

BEACH GAMES STUDY GUIDE

WHIFFLE BALL

The WIFFLE ball was designed to take the place of baseball, stickball and softball for boys and girls in back yards, city streets and beaches. It is made of a tough rubbery plastic – is light in weight and cannot be thrown or hit any great distance. The WIFFLE ball is also an excellent indoor ball.

An out for the batter can be made in three ways:

1. The batter can strike out only if he/she swings at a pitched ball and does not foul tip the third strike. Foul tips count as a strike for the first two strikes only. A foul tip caught in back of the batters box does not count as an out.
2. Fly balls caught in fair or foul territory
3. If the defense touches the batter with the ball or touches the base before the batter does (if it is a force play).

ULTIMATE FRISBEE

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
6. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
7. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
8. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
9. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

SCOOPS, SKATEBOARDS & HACKY SACK

Scoops: Throw, catch and hit the ball in new and exciting ways with the scoops and paddles.

Skateboard: Try to land new tricks. 180* shove-it, 360* shove-it, Ollie, kick-flip, heel-flip, and if you are feeling inspired try a laser flip.

Hacky Sack: The rules for hacky sack are very simple. To begin, all players form a circle. The hacky sack must be tossed to someone to begin each hack. You are not allowed to

“serve” the hacky to yourself. You can use any part of your body except your hands to keep the hacky sack in the air. If everyone in your circle touches the hacky, it is called a hack.

FRISBEE GOLF

*We have six “holes” comprising our disc golf course here at MacArthur.

*Each player tees off from the tee box by throwing the disc towards the light pole, or “hole”.

*Your disc must hit the pole on or below the white tape.

*Par for each hole is three, so par for the course is 18 throws. The course record is five under par.... so far!

Scoring:

1 throw = eagle

2 throws = birdie

3 throws = par

4 throws = bogey

5 throws = double bogey

6 throws = triple bogey

7 throws = quadruple bogey

8 throws = really ugly

BEACH SOCCER

The basic rules of soccer apply in beach soccer.

*No players may use their hands to play the ball, except the goalie.

*Balls that pass the touch lines (side lines) are re-started with a throw in.

*Goal kicks and corner kicks are used for balls that pass the goal lines.