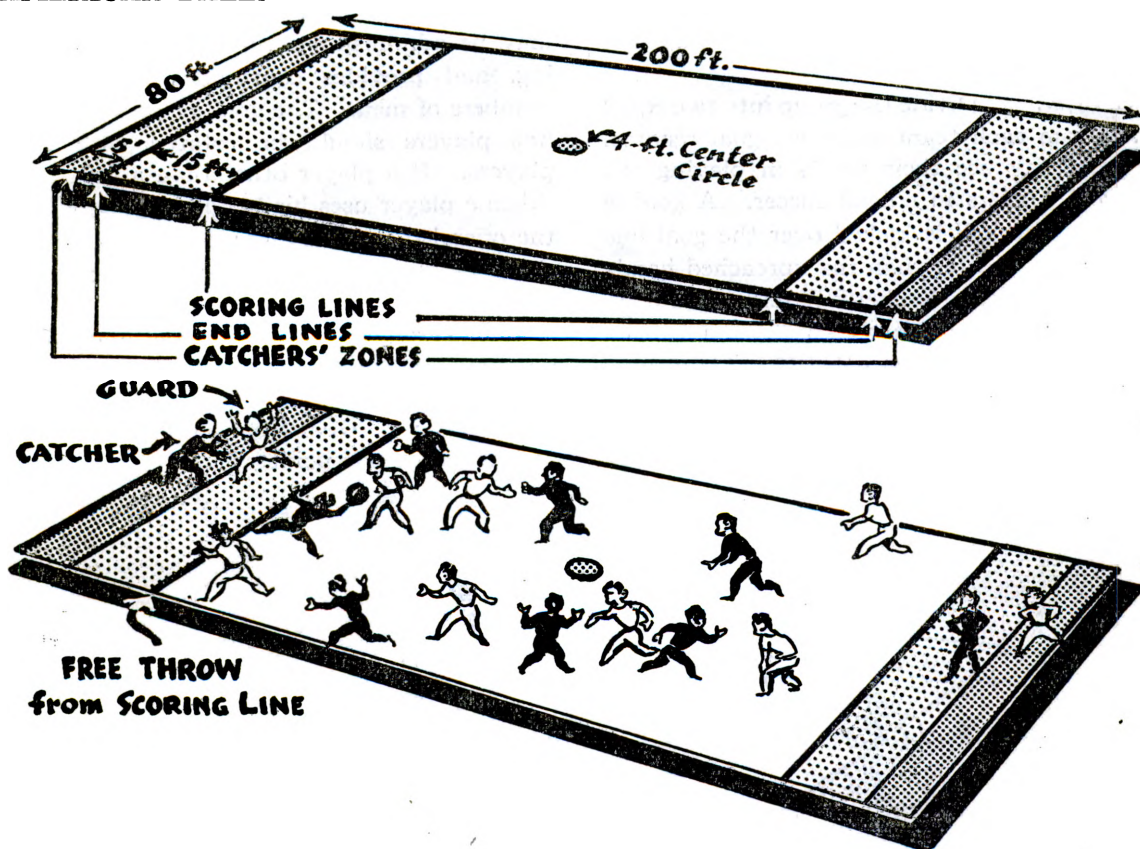
proximately 60 to 70 feet wide by 120 to 150 feet long is suggested. The goal is 10 feet wide.

THE GAME: The game is started by the referee dropping the puck to the ground in the center of the field between two opposing players who attempt to get control of it and pass it to one of their teammates. The objective of the game is to hit the puck through the goal below the height of the shoulders. Except for violations and penalties, the play is continuous until a point is scored. The game is then renewed with a face-off at the center of the field. Two periods of from 10 to 15 minutes each constitute a game. Players must always keep their sticks on their right side. Under such conditions, a player cannot be hit with the stick below the knee legally. However, if a player does not have his stick on his right side, it is not a penalty if he is hit below the knees. It

is not permissible to raise the stick more than knee high. Neither is it permissible to kick the puck. For these infractions, the penalty is a free shot at the goal at the point of the foul during which all defensive players must be at least 15 feet away. In case the foul is committed within 15 feet of the goal, the offensive team is given a penalty shot from a spot 15 feet in front of the goal. All defensive players except the goalie and the offensive players must be behind the puck when the shot is made. On all free shots and penalty shots the player hitting the puck may not hit it again until it has been touched by another player. When the puck goes out of bounds, the opposite side hits it in at the point where it crossed the side line. All opponents must be at least 5 yards away at this time.

SCORING: One point for each goal scored.

19. AMERICAN BALL.



PLAYERS: 9 to 15 on each side:

EQUIPMENT: Soccer, volley, or basketball.

AREA: Level field 80 feet by 200 feet. See diagram above for playing area specifications.

THE GAME: American Ball is played by two

teams. The ball is carried or passed from one player to another. The object is for one team to score as many points as possible by throwing the ball to their catcher and at the same time preventing the opposing team from securing posses-

sion of the ball and scoring. The game is started at the center of the field by tossing the ball between two players of opposite teams. A goal is made when the catcher, in his area, catches a clear pass from a teammate who passed the ball from in front of the scoring line.

Catcher's ball: the catcher takes possession of the ball when an attempted try for goal fails and the ball is recovered in the catcher's zone, goes out of bounds behind this zone or when an opponent crosses the catcher's zone line. Catcher must throw the ball into the field of play within 5 seconds. A game consists of two 20-minute periods with an intermission of 10 minutes between periods. After every score, play is resumed by a center toss.

Penalties:

a. A player shall not touch or cross the scoring line. If a goal is made in violation of this condition, it shall not count.

b. No player, except the catcher and one defensive man, should be inside the catcher's zone at any time during the game.

Penalty: Ball awarded to opposing player out of bounds.

c. The catcher shall not be outside his zone at any time.

Penalty: Ball awarded to opposing team out of bounds.

d. A player shall not take more than 10 seconds in making a free throw for the goal. If more time is taken and the goal is made, it shall not count.

Personal fouls:

a. Tackling an opponent above the shoulders, below the knees, or leaving the feet in making a tackle.

b. Tripping, blocking from the rear, or leaving the feet while blocking.

c. Unnecessary roughness.

d. Tackle an opponent who doesn't have the ball. The penalty for all personal fouls is one free throw, taken from the scoring line. A player who has made four personal fouls shall be disqualified from further participation in the game.

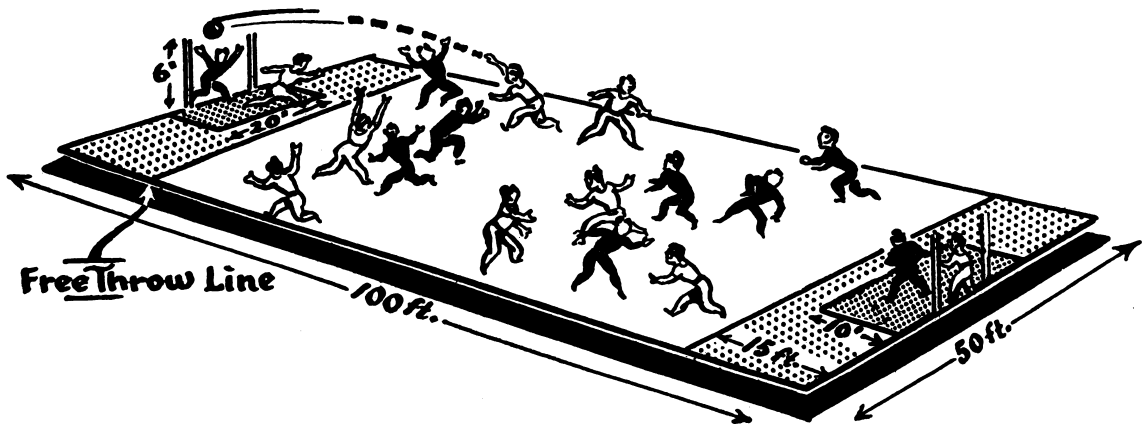
SCORING: Successful passes from field of play and on free throws count one point. Team scoring greatest number of points in a given period of time wins.

VARIATION: Allow any number of men in the restraining zone and guard to play in scoring zone with catcher.

CHAPTER V

GAMES OF BASKETBALL TYPE

20. BOX BASKETBALL.



PLAYERS: 6 to 10 men on a side.

EQUIPMENT: Goal posts 6 feet apart, 6 feet high.

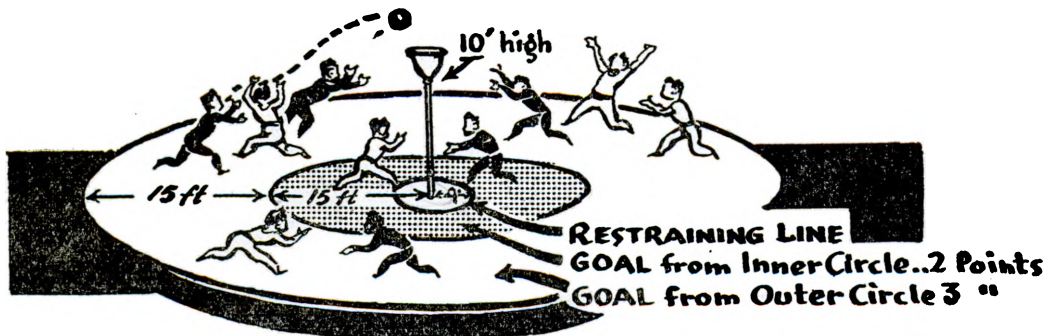
AREA: 50 feet by 100 feet. The goal area is 10 feet deep and 20 feet wide in front of the goal posts.

THE GAME: Regular basketball rules apply, but goals are made by throwing the ball through goal posts. The goal keeper and one opponent are the only men permitted in the goal area. Goals may be scored directly from the field or the

ball may be passed to the offensive man in goal area who may throw for a score. The same rules on personal fouls apply to the two men in the goal area. Free throws are taken from a point 15 feet in front of the goal and must be scored by direct throw without help of any teammate. Goal keeper is the only man allowed in goal area on free throws. The game is played in two periods of 10 minutes each.

SCORING: One point for field goal. One point for free throws.

21. GOAL HL.



PLAYERS: 2 to 20.

EQUIPMENT: Basket on a 10-foot standard and one basketball.

AREA: Level ground 75 feet by 75 feet. See diagram for marking.

THE GAME: Both teams shoot for the same goal. Start the game by awarding the ball to one team out of bounds. The object is to pass the ball from player to player of your own team and finally score a basket and to prevent your

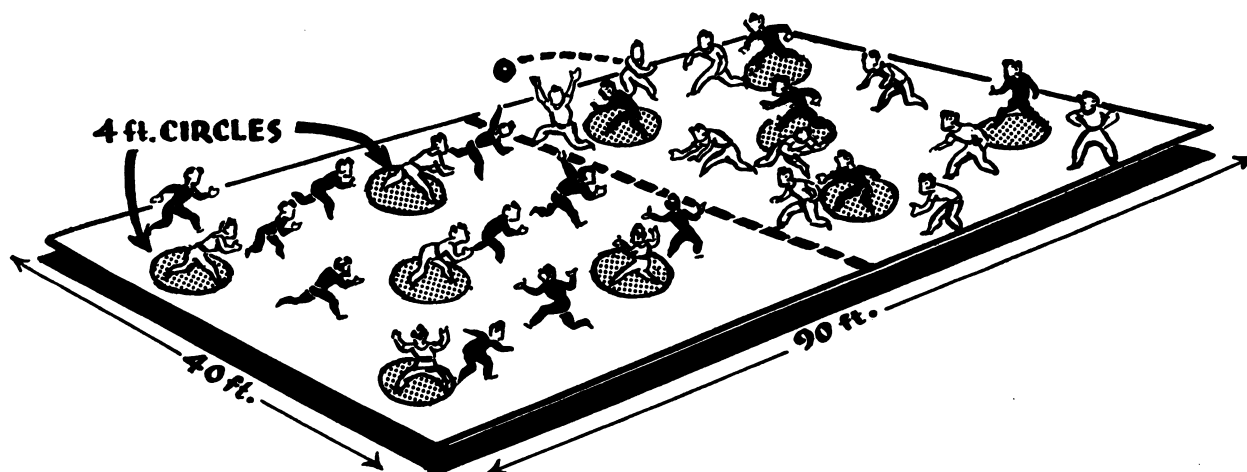
opponent from securing possession of the ball. Players are not allowed to touch the standard. If the standard is touched by the team in possession of the ball, the opponents are awarded the ball out of bounds. If the standard is touched by the team not in possession of the ball, the referee shall decide whether play shall continue or the offender be penalized for the foul. Deliberate shaking of the goal is a foul, the penalty for which is a free throw. No player shall attempt a goal if he received the ball on or inside the circle nearest the standard. There shall be no running

with the ball, striking, tripping, or other unnecessary roughness.

Penalty: Free throw from the 15-foot line. After a successful free throw or field goal the ball goes to the opponents out of bounds. A game consists of two 10-minute periods with a rest of 5 minutes between periods.

SCORING: Free throw, 1 point; field goal from the middle circle, 2 points; field goal from the outer circle, 3 points. Team scoring the greater number of total points wins the game.

22. CAPTAIN BALL.



PLAYERS: 9 to 15 on each side.

EQUIPMENT: One basketball or soccer ball.

AREA: 90 feet by 40 feet divided by line through the center. Three to five circles (bases) 4 feet in diameter and 15 feet apart on each side of the dividing line.

THE GAME: Each team has a baseman for each circle and a guard for each of the opponent's circles. Each team also has as many fielders as it has circles. The game is started by tossing the ball between two opposing fielders, one on each side of the dividing line in the center. It is the function of the fielders to play between the opponent's circles. The fielders try to intercept passes and recover rolling balls. Guards try to prevent their basemen from catching the ball. The object of the game is to pass the ball to the team's captain. The guards may throw only to fielders, fielders to basemen, and basemen to other basemen or to the captain, who is also a baseman. The captain may throw back to any baseman.

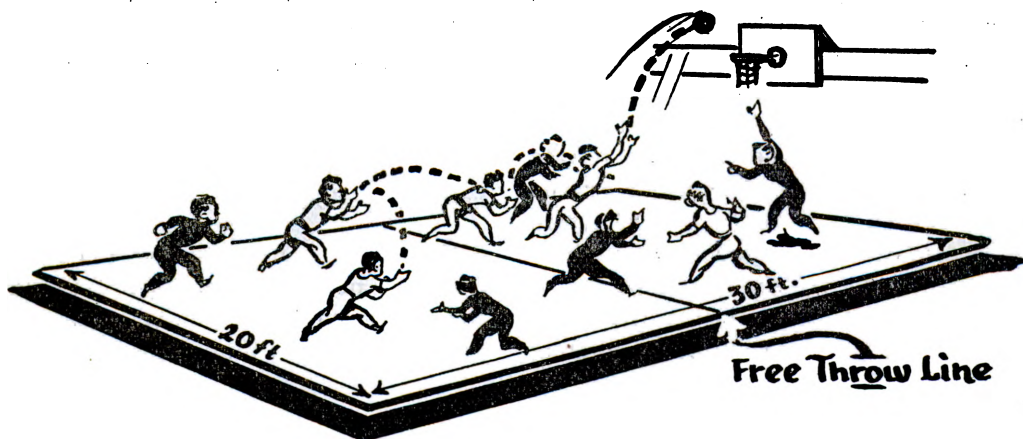
The fouls are as follows:

- a. If a guard steps inside a base.
- b. If a baseman steps out of a base.
- c. If anyone runs with the ball.
- d. If the ball is bounced more than once.
- e. If guards or fielders cross the center line.
- f. If a player holds the ball longer than 3 seconds.
- g. If a fielder interferes with a pass by a baseman.

Any player making a foul gives the opposing team a free throw. These are made by one of the basemen to his captain with the captain's guard alone trying to prevent the captain from getting the ball.

SCORING: Each time a pass is completed to a baseman, one point is scored. Each time a pass is completed from a baseman to the captain, five points are scored. Three 5-minute periods constitute the game with guards, fielders and basemen changing places at the end of each period.

23. ONE-BASKET BASKETBALL.



PLAYERS: 5 to 6 on a side.

EQUIPMENT: 1 basket and basketball.

AREA: 20 feet by 30 feet.

THE GAME: Both teams shoot for the same goal. The game is started by awarding the ball to one team out of bounds. The object is to pass the ball from player to player of your own team and finally score a basket while in the meantime preventing your opponent from securing possession of the ball. A player who recovers the ball from a shot taken by a teammate and missed may immediately shoot at the basket. If an opponent

recovers the ball, he must first pass to one of his teammates before any player of his team may shoot at the basket. There shall be no running, pulling, pushing, tripping, or other body contact. Penalty for such violations of the rule is a free throw from a mark 15 feet from the basket. After a basket is scored, the ball is awarded to the opponents out of bounds.

SCORING: Two points for a field goal; one point for free throw. As a variation in scoring, eliminate free throws and award ball to offended team out of bounds. The game is played in two 10-minute periods.

CHAPTER VI

VIGOROUS ACTIVITIES FOR RESTRICTED AREAS

A. Games

24. QUICK LINE-UP.



PLAYERS: 40 to 200.

EQUIPMENT: None.

AREA: 100 feet square.

