



Intramural Activities



Whiffleball

- Use basic softball rules.
- All pitches must be slow and have an arc on them.
- There will be no balls, walks (see next rule), or called strikes. Batters may strike out swinging (including fouls before the third strike). Batters may choose not to swing at any pitch. Hit batters will not advance. One-handed batting will not be allowed.
- No Stealing or leading off.

3 on 3 Basketball

Begin the game by checking the ball at the top of the 3 point arc (bounce it to a defensive player who will bounce it back to you). When the offensive team scores the defense receives the ball at the top of the 3 point arc and then becomes the offense. They must check the ball to begin playing.

If you; double dribble, travel, knock the ball out of bounds, or foul someone, the ball will be given to the other team at the top of the three point arc.

Football

Too many rules to list

Soccer

Team size should be fairly small (about 6 players per team).

Hands foul - give the ball to the other team at the spot of the foul.

Out of bounds on sidelines - results in a throw-in (2 hands, overhead, 2 feet on ground).

Out of bounds past end line - results in goalie kick for defensive team or corner kick for offensive team.

Ball starts in the middle of the field after each goal.

No Rules Volleyball

Equipment: one volleyball, volleyball court, volleyball net.

Well, there are some rules. One team serves from anywhere on the court. Members of the serving team can help the serve over the net with an unlimited number of assists. Teams and individuals are allowed an unlimited number of hits before the ball has to be returned over the net. A ball must land on the opponent's court to score a point. Both serving and receiving teams can score. The first team to reach 15 points wins.

Kickball

Equipment: playground ball, softball field, softball bases.

One team lines up to kick the ball and the other team assumes fielding positions (as in softball).

1. The ball is rolled by the pitcher to the batter who kicks it. The kicker runs the bases.
2. The fielding team can put the kicker out by catching a fly ball, tagging the runner while between bases, or forcing the runner out by getting the ball to a base before the runner gets there.
3. No leading-off or stealing is allowed.
4. There are unlimited outs. Teams switch places after everyone on the kicking team has kicked. One point is scored each time the kicker has safely returned home. The team with the highest number of points (or "runs") at the end of the game wins.

Home Run Football

Equipment: Softball field, softball bases, football.

The game begins with the first player passing, punting, or kicking the football out into the field. He then runs the bases as quickly as possible, just as in softball. The players in the field retrieve the football and try to throw, kick, or run it to home plate. At that time the runner stops.

Each runner is awarded one point for each base touched before the ball reached home base. All players on the team play before switching to defense. The team with the most points wins.

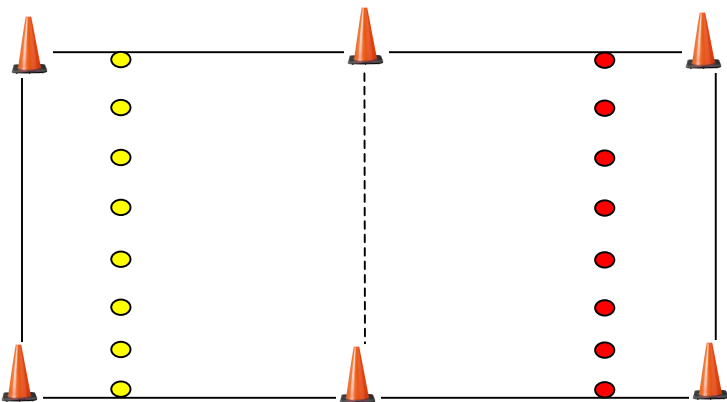
Ultimate Frisbee

Equipment: one Frisbee, colored jerseys, cones for sidelines, 6 to 8 yellow and 6 to 8 red cones to mark the goal line.

The offensive team throws the Frisbee down the field to teammates. Players in possession of the Frisbee can not walk or run with it; however, a player can pivot on one foot (as in basketball) while trying to pass. If players walk or run with the Frisbee, the Frisbee is given to the other team.

