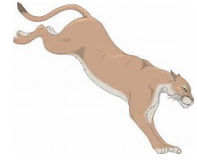




## Dixieland Elementary K-8

# Playground Rules and Procedures for Games



### General Playground Rules:

1. Play games that are safe, not dangerous. Contact sports are not allowed. Students should keep their hands and feet to themselves. Follow the “hands off” policy. Pulling and tugging at clothing, fighting (even “play fighting”), wrestling, karate etc. are not allowed.
2. Toys/electronics are not to be brought to school. If lost or stolen school will not be responsible or administration will not investigate.
3. Snacks are allowed on the yard please make sure you use the garbage can to dispose of unwanted left over snacks/wrappers.
4. Do not climb any of the equipment poles (tetherball, basketball poles).
5. If a student is hurt, walk with one student partner to the office (not a group).
6. There are no **“lock-outs.”** Any student wanting to play can. Play fairly and allow for others to rotate into the game.
7. Take turns. No one can **“hold”** a place for a friend. There are no “cuts.”
8. Playground equipment and assigned areas are to be used for the game it was intended. Do not kick handballs or basketballs. Do not sit on the balls. Misuse eventually ruins them.
9. Inform an adult if a ball has gone over the fence.
10. During football, soccer, and basketball games: No tripping, kicking, swearing, rough housing, fighting over the ball, or intentional fouls.
11. Leave rocks, bark, sticks and other dangerous objects alone. Other than balls and frisbees there should be no throwing of objects of any kind.
12. Footballs and soccer balls are to be played with in the play fields. Rubber balls are for hand use only. Basketballs are for use in the basketball court area only.
13. Show pride in your school and neighborhood by keeping the building and grounds litter-free.
14. Only Dixieland game rules can be used (see below). Do not add rules or change rules.
15. Listen for the bell. Stop playing as soon as the bell rings/whistle is blown. Follow directions of school personnel immediately and with good manners. Pick up your belongings. Take balls back to the ball rack on your way back to your line.
16. Try to solve a problem before going to an adult. Children are encouraged to solve minor problems themselves, using discussion, voting, flip a coin and/or “rock, paper, scissor.”

## ***Basketball Rules:***

Everyone playing basketball should be considerate of others. There will be no foul language, pushing, or shoving. It is to be a friendly, non-competitive game. No Score is kept.

Half-court: Only 12 students, divided evenly, can play at one time. If at anytime more than 12 students wish to play basketball the teams will need to divide and play half court. If 12 or less are playing, then you may play full court.

You can't say, "You can't play." If you don't wish to play ball with a person who chooses to play, then go find something else to do. Even if you were there first. It's not a private court.

Man to Man Defense ONLY

3 second shot 5 second throw in

NO:

\* Double teaming

\* Zone defense

\* Jewelry or open toe shoes on court

When the whistle blows, the game ENDS.

## ***Football for Fun only:***

Rules (players-even number)

- One hand touch or flags only
- No tackling
- No blocking go on 5-10 mississippi count
- No fighting (kicking, pushing, hitting)
- No trash talk, foul language, or name calling
- No stripping the ball
- Be willing to rotate positions so that everyone gets a chance to play different positions



<b>Disputes:</b> Students may use one of the following methods to solve disputes.
---

- Gentleman's agreement
- Rock-Paper-Scissors
- Flip a coin
- Notify a person on duty.

Students may choose to have a student referee or scorekeeper

**Field:** Football games will be played along the exterior of the grassy field.

**Injuries:** Injuries should be reported to the person on duty and then to the Nurse's office. If a student is injured a teammate should accompany the student to the Nurse's office.

## ***Four-Squares Rules:***

### **Server:**

The student who has the ball or gets to the four-squares first is the **server**. The server decides what square he/she will start serving at, will be square #1. Then the squares going **CLOCKWISE** will be named square #2, #3, and #4.

**Play:** One player starts the game standing inside the server's square (1) by bouncing the ball once and hitting it into the square. The ball must be hit with both hands at the same time, fingers down and palms up. The ball must bounce only once, in a square before it is returned. A player, who misses the ball or fouls, must move to the end of the waiting line and allow another student to take their place. All other players move up in rotation—**CLOCKWISE**. (The player on court #4 moves to 3, #3 moves to 2 and #2 move to 1) If there are more than four players, the first waiting player enters at court number 4. – Every new round is served by the player in court #1. If there are no students waiting, the person may stay in play. The object of the game is to get another player out and move up to server's square.