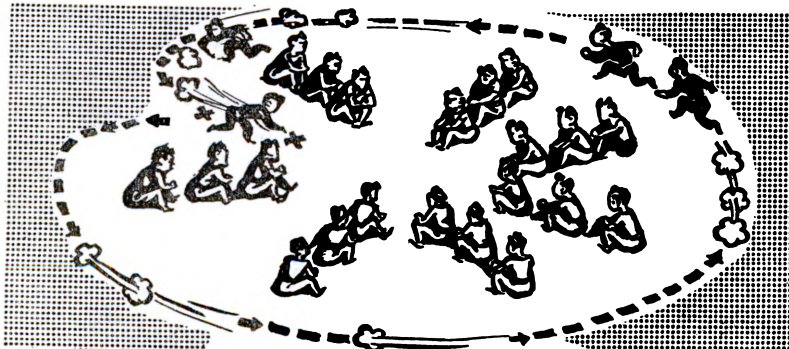
THE GAME: Players line up in four lines to form a square. They fall in with the tallest man on the right in each line. The leader stands in the middle of the square. He informs the group that regardless of where he goes and stops on the field, the No. 1 line should always face

him, No. 2 line should always line up on his left, No. 3 line should always be behind him, and No. 4 line to his right. At each stop, the leader faces a new direction.

SCORING: The side forming a new line the fastest scores one point. The side scoring five points first wins the game.

VARIATION: Have men line up in close interval or at normal interval.

25. SPOKE TAG.



PLAYERS: 20 to 40.

EQUIPMENT: None.

AREA: Any area free from rough cutting surfaces.

THE GAME: Divide group into even lines with three or four players to a line. Form the lines so that each represents a spoke in a large wheel. Each line is seated facing the center. One man, "it", jogs around the outside of the

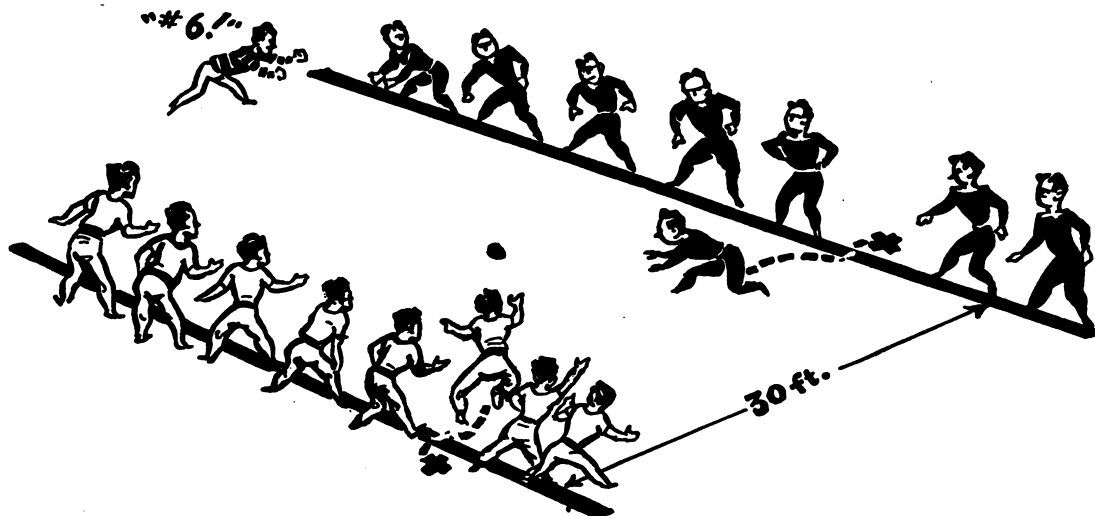
wheel. He selects any spoke, stops and slaps the last man of the spoke vigorously on the back. The slap is passed up to the front and each man rises as he is slapped. The object is for the individual members of the spoke and "it" to race around the circle and avoid being last. No one can move out of line until the first man (the one nearest the center) of the spoke starts to run, then

all must race in the same direction. The last one to get around and be seated in a place in the spoke line becomes "it."

SCORING: None.

VARIATION: Have spokes stand instead of sit. Rules on pushing, tripping, pulling by runners, and interference by spokes not running are optional and serve to liven the game.

26. SNATCH THE BOMB.



PLAYERS: Approximately 20.

EQUIPMENT: Any object to use as "bomb."

AREA: Any fairly level area about 30 feet in width.

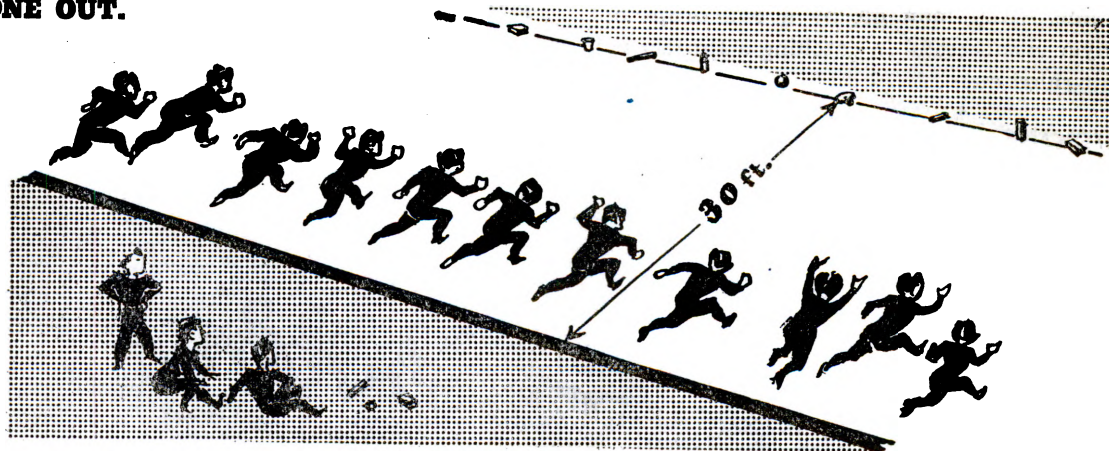
THE GAME: Divide the group into two even teams facing one another at goal lines about 30 feet apart. Place the "bomb" midway between the two goal lines. Have the teams count off. When the leader shouts a number, the men having that number race from their goal lines. Each of these men tries to secure the "bomb" and carry it across either goal without being tagged by the other man who raced out.

SCORING: Two points for crossing the line with the "bomb." One point for tagging the man before he can cross.

VARIATION: Allow the men to fight for the "bomb", eliminate tagging, and make it necessary for the man to take the "bomb" across his own goal. Change scoring system to one point for taking "bomb" across.

VARIATION: Shout more than one number at once. If the group is larger than twenty, have groups count off by tens, then more than one from each group will go when a number is shouted.

27. ONE OUT.



PLAYERS: 8 to 16.

EQUIPMENT: One less object, such as a stick, than there is number of players.

AREA: Any fairly level area approximately 50 feet square.

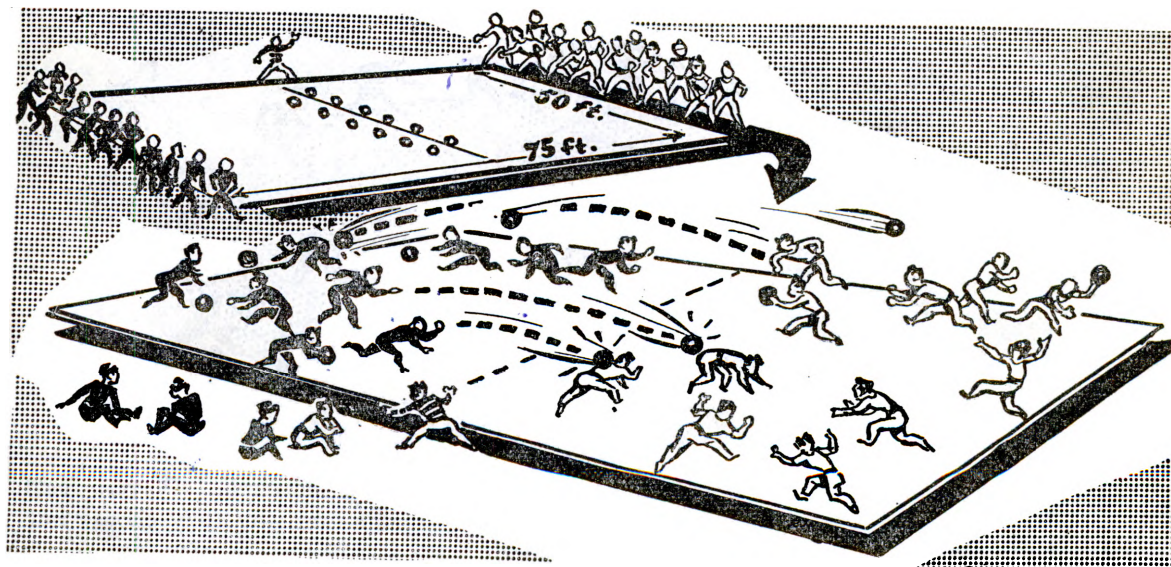
THE GAME: Arrange the players behind a line about 40 feet away from the objects which are placed parallel to the player's line. Each object should be about 2 feet apart or closer. There should be one less object than there are players. On the command "Ready—Go" the

players race to the objects, each trying to secure one. The player not securing an object is dropped out; one object is discarded and the remaining players line up again and the process is repeated until all but one man is eliminated. A player may pick up only one object at a time.

SCORING: None.

VARIATION: Discard more than one object at a time. Allow the players to pick up more than one object at a time. Make changes in the optional rules concerning pushing, tripping, etc., during the race to the objects.

28. BOMBARDMENT.



PLAYERS: 20 to 40.

EQUIPMENT: 10 to 15 inflated volley balls.

AREA: Level area, 50 feet by 75 feet with a center dividing line.

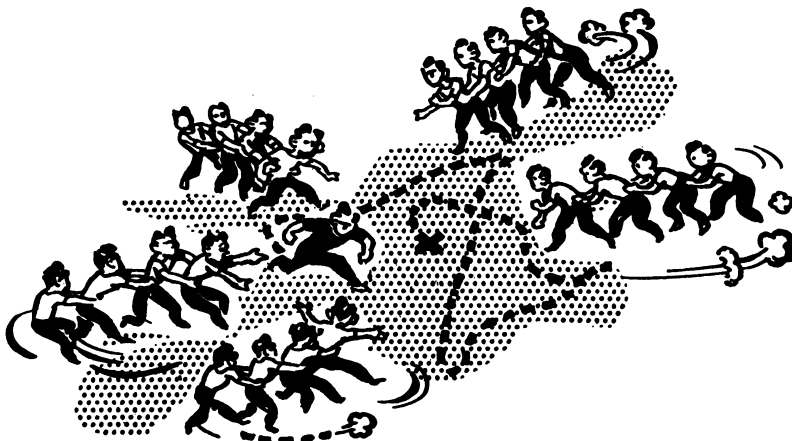
THE GAME: Place all the balls in the center

of the space. The group is divided into equal sides and placed at goal lines 75 feet apart. On signal, men from each side run to secure as many balls as possible and throw them at their opponents. No member of either side may cross the

center line. Any man hit by a ball drops out. If a player is successful in catching a thrown ball, he is not ruled out.

SCORING: Team having the most players left in the game at the end of a predetermined time, wins.

29. BUCKING BRONCHO.



PLAYERS: 20 to 40.

EQUIPMENT: None.

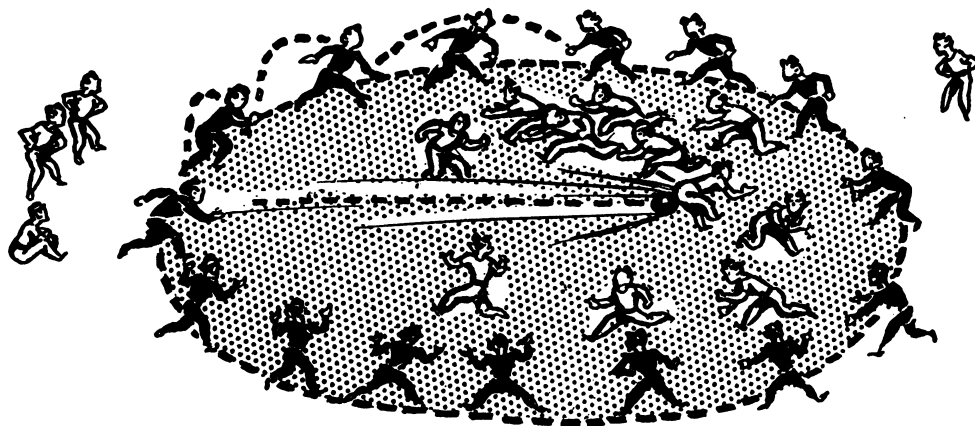
AREA: Any area.

THE GAME: Divide the group as in Spoke Tag. Have lines remain standing and members grasp each other around the waist. "It" stands in the center of the hub. The object is for "it"

to touch the last man in any line. Then the first man of that line becomes "it." The line swings and shifts to avoid having the last man touched but the line cannot break.

VARIATION: Have more than one "it." Make changes in optional rules of allowing the front man of each line use his hands, feet, and body to hinder "it."

30. DODGE BALL.



PLAYERS: Two teams of from 10 to 15 on a side.

EQUIPMENT: Volley ball, soccer, or basketball.

AREA: Any area either indoors or outdoors.

THE GAME: One team forms a circle while the opposing players scatter inside. Players forming the circle throw the ball and attempt to hit

the players inside the circle. Players inside the circle may dodge any way they choose but they cannot leave the circle. A player who is hit by the ball is eliminated from the game.

SCORING: The time required to eliminate all the players of each team is determined. The winning team is the one for which the greater time was required to eliminate.

VARIATION: Count the total number of throws necessary to eliminate the entire team. The winning team is that one for whose elimination the greater number of throws was necessary.

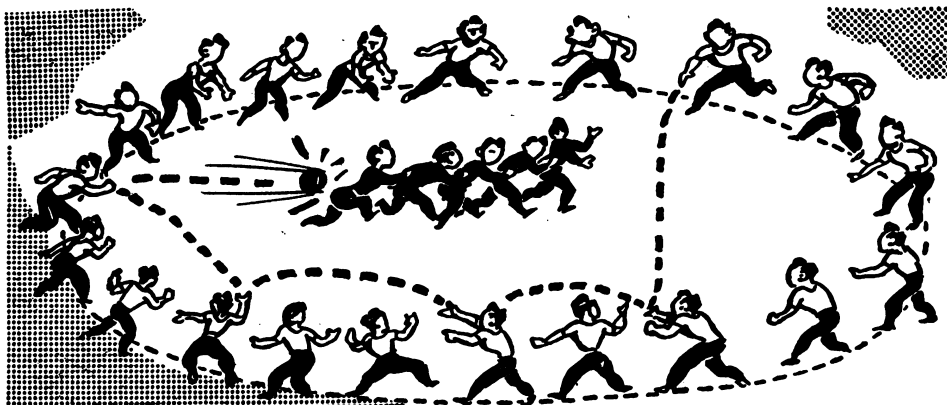
VARIATION: An individual winner may be determined also. The winner is that one of the entire group who stays in the circle last. When playing in this manner, the players eliminated may join the outer circle.

VARIATION: Another method of determining the individual winner is to give each player a number and each one goes separately into the circle. The player's score is the total number of

throws necessary to eliminate him. The winner is the player who requires the greatest number of throws for his elimination.

VARIATION: This variation works very well indoors or on a restricted area outdoors. All players scatter over the area. The ball is tossed into the group and any player may recover the ball and attempt to hit any other player. Whenever a player has been hit by the ball and eliminated, any of the remaining players may get the ball and attempt to eliminate any of the others. He may run with the ball but must throw it to hit one of the other players:

31. CHAIN DODGE BALL.



PLAYERS: 20 to 40.

EQUIPMENT: Soccer or volley ball.

AREA: Any level spot of suitable size.

THE GAME: Divide the players into teams of 5 or 6 men. Put one team in the circle and arrange them in a file, each man grasping the player in front of him around the waist forming a chain. Remaining teams form a circle around the chain and attempt to hit the *end* man with the ball. Players forming the circle may pass the ball around in any manner. The players in the chain attempt to keep the end man from being hit. Only the first man of the chain may use his hands to bat the ball to prevent it from striking the end man. When the end man of the chain is hit he leaves the

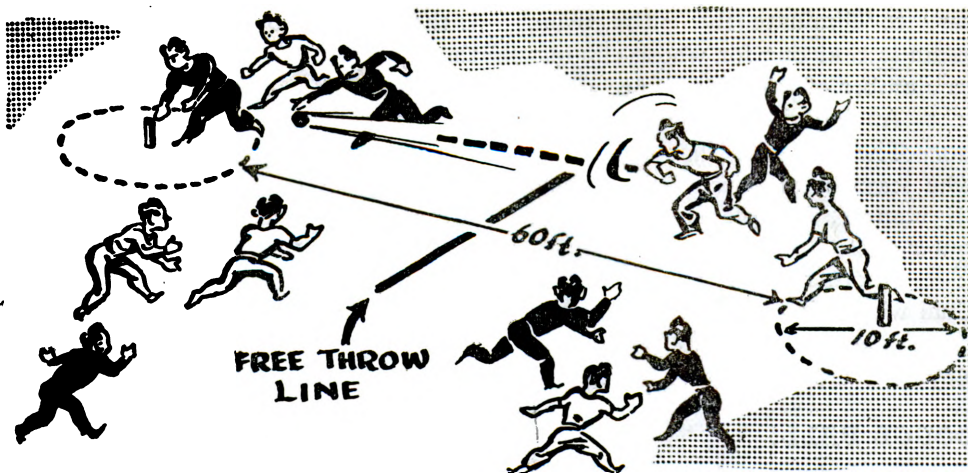
game. Players then throw at the new end man, and continue until the entire team is eliminated. Each team in turn should go into the circle until all have had an opportunity to act as the chain.

SCORING: The team which stays in the circle for the longest time wins the game.

VARIATION: Count the number of direct throws necessary to eliminate the team. The winning team is the team which requires the greatest number of throws to eliminate all its members.

VARIATION: Do not play as a team game, but send five men into the circle forming a chain as above. When the end man is hit he leaves the circle to take the place of the man who hit him. This last mentioned player goes into the circle at the head of the chain.