The defensive team can intercept the Frisbee at any time. Defensive players can guard but cannot touch or make physical contact with the offensive players. If so, a non-guarded free throw is made at the spot of the foul.

To score, the offensive team must have the Frisbee caught by one of its players behind the opponent's goal line. Each goal counts as one point. After each score, the teams line up on their goal lines and the non-scoring team starts with the Frisbee.



Capture the Flag

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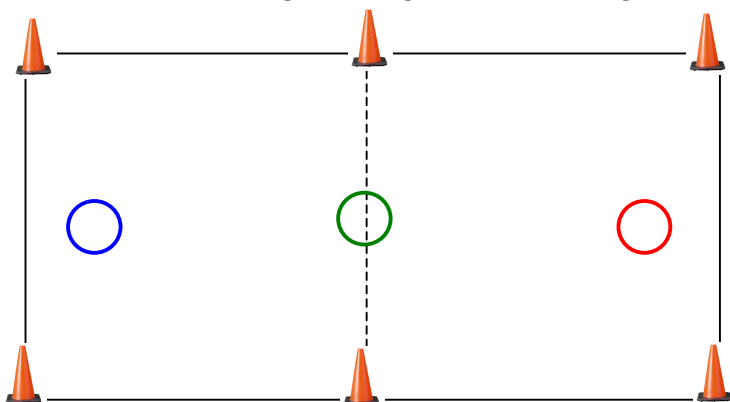
Steal the Beanbags

Equipment: 20 beanbags, 20 red & 20 yellow flag belts, 3 hula hoops, 6 cones for sidelines and end lines, 8 small cones to mark center line.

Start the game with 10 beanbags inside each of the end hula hoops. The object of the game is to have all twenty beanbags inside your own hula hoop. Players are to start the game on their half of the field. On the starting signal, team members can cross the center line trying to steal the opponents' beanbags. However, once a player crosses over into the opponent's side, he can also have his flag pulled. If this happens, the player with the pulled flag must stand in a frozen position, and the player's flag is placed in the center hula hoop. The frozen play can be freed if a team member picks up the flag and runs it to him without having his own flag pulled. Both players hold on to the flag and walk back to their side (no one can pull their flags in this position). The rescued player reattaches his flag and is now allowed to play again.

A player is allowed to pick up only one beanbag at a time. Players are not allowed to make hand offs, pass a beanbag, or kick a beanbag while attempting to run back with it. A player who has his flag pulled must return back to it.

An area around the end hula hoops can be designated as an off-limits territory for team members guarding the beanbags



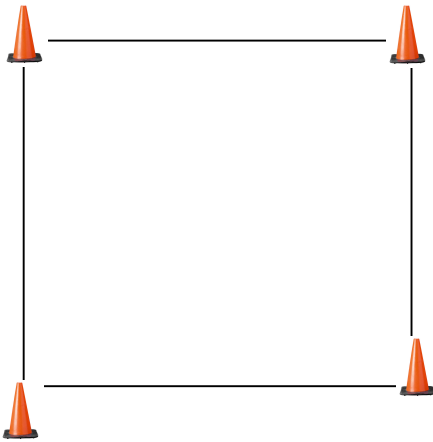
Five Catches

Equipment: one football, four cones, jerseys.

Multiple games can be played at the same time. This game works best with about five players on each team. The playing area is about 30 by 50 feet.

The objective is for a team to make five consecutive passes to five different players without dropping the ball or having it intercepted. To begin, have the players scatter throughout the area. Each player is assigned to guard one player on the opposing team. The player with the ball cannot take more than three steps when attempting to throw the ball to a teammate, nor can he hold the ball for more than five seconds. Either of these violations results in the opposing team gaining possession of the ball.