32. TEAM STICK GUARD.



PLAYERS: 8 to 30 with an equal number on each team.

EQUIPMENT: Ball and two pins.

AREA: 30 feet by 60 feet or larger.

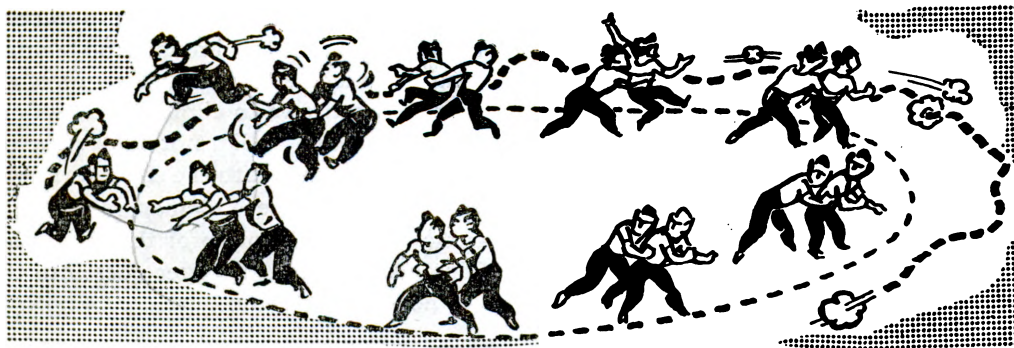
THE GAME: Draw two circles 10 feet in diameter and 60 feet apart. Place a wooden pin upright in the center of the circles. Divide the players into two teams and scatter them over the playing area. Assign each team a circle to defend and appoint one man from each team to go into the circle and guard his team's pin. On a signal, toss the ball between a player of each team who jumps at the center of the field. Each team attempts to get possession of the ball as in basketball and pass it from player to player until one of them is in position to throw at the opponent's

pin. Running with the ball, holding, tripping, blocking, and any other body contact with the opponent is not permitted. If such fouls occur, the player fouled is given a free throw at the pin from the edge of the opponent's circle, the guard attempting to block the throw. No player but the guard is allowed in the circle at any time and he may protect the pin as he sees fit.

SCORING: Each time the pin is knocked over by the ball or by the player guarding the pin, a point is scored for the opponents. The team having the greater number of points at the end of a given period of time wins the game. After each score, the ball is put into play at the center.

VARIATION: Add more than one pin to each circle placing them some distance apart.

33. BRONCHO TAG.



PLAYERS: 16.

EQUIPMENT: None.

AREA: Any small area indoors or outdoors.

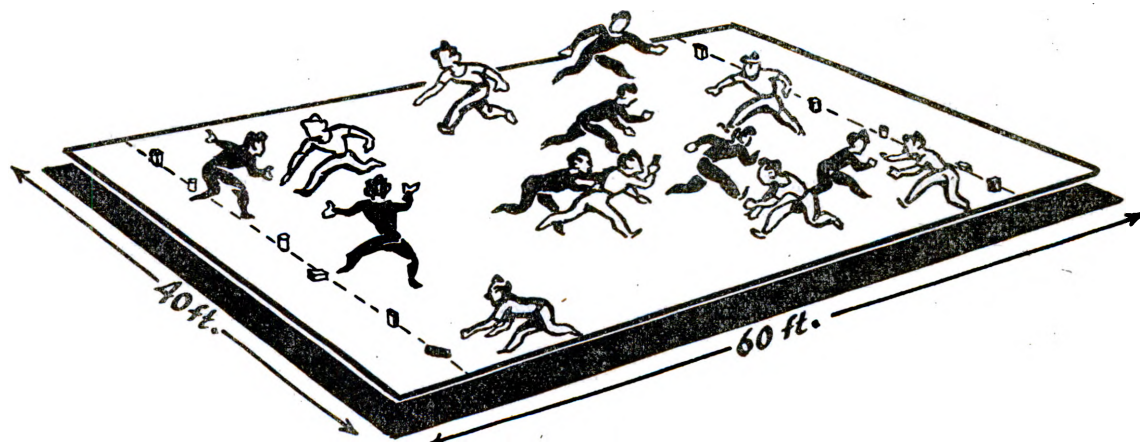
THE GAME: The men pair off and stand

approximately 8 to 10 feet apart, roughly forming a circle with one man in front and one behind, the latter clasping the one in front around the waist. Two of the men are not joined but one is the chaser and the other attempts to escape. "It"

in this game is the one who does the chasing. The one attempting to escape tries to get in front of one of the pairs, and the front man of the pair tries to aid him by holding him around the waist as he tries to stop there. If he succeeds in getting in front of the pair, the third, or rear, man now becomes the individual chased, and attempts to get in front of some other pair. In every case, the front man of the pair attempts to aid the man

pursued by holding on to him. The rear man of each pair attempts to prevent this by swinging the front man around out of the way of the man being pursued. The game itself becomes a series of struggles between the rear and the front man of each pair as well as a running match for the individuals doing the pursuing and fleeing. If "it" catches the man he is chasing, they reverse positions.

34. SKIRMISH.



PLAYERS: Any number.

EQUIPMENT: Hats, or any other object, one for each player.

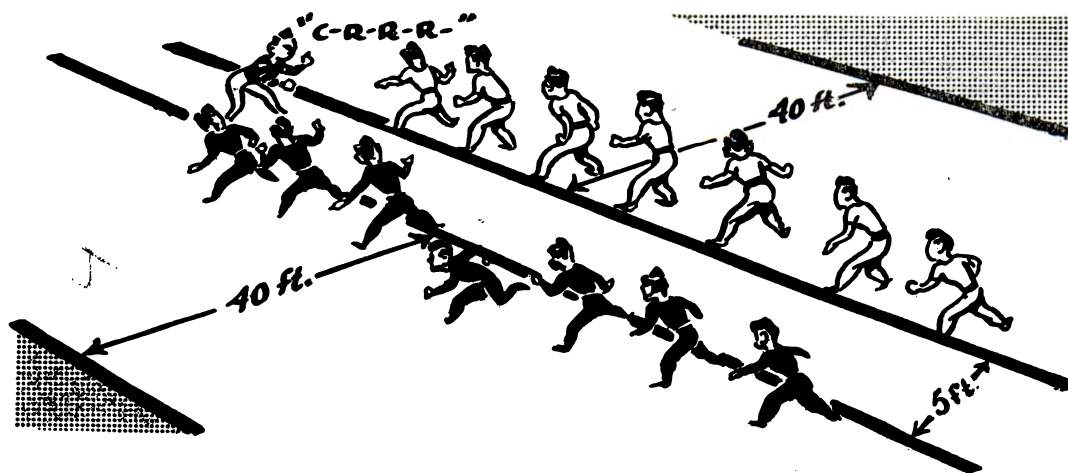
AREA: 40 feet by 60 feet or larger.

THE GAME: Divide men into two equal teams. Line teams up facing each other about 40 feet apart. Each man places his hat or object on a line drawn just to the rear of him. The object of the game is to guard your own object and advance, gain possession of your opponent's object, and return to your own base. Direct

attacks and flanking movements are allowed. If the attacker, after securing possession of an opponent's object and before reaching his own base, is caught and thrown to the ground, he must return the hat to the opponent and go back to his own base before again attacking.

SCORING: One point for every object seized and successfully returned to player's own base. Game is played until all objects have been secured by one team or by playing for a given period or time, the team having possession of the greater number of objects being the winner.

35. CROWS AND CRANES.



PLAYERS: Any number equally divided into two teams.

EQUIPMENT: None.

AREA: Any fairly level area, 85 feet in width is recommended.

THE GAME: Mark two safety lines not more than 40 feet from center line. Midway between the safety lines, form players in two teams facing the leader. Each line of players is about 5 feet apart. One line is "Crows", the other "Cranes." When the leader calls "Crows", the "Crows" run for their safety line attempting to reach it before the "Cranes" can tag them. If the leader calls "Cranes", the "Cranes" run and the "Crows" chase them. If the leader calls "Crawfish", no one runs. The leader should use deception and precede his call with a "crrr" sound so that the men will not know what is coming.

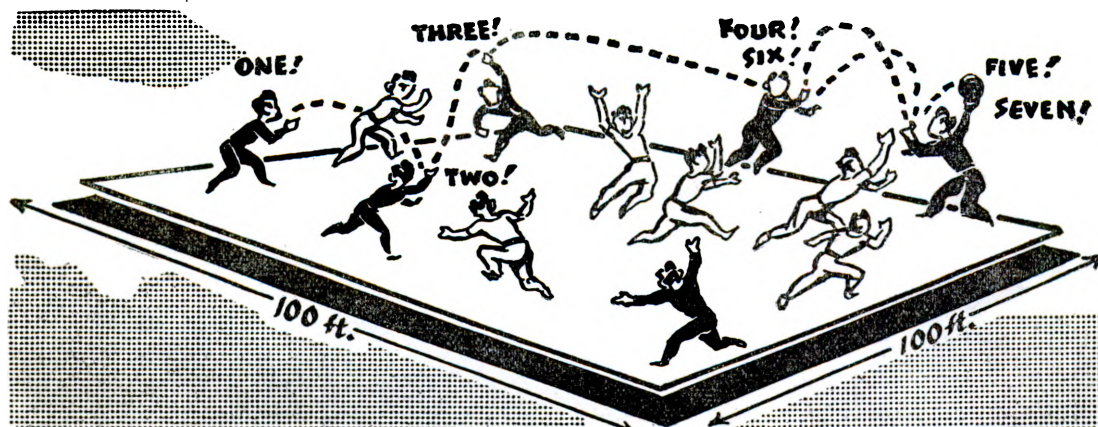
SCORING: Each team receives a point for every member of the opposite team tagged before that team reaches safety. Each team loses a point for every one of its men running the wrong direction or running on the call, "Crawfish." Each team loses a point for every one of its men who does not run upon a call. The team with the most points after a 10-minute period wins the game.

VARIATION: Eliminate scoring and have men caught go to the side catching them and men not running or running in wrong direction drop out.

VARIATION: Have all men either caught or not running drop out.

VARIATION: Change instructions so as to have the line called do the chasing instead of being chased.

36. KEEP AWAY.



PLAYERS: 2 to 20 men on each side.

EQUIPMENT: A basketball or soccer ball.

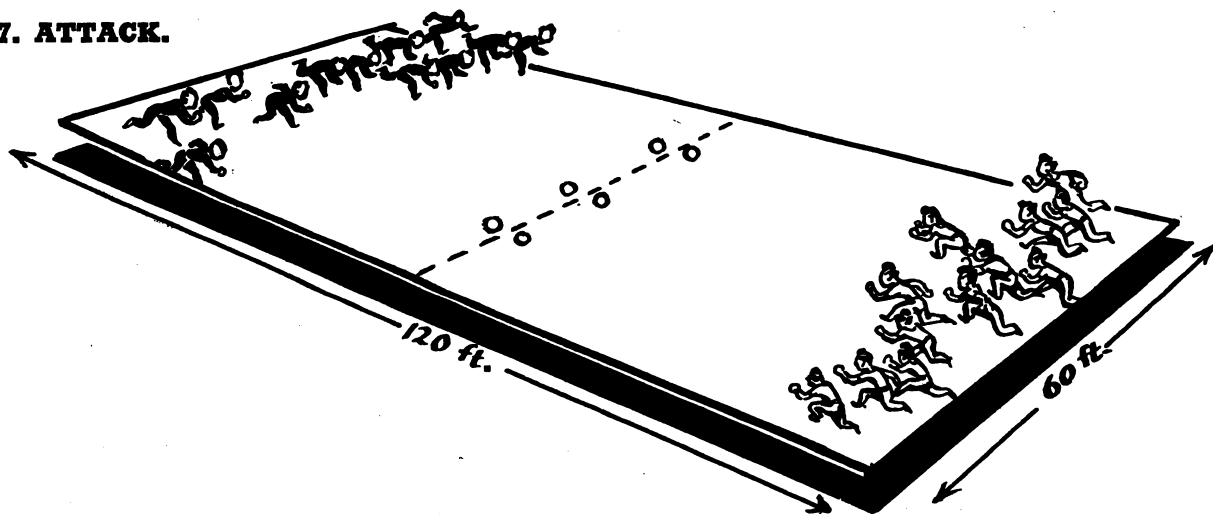
AREA: Any space with boundaries. An area 100 feet by 100 feet is ideal.

THE GAME: Divide the group into two teams and mark them so that the teams may be easily distinguished. The game is started with a center jump as in basketball. The team which gets the ball passes it among the team members, attempting to pass it successfully ten times in succession. The other team attempts to get the ball. Running is permitted but tripping, pushing, and pulling are not allowed. When the offensive team is guilty of one of these violations the other team is given the ball. When the

defensive team commits any of the above fouls the offensive team is granted completion of that series of ten passes. Each time a team makes a successful pass, the player catching it calls the number of the catch. "One" is called on the first catch; "Two" on the second, etc. When the ball touches the ground or is caught by the opponents, all previous counts are wiped out.

SCORING: The team counting ten consecutive catches wins one point. The team which first reaches a predetermined number of points wins the game.

37. ATTACK.



PLAYERS: 10 to 40 on a team.

EQUIPMENT: 2 soccer balls, 2 volley balls, 2 basketballs.

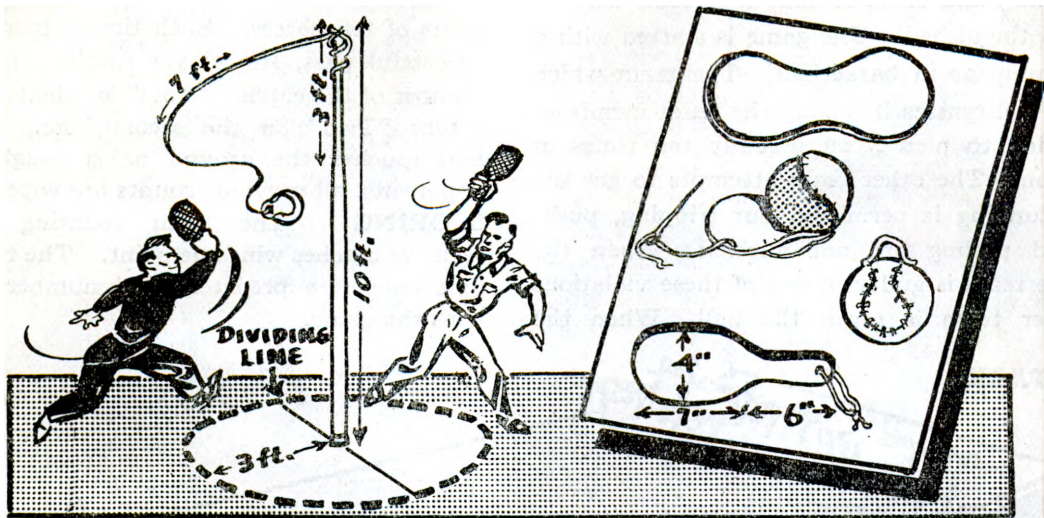
AREA: 60 feet by 120 feet or larger.

THE GAME: Place the balls in the center of the field. The teams are lined at opposite ends of the field, behind their own goal. At a signal, they rush for the balls. Soccer balls must be soccer kicked, volley balls hit with the hand along the ground, and basketballs passed. When a ball goes out of bounds on the sideline it is put in play by a "throw-in" from the point where it crossed the sideline by the team which did not

touch it last on the field of play. The team advancing the largest number of balls over the opponent's goal line is the winner. Any player guilty of unnecessary roughness is eliminated from the game. After a ball goes over the goal line, it is out of play. When all balls have crossed the goal lines, they are returned to the center and on a signal the game is resumed as at the start.

SCORING: One point for every ball advanced over opponent's goal lines. The game is played for any predetermined length of time, usually 10 minutes.

38. TETHER BALL.



PLAYERS: 2 or 4.

EQUIPMENT: A pole 10 feet high with a tennis or sponge rubber ball fastened to the pole by a 7-foot rope. A circle with a radius of 3 feet is around the base of the pole.

A line divides the playing area in half.

Two pieces of soft leather, the same size as in the diagram above, to cover the ball.

A small piece of leather to which the rope can be fastened must be sewed on the ball (as shown in diagram above). Two paddles (see diagram) with a piece of leather run through the hole in the handle to slip over the wrist while playing.

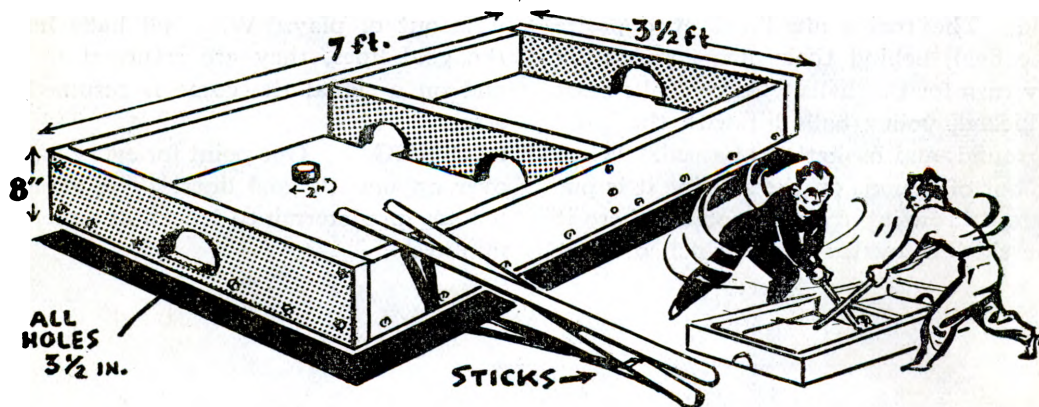
AREA: Any level area.

THE GAME: One player starts the game by hitting the ball in either direction. His opponent must hit the ball in the opposite direction. Each tries to wind the ball around the pole by successive hits. Players must stay outside the circle.

SCORING: The side which succeeds in winding the ball around the pole first wins one point. If any player hits the cord instead of the ball the opponent scores a point. Seven points constitute a game.

VARIATION: Use hands instead of paddles. Attach a volley ball to end of line and use fist.

39. BOX HOCKEY.



PLAYERS: 2 or 4 men.

EQUIPMENT: The frame, illustrated in the diagram above, consists of two sides, two ends, and a middle partition. It may or may not have

a bottom. Dimensions of the frame are 3 1/2 feet in width, 7 feet in length, and should be made of 2-inch material. Other equipment needed includes a ball or piece of wood 2 inches in diameter

and hockey sticks. (Any stick 3 feet in length, or baseball bat will serve for sticks.)

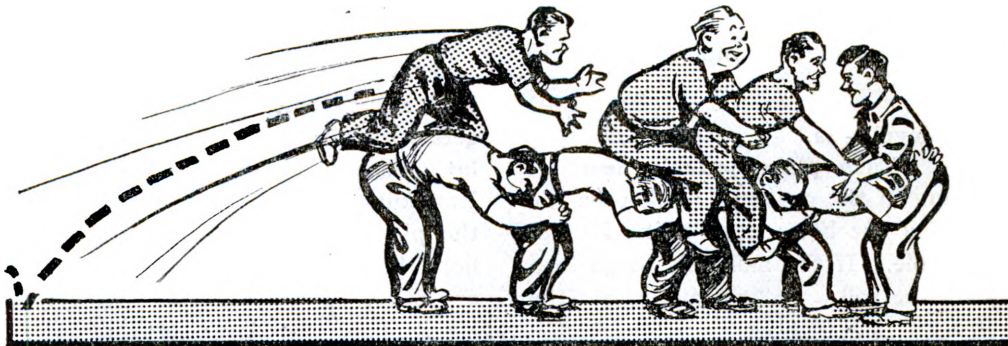
THE GAME: The players stand on opposite sides of the box, facing each other. Each player's goal is the hole at the end of the box on his left. The object of the game is to hit the ball through this hole with the stick. To start the game, the ball is placed in the groove at the top of the middle partition. The two players place their hockey sticks on the floor on opposite sides of the partition, raise them, and strike them together above the

ball. This is done three times, and, after the third tap, the ball is hit. If the ball is knocked out of the box, it is put into play by tossing it on the floor of the box opposite the point where it went out.

THE GAME: Resume play after each score with a "face off." Players may not step inside box.

SCORING: One point is scored each time a player puts the puck through the hole in the end of the box. Five points win the game.

40. WEAK HORSE.



PLAYERS: Any number divided into teams of 6 or 7 each.

EQUIPMENT: None.

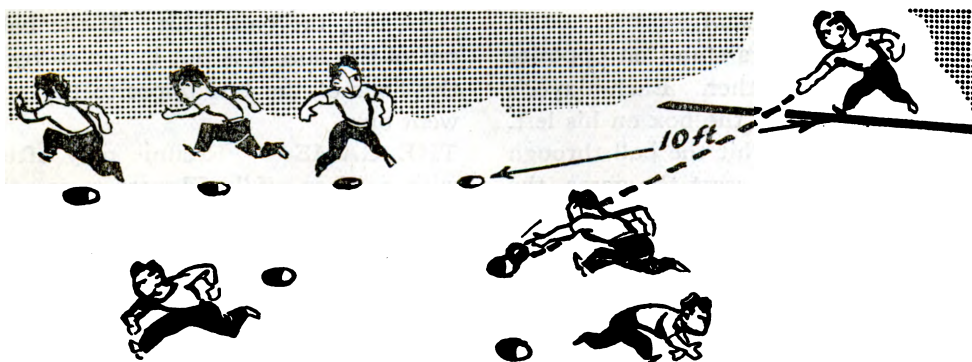
AREA: Any area.

THE GAME: Players of one team in a single file, bend forward, each man leaning his head and shoulders against the buttocks of the teammate in front of him. One man stands facing the line acting as a base for the front man of the line to lean against. The backs of the men lined up in this manner form a human "horse." All members of the "up" team must jump upon the backs of the "down" (or "horse" team). If any of the "down" team's bodies touch the ground while men are jumping, the team must go down again. If any of the "up" team's men fall off or touch the

ground while jumping, the team must take the "down" or "horse" position. If all the players of the "up" team can get on the "down" team, and are held till the base man counts 10 the teams reverse their positions. Place strongest men in the center of the "down" line.

VARIATION: A "horse" is formed and only one man mounts and tries to climb to the front man. As soon as he lands on the horse, it begins to wiggle and shake, trying to dismount the man on top. If the man falls off he becomes the rear man, the base man becomes the jumper, and the first man of the line becomes the base man. If any man is successful in climbing to the front or base man, he earns an additional opportunity to repeat his jump.

41. GRENADE IN THE HOLE.



PLAYERS: 3 to 20.

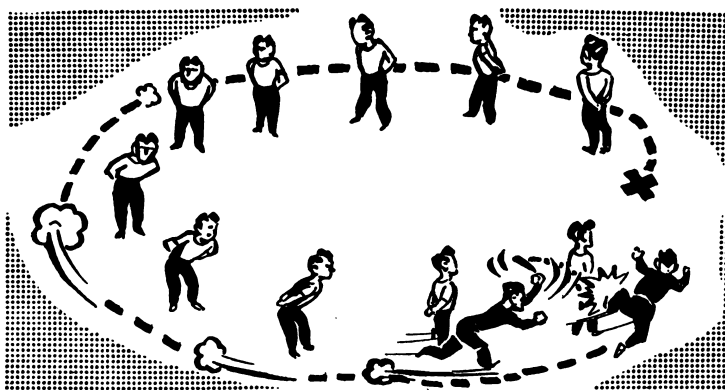
EQUIPMENT: Small ball and holes dug in the ground.

AREA: Any level area.

THE GAME: Each player stands near his hole which is dug in the ground. "It" rolls the ball toward any of the holes from a line 10 feet from the front hole. If the ball fails to go in a hole, he repeats the roll. If "it" fails to get the

ball in a hole on three successive rolls he gets an "egg" or rock in his hole. When the ball falls in a hole, the owner picks up the ball and throws it at any player. If he fails to hit a player he gets a rock in his hole; if he hits a player the one hit gets a rock and that player becomes "it." Immediately as the ball drops into any hole, all the players scatter until the player, into whose hole the ball falls, picks it up and calls "Halt" or "Stop."

42. BEATER GOES ROUND.



PLAYERS: Any number.

EQUIPMENT: Belt or taped cloth that can be used as a beater.

AREA: Any fairly level area.

THE GAME: The players form a circle, facing counterclockwise, with their hands behind their backs, heads and eyes to the front. "It" is given the beater and jogging around outside the circle *clockwise*, places the beater in the hand of another player. The player receiving the beater swats the player ahead of him and chases him

around the circle, beating him as often as possible until he gets back to his starting place. The player holding the beater then becomes "it." When "it" hands the beater to another player, he steps into the place vacated.

SCORING: None.

VARIATION: This can be varied by having the players, forming the circle, face the center. They keep their hands behind them. In this variation, the player receiving the beater swats the player to his right.

43. SWAT THE ENEMY.



PLAYERS: 5 to 10.

EQUIPMENT: Belt or taped cloth that can be used as a beater.

AREA: Any area.

THE GAME: Players stand in a semicircle. One player, who is "it" stands bent over at the open end of the semicircle, his back to the other players. His eyes are closed. Play starts with

any of the players in the semicircle hitting "it." The player who hits "it" immediately drops the beater. "It," upon being hit, immediately turns around and tries to guess who hit him. If "it" fails, he must bend over again. The beater is passed among the players in the semicircle. Any player may hit "it." If "it" guesses correctly, the player who hit him becomes "it."

SCORING: None.

44. BASTE THE BEAR.



PLAYERS: 10 to 20.

EQUIPMENT: None.

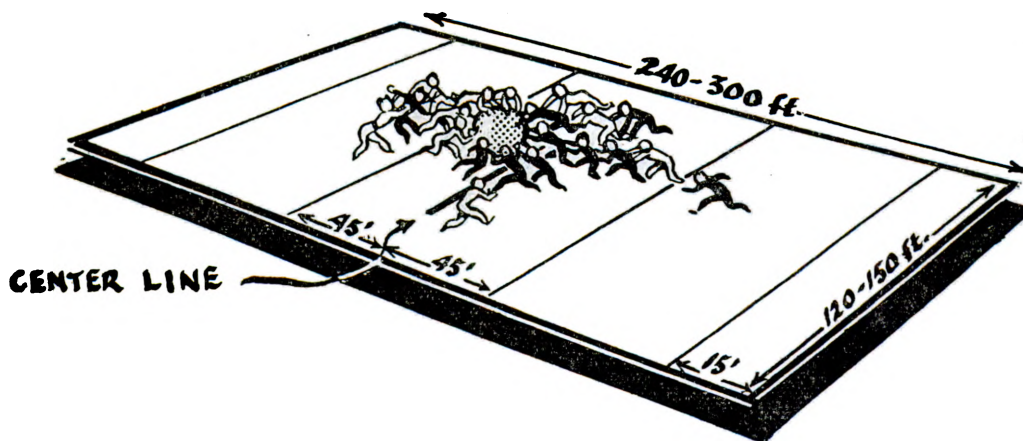
AREA: Any area.

THE GAME: Arrange the group in a circle. Appoint one player as bear. The player appointed as bear selects his keeper. The bear and the keeper take a position in the center of the circle. The bear bends over, the upper part of his body parallel with the ground. The keeper takes hold of the bear's belt or upper part of his trousers.

The object of the players, outside the circle, is to baste or hit the bear on the buttocks with their open hands. The bear keeps turning around in the circle while the keeper maneuvers in an effort to keep the bear from being hit. If the keeper tags one of the players as he steps inside the circle to baste the bear, that player becomes the bear and selects his keeper. The previous bear and his keeper return to the circle. The keeper must always keep one hand on the bear.

SCORING: None.

45. PUSH BALL.



PLAYERS: 10 to 50 on a side.

EQUIPMENT: A large push ball.

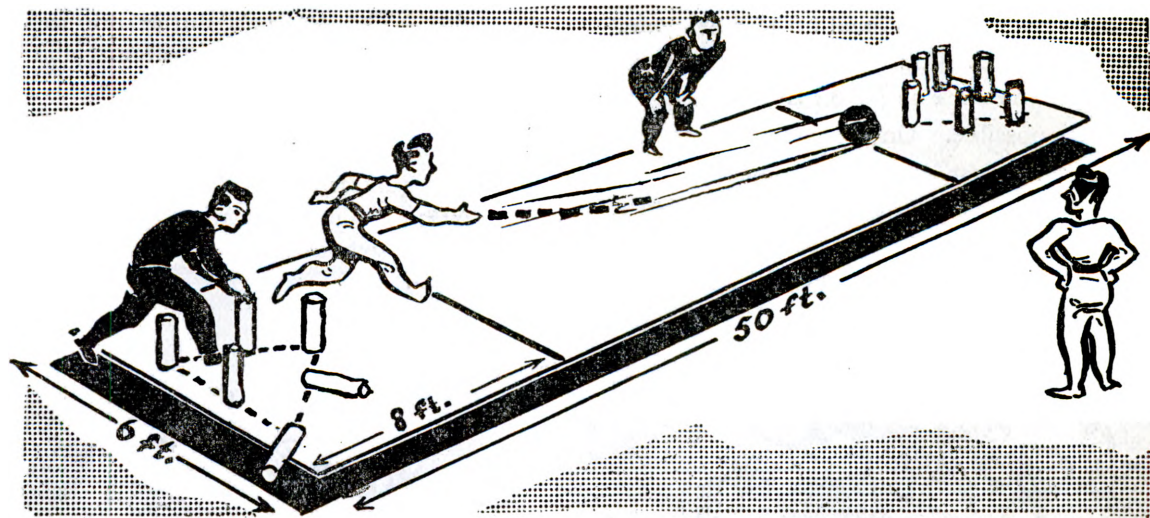
AREA: 80 to 100 yards in length, 40 to 50 yards wide. There should be a line 5 yards long, parallel to the end lines, in the middle of the field; 15 yards on either side of this center line should be a line which extends across the entire field and parallel with the end lines; 5 yards in from each end line should be a line extending across the field parallel to the end line.

THE GAME: Four 10-minute quarters are played. Two-minute rests are provided between quarters and 5 minutes between halves. The object of the game is to propel the ball over the opponent's goal line by pushing, rolling, passing, carrying, or using other means except kicking the ball. The ball is placed on the line in midfield with the opposing captains 1 yard distant from the ball. The rest of the players are all 15 yards back from the ball, in their own half of the field. On the referee's starting whistle, the captains immediately play the ball with their respective teams coming to their assistance. At quarter time, the ball remains dead for 2 minutes at the spot where the quarter ended. At half time, the teams exchange goals. The game is then started as in the beginning. Players may use any means of interfering with an opponent's progress except striking and clipping (throwing the body across

the back of an opponent's legs as he is running or standing). Legal use of force may be applied to all opponents whether they are playing the ball or not. For striking an opponent, the offender is removed from the game and his team penalized half the distance to the goal. The penalty for clipping is the same. When the ball goes out of bounds, it becomes dead. The teams line up at right angles to the side lines and 1 yard apart at the point where the ball went out of bounds. The referee then tosses the ball between the teams. When for any reason, the ball becomes tied up in one spot for 10 seconds, the referee declares the ball dead. The ball is then put into play as for an out-of-bounds situation.

SCORING: A goal is scored when the ball, or any part of it, is propelled across the opponent's end line. Such a goal counts five points. The team scoring a goal has the privilege of seeking a point after the goal. The ball is placed on the opponent's 5-yard line. The teams line up across the field separated by the width of the ball. Only the man in front of the ball whose team scored the goal may have his hands on the ball. On the referee's whistle, the ball is put into play for 1 minute. If the ball is driven across the goal line in this 1-minute period, the team scores a point after goal. Score value is one point. The defending team may not score during the opponent's try for the extra point.

46. BOWLING.



PLAYERS: 1, 2, or 5 players on each side.

EQUIPMENT: Any type of ball such as soft-ball or soccer ball. 12 blocks of wood to serve as pins.

AREA: Any smooth level area, 50 feet by 6 feet.

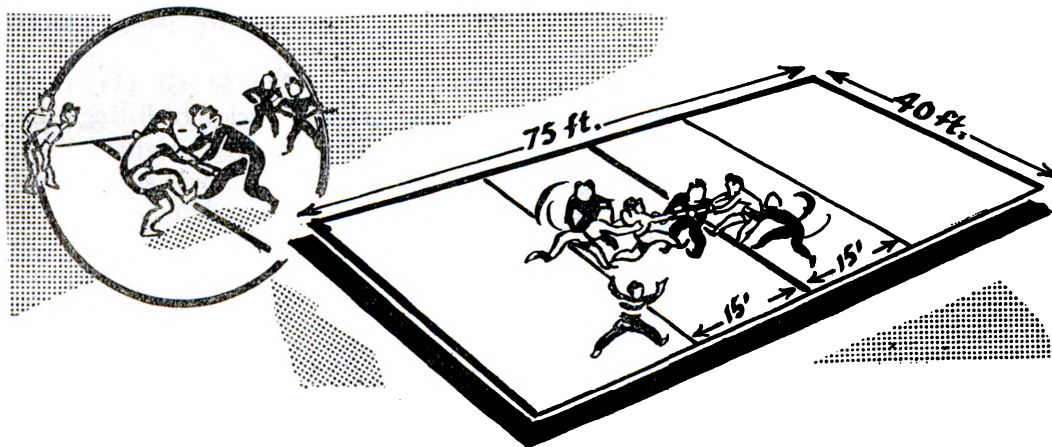
THE GAME: The players rotate in bowling.

Only one ball is used. As one player bowls, his teammates alternate in setting up the pins. The "alley" should be increased or decreased in length depending upon the weight and resulting control possibilities of the ball.

SCORING: Count as in bowling. The player or side reaching 42 points first wins.

B. Combatives

47. TEAM BAR WRESTLE.



PLAYERS: Two teams of from 3 to 6 men per team.

EQUIPMENT: A strong wooden bar about 2 inches in diameter and 3 feet in length; a softball bat will do.

AREA: The field should be about 75 feet long

and 40 feet wide. There should be three lines parallel to the two end lines. One of these lines should be through the middle of the field and the other two should be 15 feet on each side of the center line.

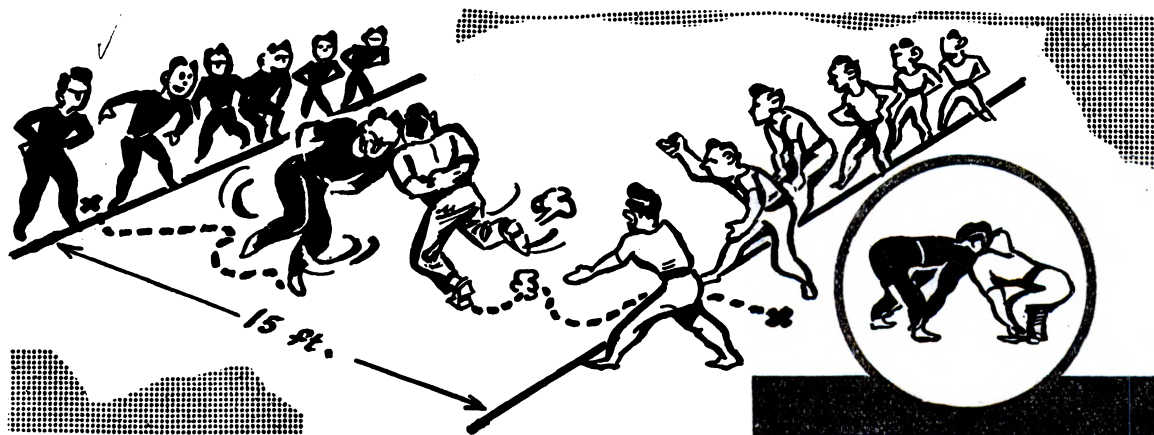
THE GAME: The captains line up, standing

over the center line, each with a two-handed grasp on the bar. Each team is lined up 15 feet behind its captain. On the first whistle, the captains wrestle to get the stick as far on their side of the center line as possible. On the second whistle, 20 seconds after the first, the teams come to the aid of their captains. They may tug, push, wrestle, carry, etc., but they must not strike or use punishing holds. The struggle continues for any design-

nated time. There should be one referee to each two teams. The referee's duties are to detect rule violations, protect the contestants, and determine the winner at the end of the contest. He is also the timekeeper. For any unnecessary roughness or for any of the above listed violations, the player is disqualified.