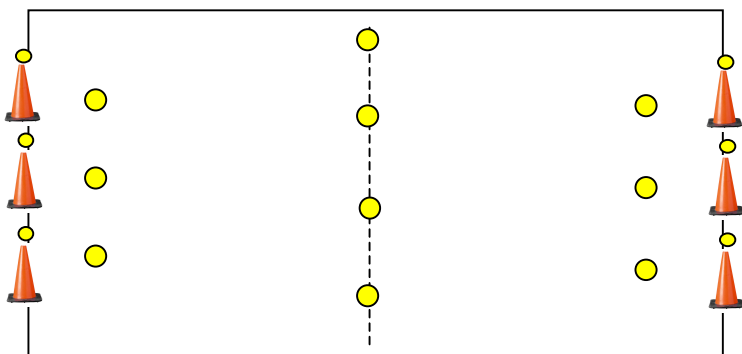
A team to make five successful catches scores one point. The team with the highest point total at the end of play wins the game.



Pin Ball

Equipment: 6 cones, 6 tennis balls go on top of the cones, 6 foam balls.

Each team begins with 3 foam balls. The objective is to be the first team to knock all the small balls off the opponent's cones. On signal players begin throwing at the opponents cones. When a ball is knocked off the cone it cannot be replaced.



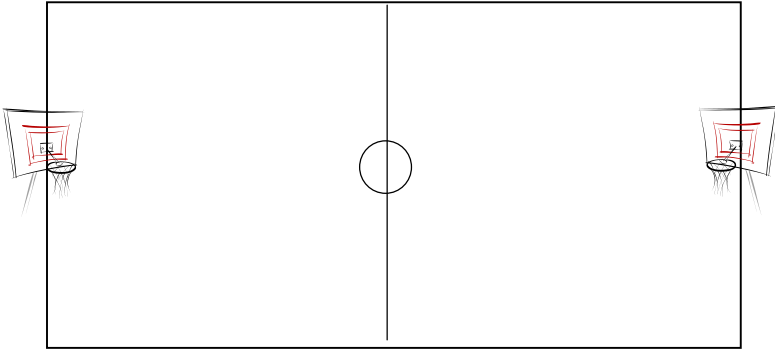
Flickerball

Equipment: one football, colored jerseys, basketball court.

The game begins with a team passing the football to teammates toward their basketball goal. Offensive players can try to score by either throwing the ball through the hoop (two points), or by hitting the backboard (one point). Players are allowed only three steps before passing, and no player can hold on the football for more than five seconds. Either one of these violations will result in the other team gaining possession at this spot.

Defensive players are to guard the offensive players as in basketball. No touching is allowed. Defensive players can intercept passes.

The team with the highest point total wins.

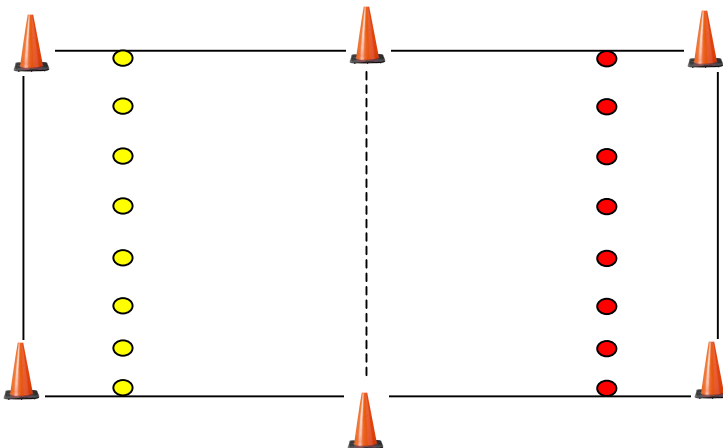


End Ball

Equipment: 8 foam balls (footballs or regular foam balls), colored jerseys, 6 large cones, 8 small yellow & 8 small red cones, playing area is about the size of a basketball court.

Each team needs to have half its players stationed behind its end line and the other half on their designated side of the playing area. The object of the game is to throw a foam ball past the opponents and have it caught by a team member behind the end line.

A point is scored each time a player successfully throws a football and has it caught by a teammate behind the end line. Only catches count as points. End line players throw the football back to their teammates after each completed and incomplete catch attempt. The defensive players can knock down or intercept any pass. The team with the highest point total wins.