SCORING: The team wins that has the bar nearest to or over its own goal at the end of a given period.

48. ROOSTER FIGHT.



PLAYERS: Approximately 20.

EQUIPMENT: None.

AREA: Any fairly level area.

THE GAME: Divide group into two even teams facing each other about 15 feet apart. Have each team count off. When the leader calls a number, the two players having that number go to the center hopping on one foot with their arms clasped behind their backs. The two players then "fight" each other attempting to knock the other down, to force the other to put his other foot on the ground, to make the other unclasp his hands, or to force the other past his lines.

SCORING: Each winner receives a point for his side. Ten points win the game.

VARIATION: Call out more than one num-

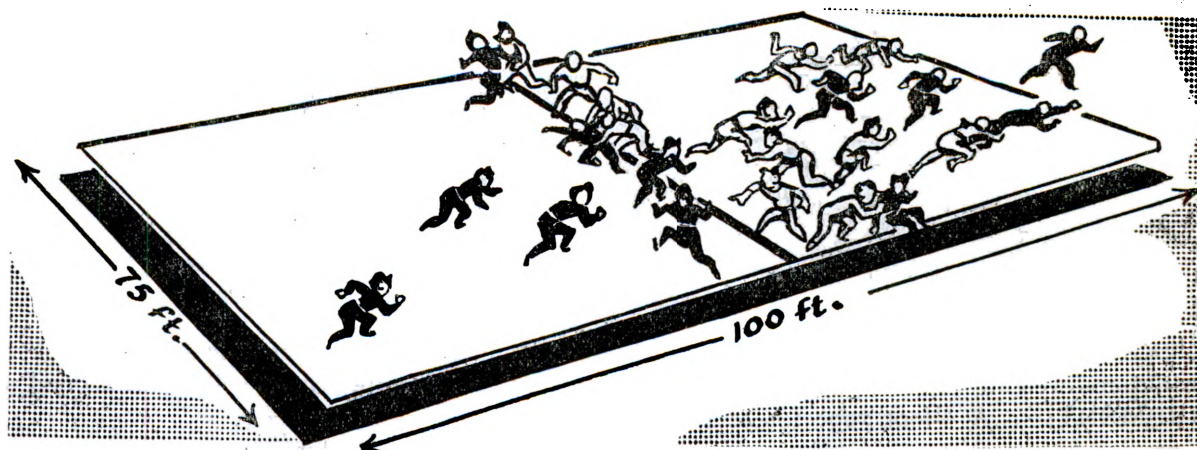
ber. If group is larger than 20, have the group members count off by tens.

VARIATION: Use positions other than the "rooster", such as the "drake", where each contestant assumes a bent position grasping his ankles.

VARIATION: Divide all players into two teams each of which is clearly distinguishable from the other. At the starting signal, the players of each side attempt to eliminate all of the opponents. The contest continues until one team has been entirely eliminated. Several players may concentrate upon one of the opponents.

VARIATION: All players start simultaneously. The object of the contest is to see which player can win over all the other contestants. The player wins who last remains standing.

49. LINE RUSH.



PLAYERS: Any number up to 50 on each side.

EQUIPMENT: None.

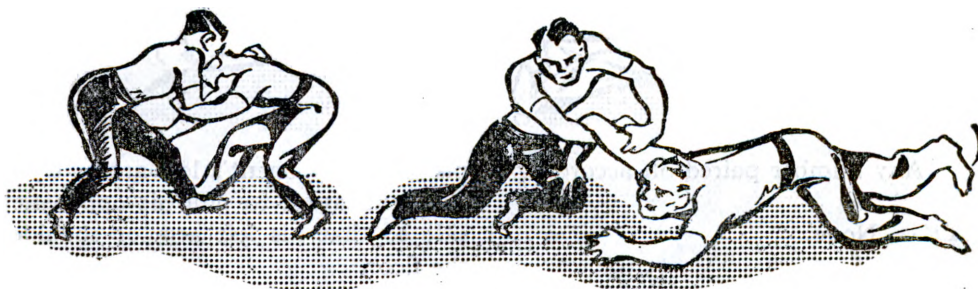
AREA: A field, 100 feet by 75 feet.

THE GAME: One team lines up behind one goal line and the other in midfield. On the starting signal, the team standing behind the goal line seeks to cross to the other goal within 1 minute,

while the team in the center seeks to prevent it by catching and holding the runners. At the end of 1 minute the teams change.

SCORING: Count the number of men crossing the far goal at the end of 1 minute. After each team has had from three to five tries, the scores are added and the winner declared. A man scores one point when any part of his trunk is across the goal line.

50. WESTMORELAND WRESTLING.



PLAYERS: Any number paired off according to height and weight.

EQUIPMENT: None.

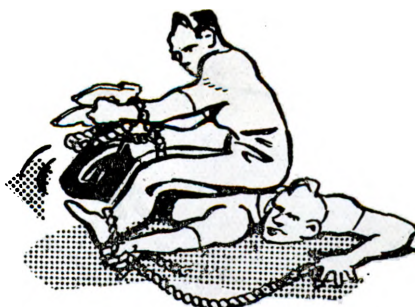
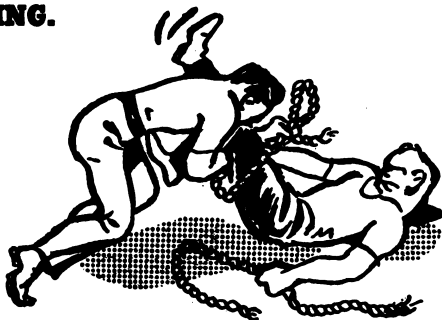
AREA: Any area.

THE GAME: From the standing position, each man attempts to cause opponent to touch

three points of the body to the ground by throwing him off balance. Two feet and one hand, two feet and one knee, two hands and one foot, etc., constitute a fall.

SCORING: The individuals successful in two out of three bouts win the match.

51. HOG TYING.



PLAYERS: Any number paired off according to height and weight.

EQUIPMENT: A 4-foot rope for each contestant.

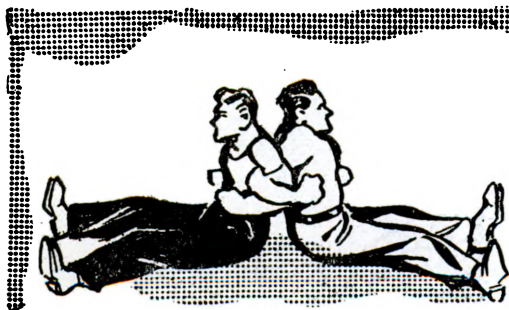
AREA: Any area.

THE GAME: At the signal each contestant attempts to tie his opponent's feet together. This is likely to be a strenuous and long drawn-out

fight and it will move more swiftly if the players merely tie the rope with a solid knot around any part of the opponent's body.

VARIATION: This contest can be conducted on a team basis also. Each team is clearly designated and each member is supplied with a rope. The object of each team is to tie up all the members of the other team.

52. ARM-LOCK WRESTLE.



PLAYERS: Any number paired off according to height and weight.

EQUIPMENT: None.

AREA: Any area.

THE GAME: The contestants sit on the floor, back to back, with legs spread and arms locked at the elbows. Each contestant has his right arm

inside his opponent's left arm. Upon the signal, each endeavors to pull his opponent over to the side so that his left arm or shoulder will touch the floor.

SCORING: Five bouts constitute a match; the contestant successful in three bouts wins the match.

53. CRAB FIGHT.



PLAYERS: Any number paired off.

EQUIPMENT: None.

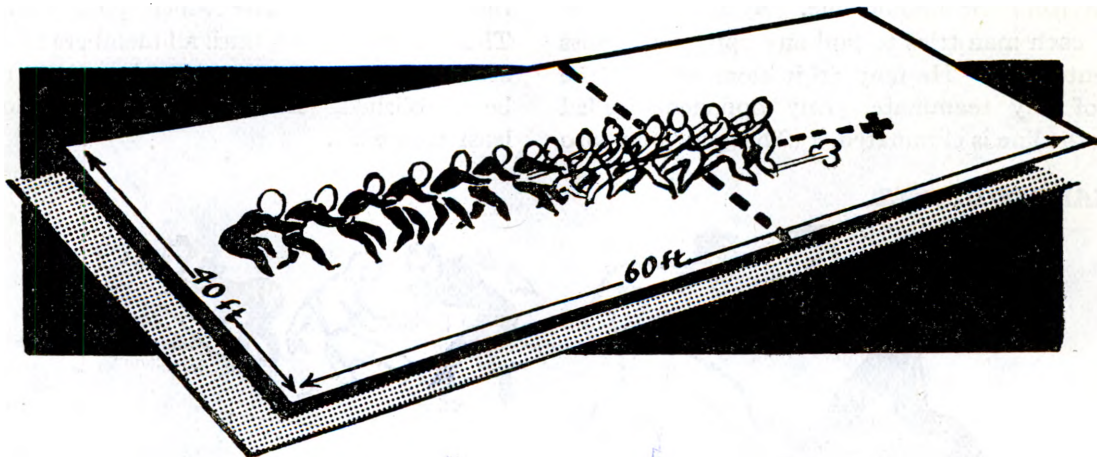
AREA: Any area.

THE GAME: The contestants sit on the ground facing in opposite directions with their

hands on the ground behind them. At the signal, they raise their hips, and butt with their shoulders and bodies attempting to make the opponent drop his hips.

SCORING: The winner is that contestant who wins two out of three bouts.

54. HUMAN TUG OF WAR.



PLAYERS: 10 to 20 on a team.

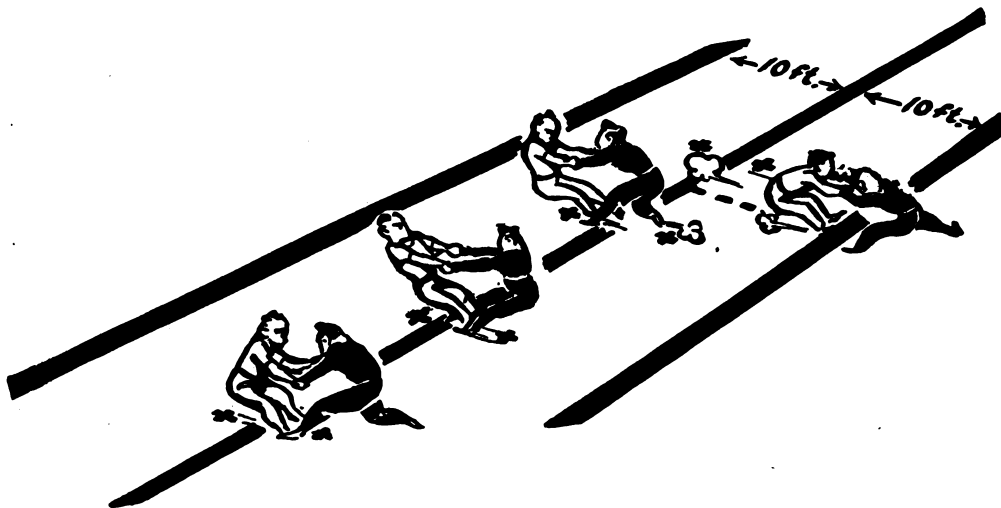
EQUIPMENT: None.

AREA: 40 feet by 60 feet.

THE GAME: Draw a line in the center of the area. Divide players into two equal teams; line them up in single line on opposite sides of the line facing each other. Each man places his arms around the waist of the teammate in front

of him. The two leaders of the opposing teams grasp each other around the waist. On signal, each team attempts to pull the opponent over the center line. Establish a pulling time of 30 seconds. **SCORING:** Team pulled across the center line loses. If neither team is pulled over the center line but one team breaks its file, that team loses the match.

55. ONE-MAN PULL.



PLAYERS: Any number divided into pairs.

EQUIPMENT: None.

AREA: Any area. Three parallel lines 10 feet apart are necessary.

THE GAME: Place pairs so that they face each other about 3 feet apart, each equally distant from the middle line. Each contestant should grasp his opponent's two wrists with his own hands. At the signal, each contestant attempts to pull his

opponent back across his base line. Either contestant pulled across his opponent's base line loses. The contestants must not grasp each other except by the hands and wrists. In case the hands become separated they should be rejoined as in the beginning at the point of separation.

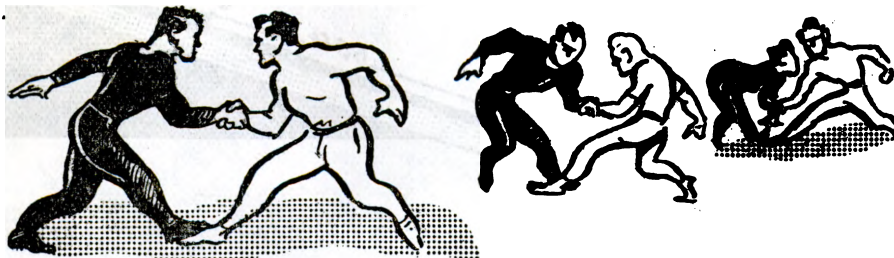
SCORING: Three bouts constitute a match; the contestant successful in two bouts wins.

VARIATION: This event may be used as team competition also. With 10 to 20 men on

each side the two teams face each other, equally distant from the middle line. At the command "Go," each man tries to pull any opponent across the center line. He may do it alone or with the help of any teammate. Any opponent pulled across the line is eliminated. (The game may also

be played by having those who are pulled over the line join the side which pulls them over.) The game continues, until all members of one team are pulled over the line. A time limit may also be established. In this case, the team losing the least men wins.

56. HAND WRESTLE.



PLAYERS: Any number paired off. The pairs should be approximately of the same height and weight.

EQUIPMENT: None.

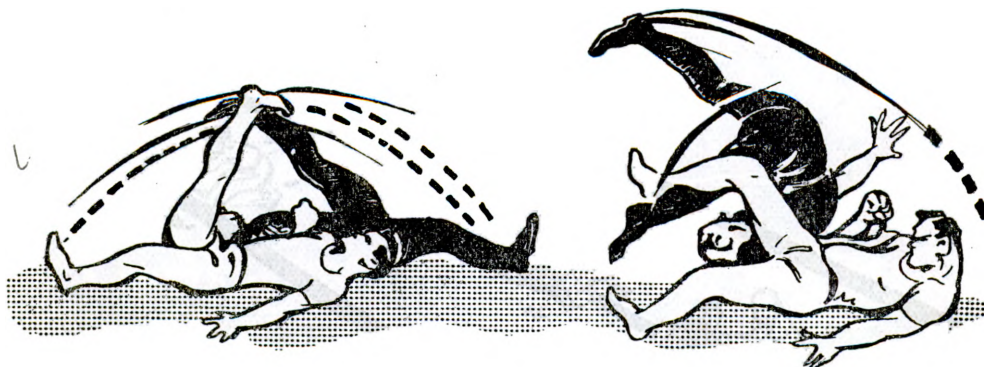
AREA: Any area.

THE GAME: Opponents grasp (right or left as designated) hands with little fingers interlocked. One foot is forward against the side of the oppo-

nent's forward foot. Each contestant then attempts by pushing, pulling, a sideward movement, or other maneuvering to force his opponent to move one or both feet from the original position. Change hands after each bout.

SCORING: Five bouts constitute a match. The contestant successful in three bouts is the winner.

57. INDIAN WRESTLE.



PLAYERS: Any number paired off. The pairs should be approximately the same height.

EQUIPMENT: None.

AREA: Any area.

THE GAME: The pairs lie down in the supine position. Each player has his right side against that of his opponent and with the feet in the opposite directions. The right arms are interlocked.

On the count of "One", each player raises his right leg to the perpendicular position and then lowers it to the ground. This is repeated on the count of "Two." On the count of "Three", each player hooks his leg behind that of his opponent and attempts to roll him over off balance.

SCORING: The player winning three bouts out of five is the winner.

NOTES

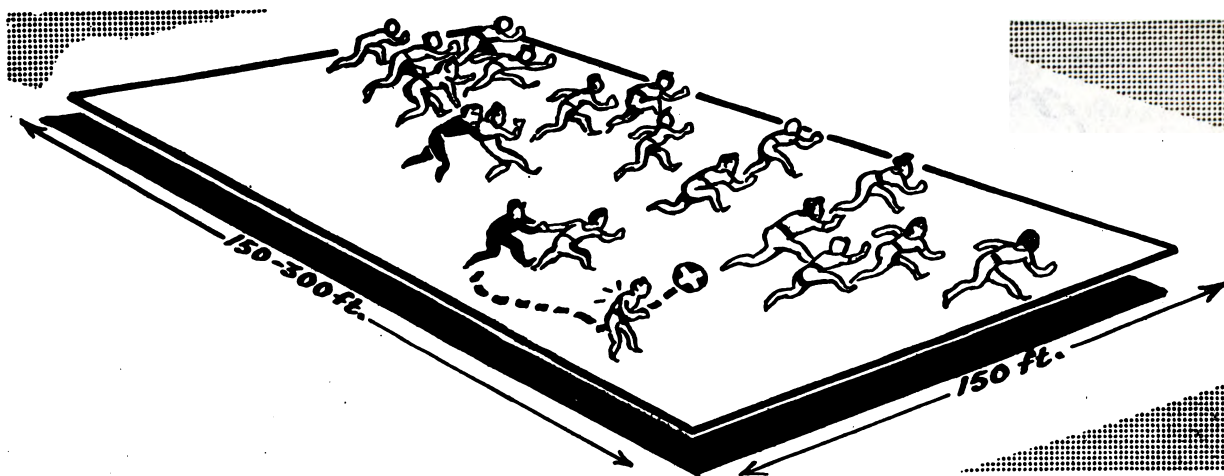
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58. PULLAWAY.



PLAYERS: Any number up to 75.

EQUIPMENT: None.

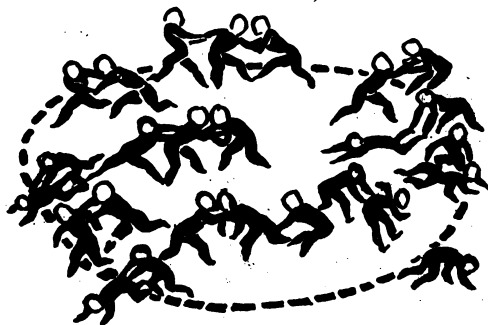
AREA: Two parallel boundary lines at least 50 yards apart. The field may be from 50 to 100 yards long.

THE GAME: One man is designated as "it." All of the other men are lined up on one of the two side lines. "It" calls "*Pullaway*", whereupon everybody must proceed by walking or running across the field to the other side line. "It" attempts to catch one or more of these men and strike them on the back three times. All the men caught must assist the original "it" to catch the other men on every successive run. As soon as all the uncaught men have reached their goal, "it" again calls "*Pullaway*", and they run back to the original goal, "it" and his assistants attempting to catch the others. This goes on until the last man has been caught. "It" should give the men

little opportunity to rest and should call the next run as soon as the last man has reached the goal and his own men have been properly distributed. The first man caught becomes "it" for the next game.

VARIATION: This variation is called "Hip." It is played in almost the same way as pullaway, except that the "it", in this case called "Hip", carries a cloth club about the size of a shore patrol night stick but stuffed with something soft. "Hip" catches the running men by striking them with his club. On successive runs, men that he has caught attempt to catch others by tackling them and holding them until "Hip" comes and strikes them with the club, making the catch official. Only "Hip" can officially tag victims. All assistants attempt to hold the men caught, and the men caught attempt to break away and reach the goal before "Hip" can reach them. This makes a very vigorous game.

59. MASTER OF THE RING.



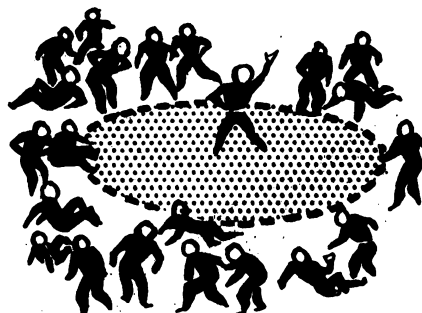
PLAYERS: Any number.

EQUIPMENT: None.

AREA: A clearly marked circle large enough to contain all the players.

THE GAME: All the players stand inside the circle. At the signal, all attempt to throw each other out of the circle. All tactics are fair except unnecessary roughness. When any part of the body touches the floor across the line, the player is out and leaves the circle at once. Several officials are needed to spot the players who cross the line.

SCORING: The player who remains in the circle when all the others are out is master of the ring.



VARIATION: The players are divided equally into two teams. Each team is clearly marked. Upon signal, each team attempts to throw out of the circle all the opponents. The players may be permitted to use their hands or they may be required to keep their arms folded on their chests. The winning team is that which has eliminated all the opponents from the circle.

VARIATION: The players are divided equally into two teams. Each team sends only one man into the circle. When one man has been forced out of the circle, the losing side only sends in another man. The team which first eliminates all the opponents wins.

60. CANE FIGHT.



PLAYERS: Any number divided into pairs.

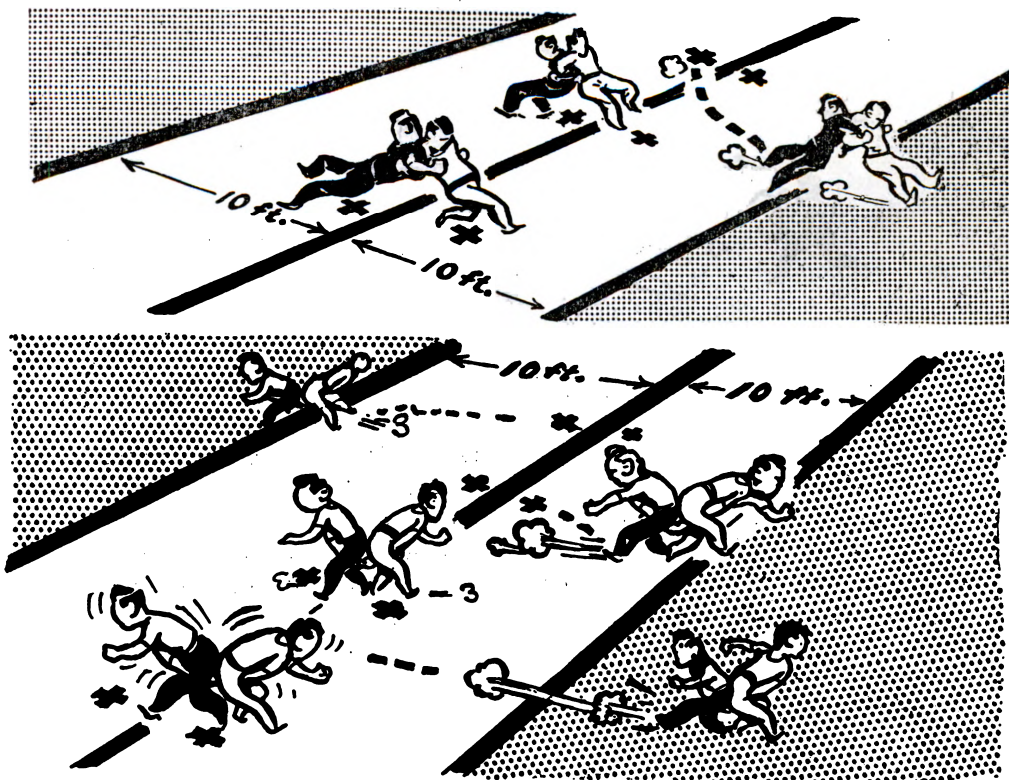
EQUIPMENT: A strong stick such as a broom handle or a softball bat. A number of these are necessary depending on the size of the group.

AREA: Any area.

THE GAME: The two players grasp the stick and attempt to take it away from each other. To be defeated, a player must release both hands from the stick.

SCORING: Five bouts constitute a match; the contestant successful in three bouts wins.

61. BACK-TO-BACK PUSH.



PLAYERS: Any number divided into pairs.

EQUIPMENT: None.

AREA: Any area. Three parallel lines 10 feet apart are necessary.

THE GAME: The contestants are placed on the middle line standing back to back with their elbows locked. At the signal, each by pushing backward, attempts to push the other over his (the opponent's) base line. The contestants are not allowed to lift and carry their opponents; pushing only is permitted. Either contestant pushed over his own base line loses the bout.

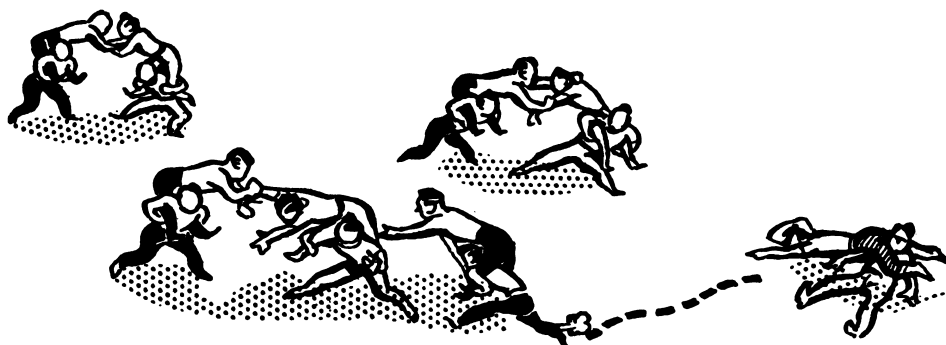
SCORING: Three bouts constitute a match.

The contestant successful in two out of three matches is the winner.

VARIATION: Team competition may be utilized in this event. Both teams line up with pairs back to back at the center line. The team which pushes the most opponents across the base line wins.

VARIATION: An interesting variation is to instruct the contestants to bend forward until only their posteriors are touching. They should then place the right arm between the legs and clasp hands. At the signal each attempts to pull the other across the base line. Repeat with the left hand or both hands.

62. HORSE AND RIDER.



PLAYERS: Any number paired off according to height and weight.

EQUIPMENT: None.

AREA: Any area, such as turf, on which it is not dangerous to fall.

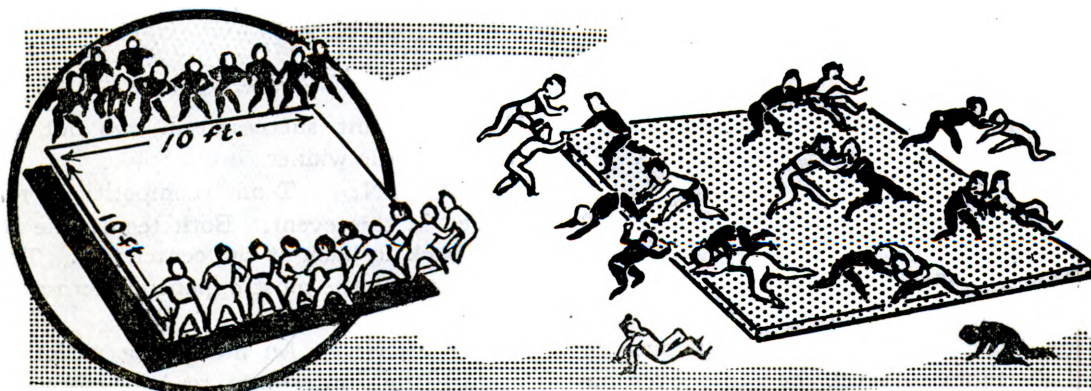
THE GAME: The players pair off and one mounts the other as rider. At the signal the

riders attempt to pull each other off their horses.

SCORING: The pair which remains mounted when all others are dismounted wins.

VARIATION: This contest may be played as a team event. The team which eliminates all the opponents wins. When played as a team event, the two teams should be clearly distinguishable from each other.

63. ISLAND.



PLAYERS: 15 to 30.

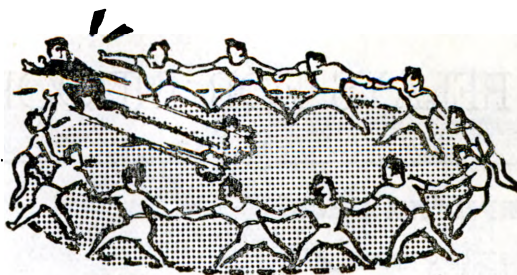
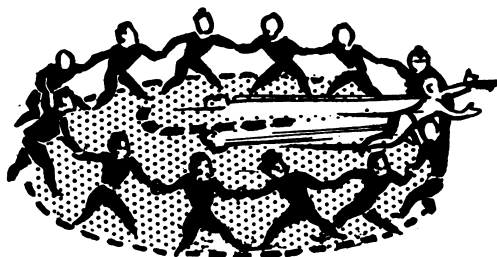
EQUIPMENT: None.

AREA: Mark an area on the ground about 10 feet square. (Gym mat may be used indoors.)

THE GAME: Divide players into two teams marking each in a distinctive manner. Line them on opposite sides of the marked area. On signal, the players all rush forward attempting to

reach the marked area and remain there. Opponents may throw them off in any manner provided dirty tactics (slugging, etc.) are not used. If a player is forced off the island, he may return if he can in the 2-minute interval. The team having the greatest number of players on the spot at the end of 2 minutes of play wins the game. Players must be completely on the spot to be counted.

64. CONCENTRATION CAMP.



PLAYERS: Two teams with from 10 to 20 players on each team.

EQUIPMENT: None.

AREA: Any small area.

THE GAME: Each team forms a circle by holding hands. One man from each team goes into the circle formed by the other group. At a given signal, each man tries to break out of the circle by going over, under, or through. The first man to break clear, scores a point for his side.

Continue until each man has been in the opposing "concentration camp."

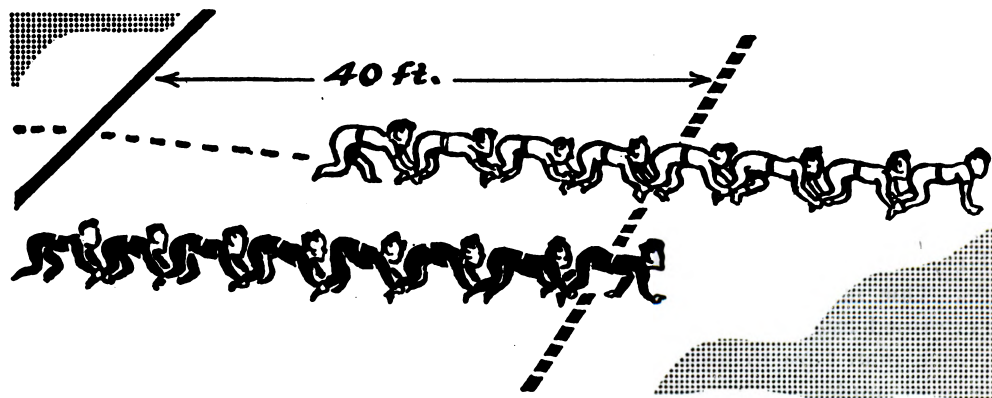
SCORING: The team with the most points after each player has been in the opposing circle wins.

VARIATION: Use just one circle with one man inside. (If there are more than 20 players, have two men inside the circle.) The player then, tries to break out of the circle. When he gets out the other players try to catch him. The player succeeding goes into the circle the next time.

CHAPTER VII

RELAYS FOR INDOORS AND OUTDOORS

65. CATERPILLAR RACE.



PLAYERS: Any number equally divided into two or more teams.

EQUIPMENT: None.

AREA: Any level area. The finish line should be 40 feet from the starting line.

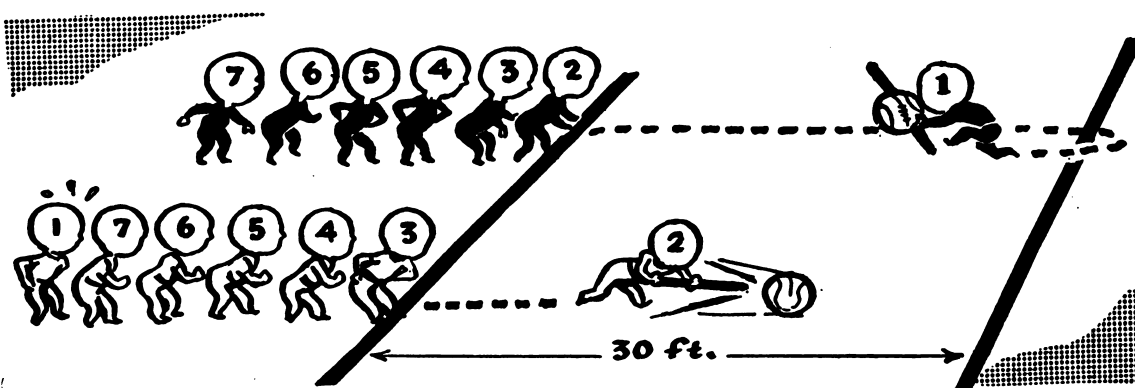
THE RELAY: The front man in each column places his hands on the ground. Each man back of him bends forward and grasps the ankles of the man in front of him. At the signal to start, the

column moves forward in this position. When the last man in the column crosses the finish line, that team has completed the event, provided the line is still unbroken.

SCORING: The first team across the finish line wins!

VARIATION: The above relay may be conducted by having the men run in pairs. In this case, each pair travels to the distance line and back, starting off the next pair.

66. BAYONET JAB.



PLAYERS: Any number equally divided into two or more teams.

EQUIPMENT: A medicine ball and a broom handle, softball bat, or stick for each team. A

soccer ball or softball may also be used in place of the medicine ball.

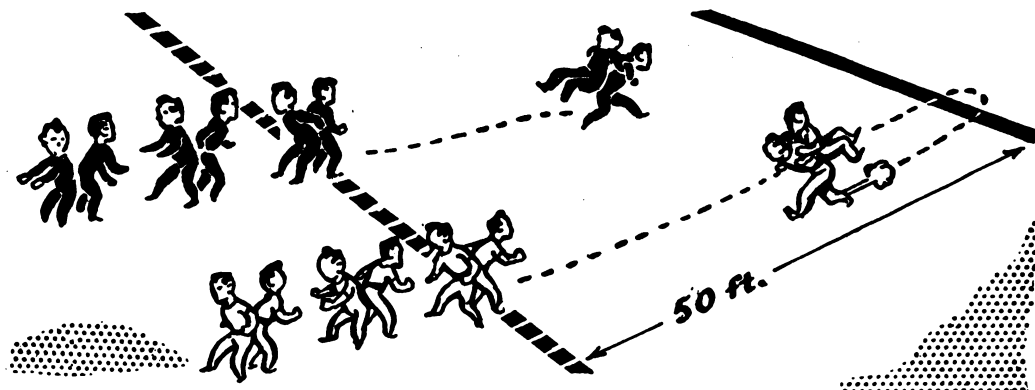
AREA: Any level area. The starting line and the distance line are 30 feet apart.