Newcomb

Equipment: one volleyball, volleyball court, volleyball net.

This game uses throwing and catching instead of volleyball skills. The objective is to throw the ball over the net so that it strikes the ground on the opponent's court. The game begins with one person throwing the ball over the net. Players on the receiving team try to catch it before it hits the ground. The player making the catch has to throw it from that spot. No walking with the ball and a player only has three seconds to throw it again. The first team to reach 15 points wins.

Team Handball

Equipment: one or two verb balls (small playground balls), field or basketball court, jerseys, 6 cones, 6 beanbags, cones to mark sidelines.

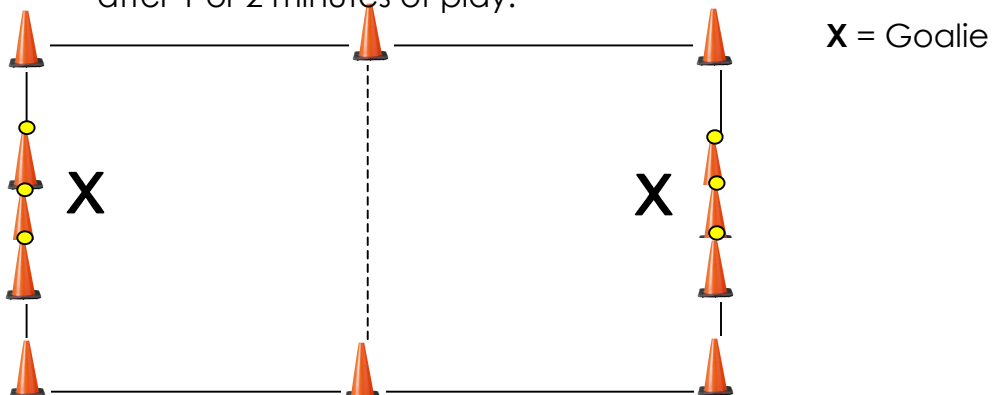
Each team needs to have a goalie. Behind each goalie needs to be three cones with a beanbag resting on each one. The objective is to score by throwing a ball past the goalie and knocking one of the beanbags off a cone.

The game begins with a jump in the middle of the playing area. Players can only pass to a teammate or throw at the goal. No running or steps are allowed once a player has possession of the ball. Also, a player has only 5 seconds to pass or shoot. Any of these violations will result in the other team taking possession of the ball at that spot.

Defensive players are to guard an offensive player as in basketball. Touching an offensive player is not allowed, nor can a defensive player knock the ball out of an opponent's hand.

After each score, the team that was scored against takes possession of the ball. One point is scored for each goal.

- Rotate players into the game. 4 to 6 players from each team play at one time. Rotate after 1 or 2 minutes of play.



Long Base Kickball

Equipment: playground ball, softball field, 2 softball bases.

This is another version of kickball but it's played with only one base (2nd base) and home plate. Kickers can either run to the base and back, or stay on the base. Base runners can stay on the base until there are three players; then, on the next kick, all the base runners must run. Runners who successfully go to the base and touch home plate score one point for their team. Teams switch places after everyone has had a chance to kick. Outs are made just as they are in regulation kickball.

Big Point Volleyball

Equipment: Volleyball Net and court, regular volleyball or beach ball.

Using regular rules but points are based on how many total hits each team had during the rally with the team winning the point receiving points equal to the number of total hits from each team. This adds more excitement to the game as some serves end up being worth much more than one point. This format also encourages teams to use three hits on their side. One sub from each team can also be involved to keep track of the number of hits for each rally.

Speedball

Equipment: Soccer/football field or basketball court, soccer or playground ball,

This sport combines soccer, basketball, and football. It can be played with a soccer or playground ball and the ball can be kicked like in soccer, passed like in basketball or run with like in football. Teams try to score a goal like in soccer, a basket like in basketball (if played in a gym or on a basketball court) or a touchdown run or pass like in football. When running with the ball, the defending team can tag the player holding it, in order to gain possession. There is no blocking or dribbling with the ball.