THE RELAY: The ball is placed on the starting line in front of the column. At the signal to go, the first player who holds the stick proceeds to jab the ball until it crosses the distance line which is 30 feet away. Thereupon he picks the ball up and carries it back to the starting line where he hands the stick and the ball to the second contestant and takes his place at the rear of the

column. The second man repeats the performance of the first. This continues until the ball has been jabbed across the line by the last man in the column. The ball must be jabbed. Swinging or batting the ball is not permitted.

SCORING: The team which finishes first is the winner.

67. BACK-TO-BACK RELAY.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: None.

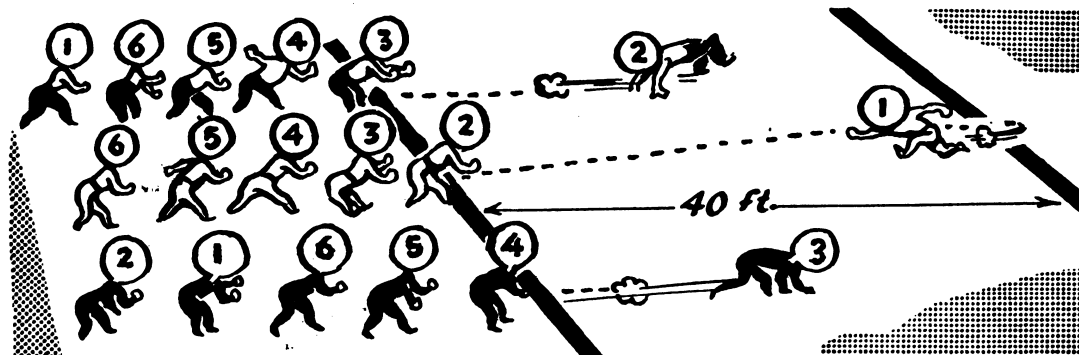
AREA: Any area. The turning line is 50 feet from the starting line.

THE RELAY: The players are divided into teams and lined up in column formation. The first two players stand back to back and link

elbows. At the signal, the front player leans forward, lifts the back player off the floor, and thus carries him to the turning line. At this line, he lowers the back player to the floor and that player immediately leans forward, lifts the first player, and carries him back to the starting line. They touch off the next pair who repeat.

SCORING: The team which finishes first is the winner.

68. MONKEY AND CRAB RACE.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: None.

AREA: Any level area. The distance line is 40 feet from the starting line.

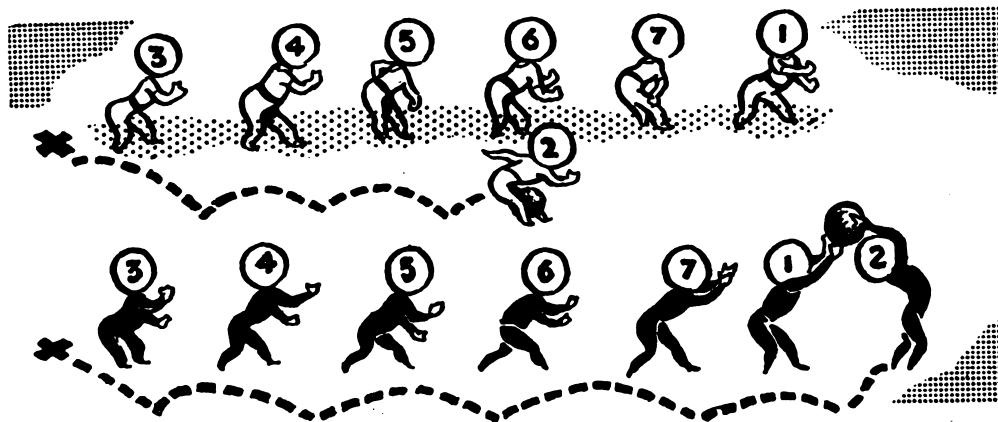
THE RELAY: At the signal to start, the first man in each column places his hands on the ground and walks monkey fashion on all fours to the distance line. When he reaches the distance line, he assumes a running position and returns to the

front of the column where he touches off the second man, he himself going to the back end of the column. The second man gets down with his hands and feet on the ground as in the crab walk and walks with his feet leading to the distance line. He runs back to the starting line and touches off

the next man in line. This man walks monkey fashion. The rest of the column continues alternating in this fashion.

SCORING: The team which has all players across the finish line first wins.

69. KANGAROO RACE.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: A basketball or soccer ball.

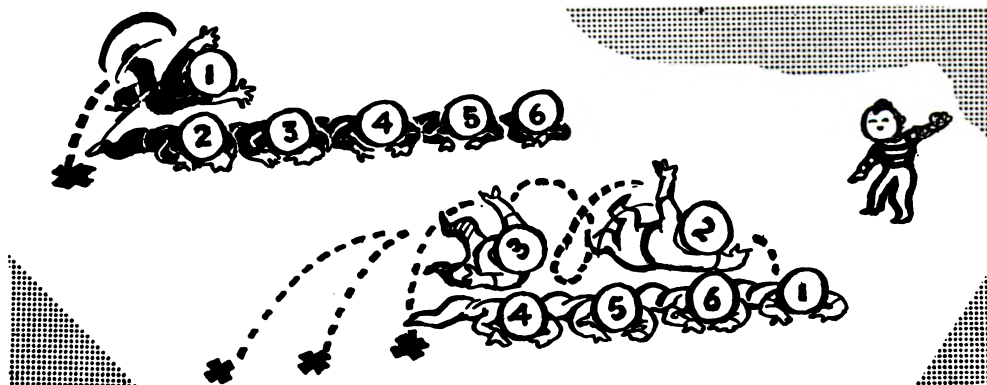
AREA: Any level area.

THE RELAY: Players stand in column formation with the ball on the line in front of the first contestant. At the starting signal, the ball is passed back over the heads of the men (every man passing the ball) until it reaches the last man who places the ball between his knees and with his hands on his hips jumps forward carrying the ball

in that position to the front of the column. It is required that he does not use his hands in keeping the ball in place. If he should drop the ball, he may pick it up at the point where it dropped and replace it between the knees. On reaching the front of the column, he takes the ball from between his knees, and starts it back over his head. When every man has carried the ball, the man finishing holds the ball over his head when he reaches the front of the line.

SCORING: The team finishing first wins.

70. LOG ROLL.



PLAYERS: 8 to 12 men on a team; 2 or more teams.

EQUIPMENT: None.

AREA: Any grassy area outdoors. Mats should be used if this event is conducted indoors.

THE RELAY: The members of each group lie side by side along the ground, with the leader at the head. The end man starts rolling over all the men in his group. As soon as he rolls over the second man, the latter follows the former. All men

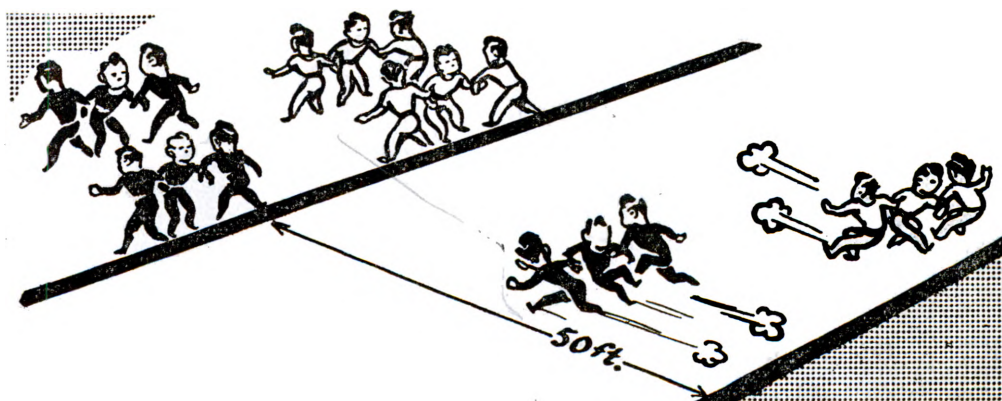
continue to roll over the men ahead, until the leader rolls over all his men.

SCORING: The group whose leader rolls over all his men first wins.

VARIATION: Alternate rolling over one man and under the next.

VARIATION: Roll with basketballs or soccer balls extended overhead.

71. PILOT RELAY.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: None.

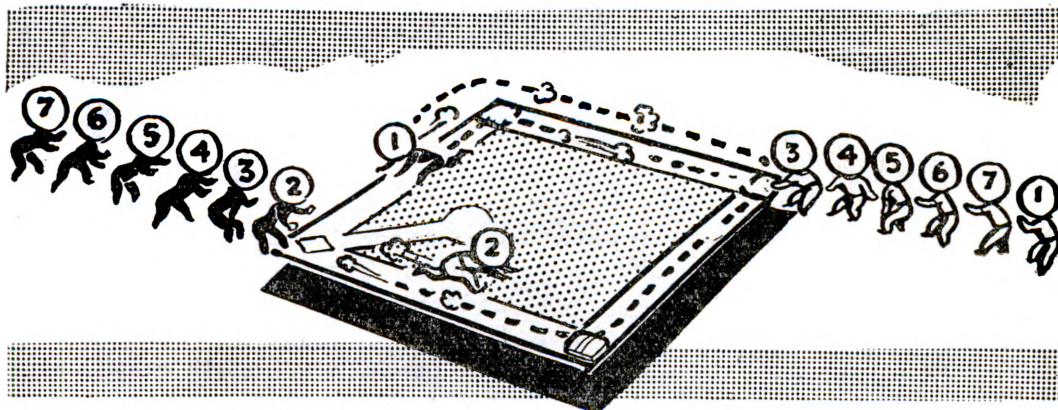
AREA: Any level area. The distance line is 50 feet.

THE RELAY: The players are grouped in threes, the two end men with backs to the starting line, the middle man facing the starting line. The

elbows of the three men are interlocked. The middle man runs forward; the two outside men run backward. They race to the turning point where they start back, this time with the middle man running backward and the two outside men running forward. The next set of three players starts when the first set crosses the starting line.

SCORING: The team which finishes first wins.

72. ROUND THE BASES.



PLAYERS: 10 to 20.

EQUIPMENT: None.

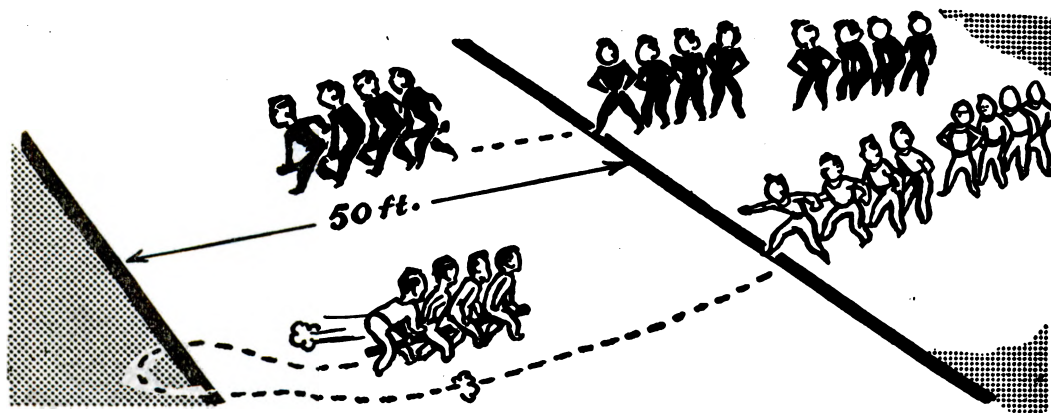
AREA: Baseball diamond.

THE RELAY: One side lines up at second base and the other team lines up at home plate. On the signal the No. 1 man of each team starts

around the four bases, touching off his No. 2 man at the same base he started from. If more men are available, a team may be started from each base.

SCORING: The side finishing first wins the relay.

73. CENTIPEDE.



PLAYERS: Teams of 12, 16, or 20.

EQUIPMENT: Sticks 3 or 4 feet in length.

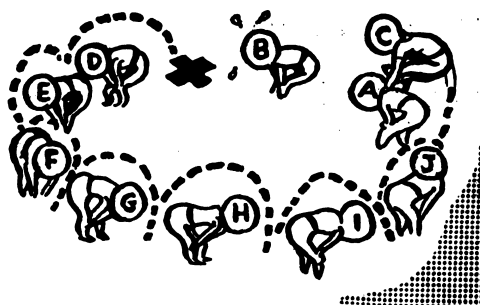
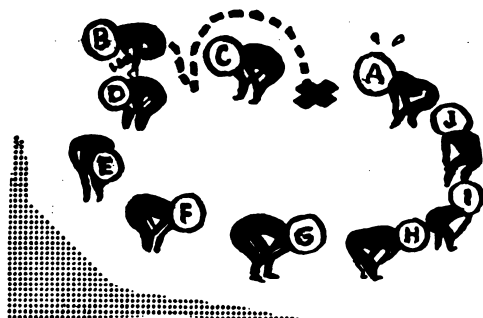
AREA: Any fairly level area. The distance line is 50 feet from the starting line.

THE RELAY: Teams are formed in columns of 12, 16, or 20 men. The first four in each line

straddle a stick, with the left hand grasping the stick. On signal, all four men in each line run to the distance line, return, and give the stick to the next four men in their line. If any man relinquishes his hold on the stick he must regain hold of it before his team progresses further.

SCORING: The first column through wins.

74. JUMP 'EM AND DOWN.



PLAYERS: Each team has 10 to 20 men in a circle, facing counterclockwise, and bending forward at the waist.

EQUIPMENT: None.

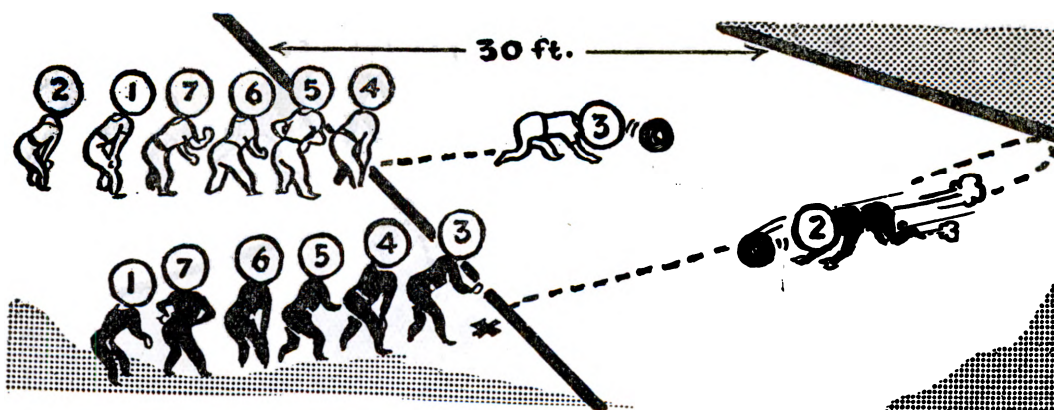
AREA: Any level area.

THE RELAY: One man in each circle starts by jumping over each man around the circle. When he returns to his own place, he touches off

the man ahead of him and steps back to his original position. The second man completes the circuit and touches off the third man until all men have leapfrogged around the circle. Each man must keep one full arm's length away from the man in front and behind him.

SCORING: The side whose last man returns first and drops down to his position is the winner.

75. GOAT-BUTTING RELAY.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: Basketball, soccer ball, volley ball or large softball.

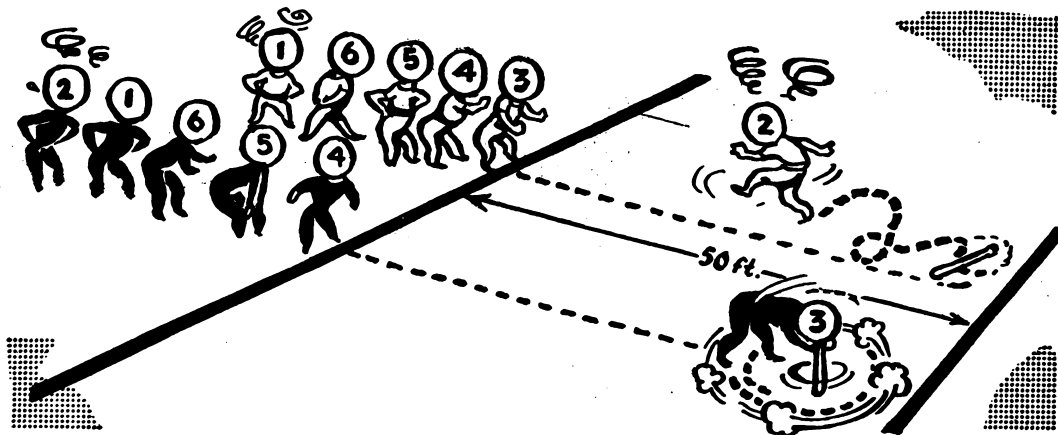
AREA: Any level area. The distance line is 30 feet.

THE RELAY: The teams are arranged in parallel files. A ball is placed in front of each

team. At the signal, the first player drops to his hands and knees and butts the ball toward the turning line with his head. He may run or crawl in following the ball, may dive at it in butting it, but may not strike it with any part of the body except the head. After reaching the turning line, he butts it back to the second player who repeats. Continue until all have run.

SCORING: The team finishing first wins.

76. DIZZY-IZZY RACE.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: One baseball bat for each team.

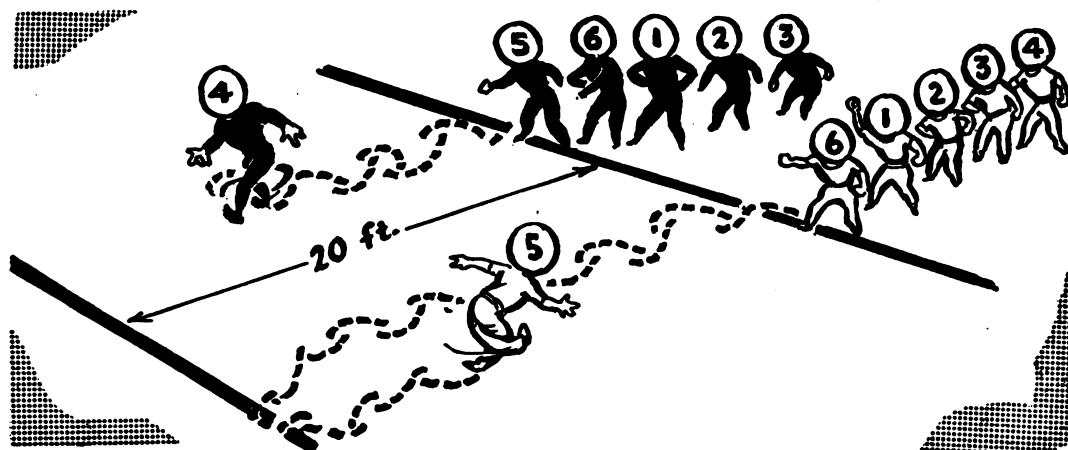
AREA: Any level area. The distance line is 50 feet from the starting line.

THE GAME: At the signal to start, the first man in each column runs to the distance line where he picks up the bat. He stands one end on the

ground and, placing the center of his forehead on the other end, he circles around the bat seven times. He drops the bat and runs to the starting line, tagging off the man who then is at the head of the line, while he takes his place at the back end of the line. The performance continues until everyone has taken his turn and the last man crosses the finish line. The number of circles about the bat may be increased if desirable.

SCORING: The first team through is the winner.

77. SNAKE-WALK RELAY.



PLAYERS: Any number divided equally into two or more teams.

EQUIPMENT: None.

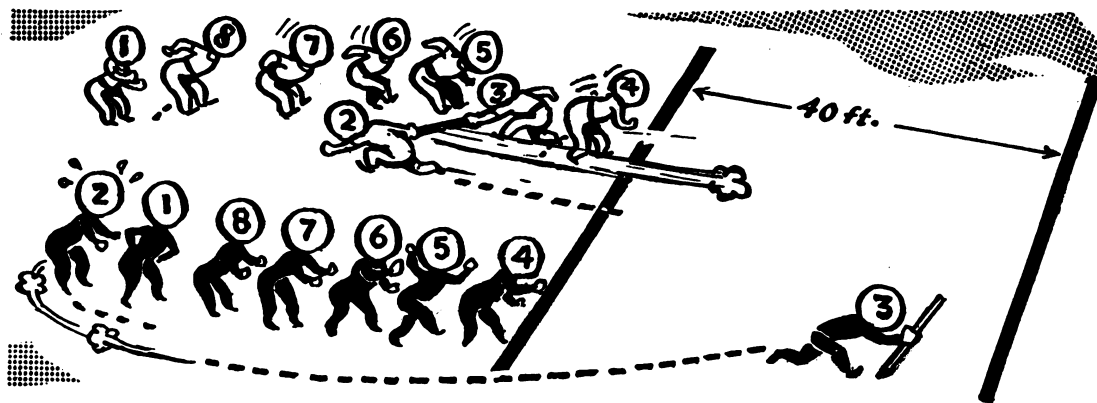
AREA: Any level area.

THE RELAY: Each player in turn advances by stepping on the left foot and swinging the right foot around behind the left and as far forward

as possible. By rocking forward on the left toe, the player will be able to extend his right foot farther forward and thus advance faster. The next step is made by swinging the left foot back of the right in similar fashion. The turning line should be 20 feet distant and each player should go up and return to touch off the next player.

SCORING: The team finishing first wins.

78. JUMP THE STICK.



PLAYERS: Any number.

EQUIPMENT: One stick per line.

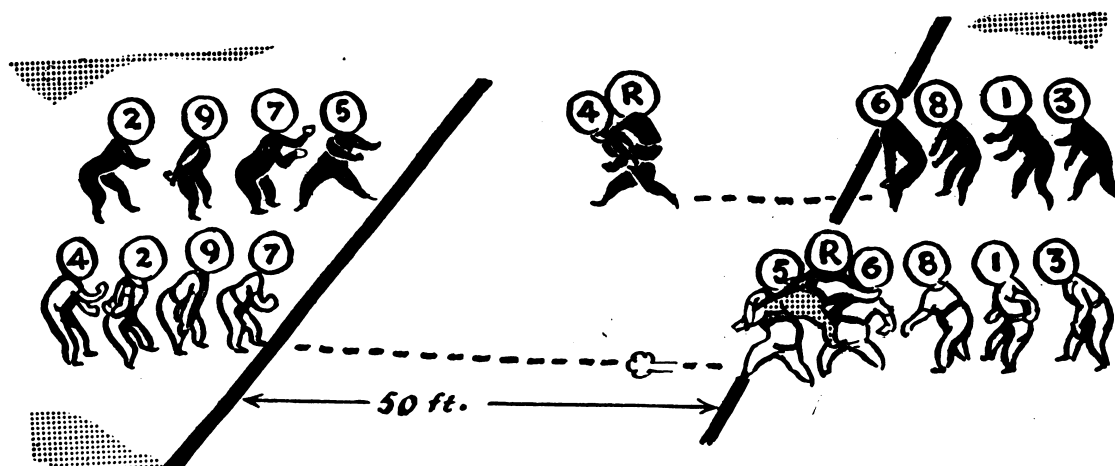
AREA: Any level area. Distance line is 40 feet from the starting line.

THE RELAY: One man in each line has a light stick about 3 feet long. He runs to the goal line and returns to his team, handing one

end of the stick to the No. 2 player. The two race to the end of the line as each player on their team jumps the stick. When they reach the end of the line, No. 1 takes his place at the end of the line. No. 2 races to the goal line and back. The game continues until everyone has carried the stick.

SCORING: The team through first wins.

79. PAUL REVERE.



PLAYERS: Any number.

EQUIPMENT: None.

AREA: Any level area. Two parallel lines 50 feet apart are needed.

THE RELAY: Each team selects a rider. On the starting signal, the rider mounts the back of the No. 1 player of his team. The player then carries him to No. 2 where the riders, with-

out touching the ground, exchange mounts, and the No. 2 mount carries the rider to No. 3. This continues until the last man carries the rider across the finish line. If the rider falls off, he must mount again at the point of the fall. If he falls in changing mounts he must again get on his original mount before making the change.

SCORING: The team finishing first wins.

80. CHARIOT RACE.



PLAYERS: 12, 15, or 18 men in a column for each team. Two or more teams.

EQUIPMENT: None.

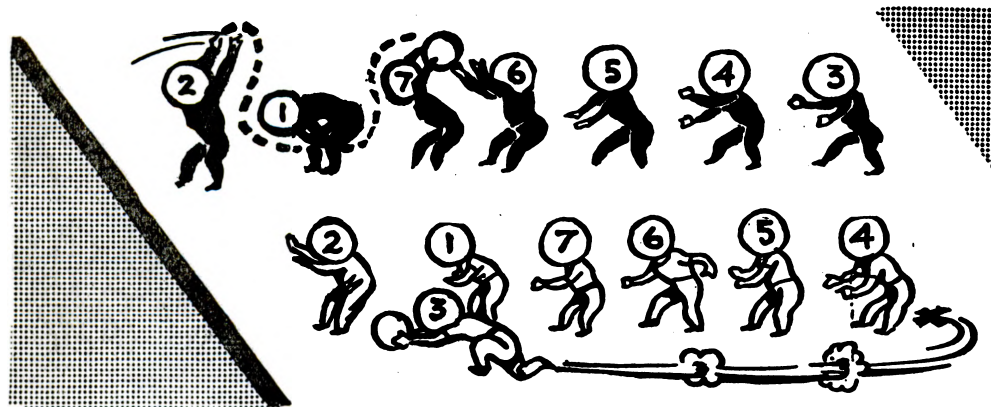
AREA: Any level area. The distance line is 40 feet from the starting line.

THE RELAY: Players are lined up in columns of 12, 15, or 18 men. Men work in groups of three (horse, chariot, rider). The horse stands

erect, the chariot bends forward at the hips and grasps the horse at his hips while the rider sits on the chariot. On signal, the horse and chariot carrying the rider run to a designated line and return. If the mount falls off, he must remount and continue. When these three have returned to starting line, the next three in line start.

SCORING: The first team to complete the distance wins.

81. OVER AND UNDER.



PLAYERS: 8 to 16 men in each line. There should be two or more teams.

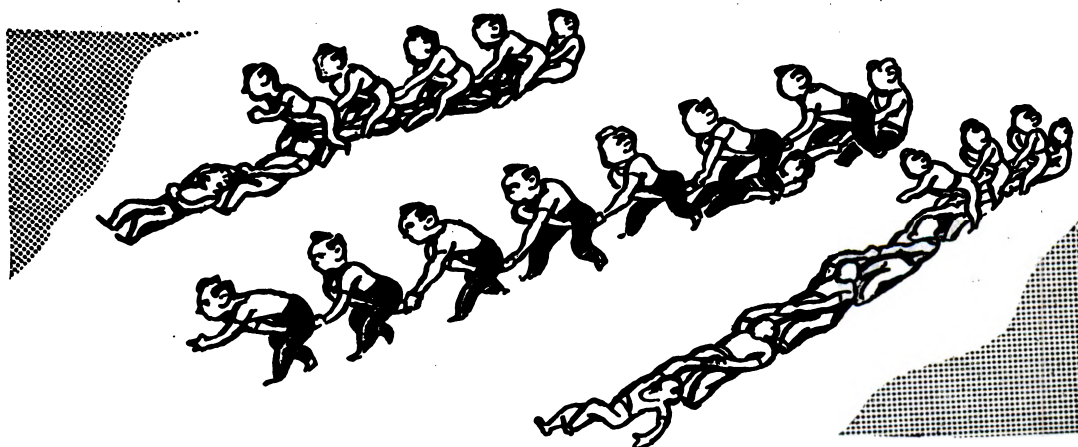
EQUIPMENT: Any object, preferably a basketball or soccer ball, is placed on ground in front of the column.

AREA: Any level area.

THE RELAY: On signal, the object is passed over the head of No. 1 man and between the legs of the next man, alternating until it reaches the last man. The end man runs to the front and starts the object back over his head.

SCORING: The first line through wins.

82. SKIN THE SNAKE.



PLAYERS: 12 to 20 men in each line. There should be two or more teams.

EQUIPMENT: None.

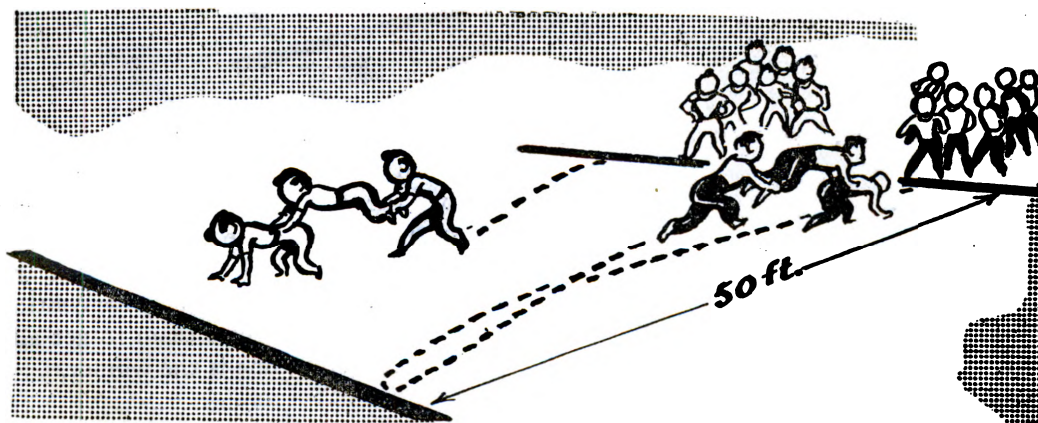
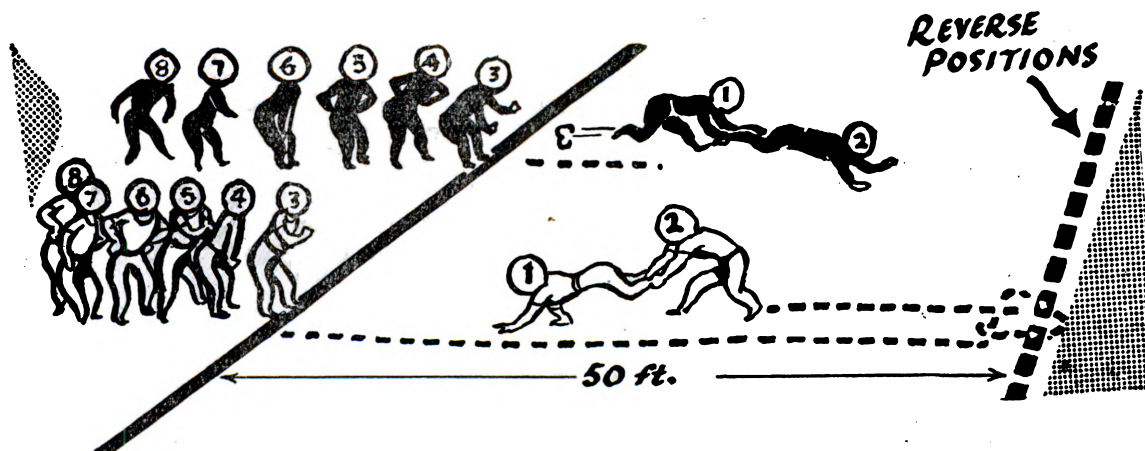
AREA: Any level area.

THE RELAY: Each man reaches his right arm through his own legs from the front and grasps the left hand of the man behind him. With his left hand, he grasps the right hand of his team-

mate in front of him. On signal, the end man lies down on the ground; all other men walk backward, straddling men as they walk and continuing to hold hands. When all the men are on their backs, the last man to go down gets up and walking forward, pulls the next man up. This action continues until all men are up without breaking the line.

SCORING: First line to stand intact wins.

83. WHEELBARROW RACE.



PLAYERS: Any number equally divided into two or more teams.

EQUIPMENT: None.

AREA: Any level area. A distance line should be marked 50 feet from the starting line.

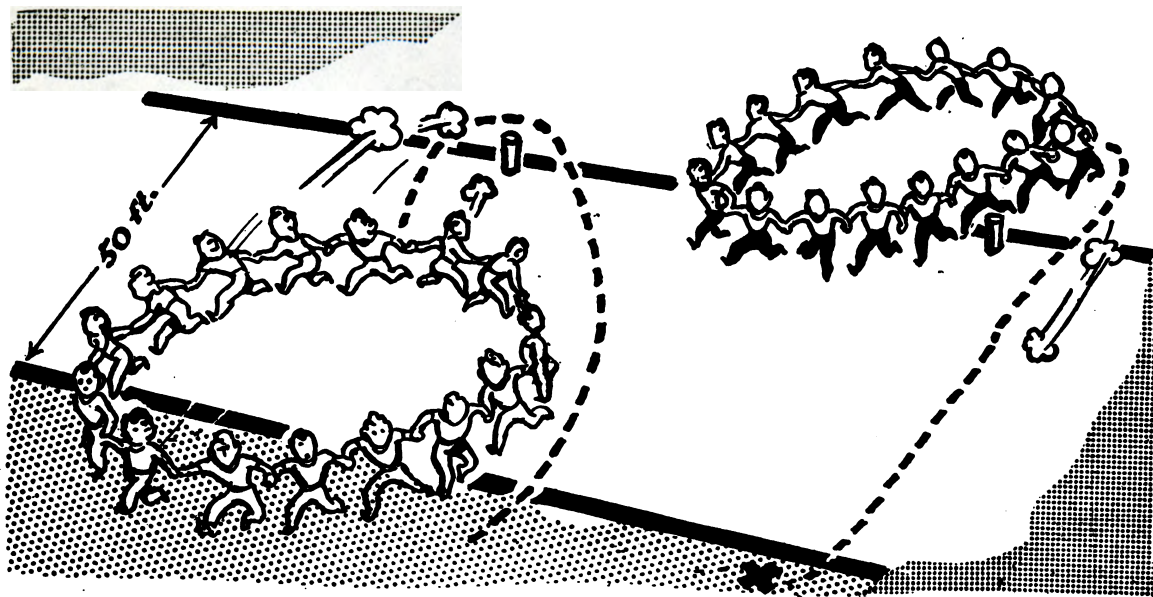
THE RELAY: The players on each team pair off. The first man walks on his hands with his partner holding his *ankles*. After each pair has advanced in this fashion to the distance line, the players exchange positions and return to the

starting line. After the first pair crosses the starting line, the next two men start.

SCORING: The first team through is the winner.

VARIATION: Three-man wheelbarrow is an interesting variation of the above race. The first man goes down to a position with his hands and feet on the ground. The second man places his hands on the hips of the first man. The third man then picks up the legs of the second man as in the two-man wheelbarrow. The relay is then run in the regular manner.

84. CIRCLE RACE.



PLAYERS: 10 to 15 players on each team.
Two or more teams.

EQUIPMENT: None.

AREA: Any level area. The distance line is 50 feet from the starting line.

THE RELAY: Each team holds hands to form a circle. All men face out except one man

who faces in and is the "driver." At the starting signal, all teams race to the distance line and back, keeping the circle intact. All the men must go across the distance line. The driver gives directions and orders. When the circle breaks, it must be re-formed before progress continues.

SCORING: The first team to get all the men across the starting line is the winner.