### **Penalty/Getting Out**

A player is out if:

THEY HIT THE BALL OVERHAND

1. The ball bounces from your square to the outside boundaries of the court
2. The ball bounces from your square to another player's square without you being able to touch it.
3. The ball bounces in your square twice. Also called "doubles"
4. They hit the ball and it goes outside the bounds of the court.
5. They hit the ball in such a way that their fingers are pointed upwards. This is called an "up hit"
6. They hit the ball before it bounces once in their square. This is called an "air hit"
7. They hit the ball after it has bounced in another player's square. This is called a wrong ball, or stealie.
8. They get hit by the ball and cannot return it.
9. They hit the ball and it does not bounce once before entering another player's square.
10. They touch the ball twice in a row. (this may also include the server)
11. **INSIDE** lines are out, **OUTSIDE** lines are in – the receiver is responsible for any ball hit on the line.



### **Banned 4 square moves**

- "Babies" – the name for a hit that bounces less than 10 cm off the ground and goes across a very small horizontal distance
- "Footsies" – when the ball is hit by the leg or foot rather than the hand
- "Don't accept" – you must always accept a serve if it is in your square and hit correctly
- "Hold" or Grabs" – You may not hold or grab the ball unless you are about to serve the ball
- "Interceptions" "Stealies" – you must wait for the ball to bounce in your square. You may not intercept it
- "Lobs" – you may not hit a ball into another person's square without first bouncing it in you

### **Penalty:**

**A player who commits a penalty gets out, moves out of the square to the end of the waiting line.**

### **Other Rules:**

The **first person** waiting is the judge and decides on close plays, active play.

## ***Hopscotch:***

### **Get your Markers**

Each player will need a distinct object to act as a marker. The marker needs to be heavy enough not to blow away and flat enough to not roll. (Samples: bean bag, eraser, chain, paperclip...)

### **Determine Player Order**

Choose who goes first, second, and so on. You will go in the same order every round.

### **Hop**

The first player stands behind the starting line to toss his/her marker in square 1. Hop over square 1 to square 2 and then continue hopping to square 10, turn around, and hop back again. Pause in square 2 to pick up the marker, hop in square 1, and out. Then continue by tossing the stone in square 2. All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side. Then two feet can be placed down with one in each square. A player must always hop over any square where a marker has been placed.

A player is out if the marker fails to land in the proper square, the hopper steps on a line, the hopper loses balance when bending over to pick up the marker and puts a second hand or foot down, the hopper goes into a square where a marker is, or if a player puts two feet down in a single box. The player puts the marker in the square where he or she will resume playing on the next turn, and the next player begins.

### **Winning**

Win in a group by being the first to get all the way to home, having successfully pitched and hopped every number in order. Win alone by getting all the way to home, having successfully pitched and hopped every number.



## ***Jungle Gym/Play Structures:***

Do not jump down from the climbers. Climb down from the climbers. Climb down from the side or slide down the slide carefully, making sure no one is below. If there are too many children in the place you are climbing, move to a different less crowded spot.

## ***Kickball Rules:***

Kickball is played with a rubber ball on a field with 4 bases arranged on the corners of a diamond shaped "infield". The rules and player positions for kickball are closely related to those of baseball/softball. There is an "infield" and an "outfield". The infield contains the positions that involve the bases, while the outfield is mainly designated to catching or retrieving the ball when it is kicked out of the infield. Actual playing positions vary depending on the number of children that are actually playing. If there are only a few children playing, the positions are usually spread out. If there are a good number of players, ideally children position themselves to cover the infield and the remaining students play the outfield.

The pitcher rolls a kickable ball (maximum of four times including foul balls) \*(foul ball is kicked outside of the line through home plate and either first or third base)\*\* towards their catcher, the "kicker" kicks the ball with their foot, then runs to first base, becoming a runner.

**Three** outs are allowed before the next team can come up and kick the ball.

A runner is **out** if any of the following conditions are met:

\* The ball is caught on the fly from the kick, without hitting the ground first, the kicker is out (a fly out).

\* In the case of a fly out, any runners already on base who attempts to advance before the ball is caught will be out if the ball is returned to the base they were on before the ball was kicked.

\* A fielding player with the ball touches the base ahead of a runner who is forced to go to that base, because of an advancing runner behind him (a force out).

\* A fielding player touches the runner directly with the ball while holding it (a tag out). **"NO THROWING BALL AT RUNNER"**.

**Scoring** - The game is won by the team who first makes the most runs.

## ***Soccer:***

### Basic rules and positions on a Soccer Team

Each soccer team has 11 players (If less players make it an odd number same concept.) — 1 goalkeeper and 10 field players. Every player, whether playing an offensive or defensive position, works to help the team score goals — and to prevent the other team from scoring. The following list explains the role of each general position on the field:

- **Goalkeeper:** The keeper is the only player allowed to use his hands, and that activity is restricted to the rectangular penalty area extending 18 yards from each side of the goal.
- **Defenders:** They play in front of the goalkeeper, and their primary duty is to stop the opposition from scoring. Outside fullbacks play on the left and right flanks and rarely move from their sides of the field. Central defenders play in the middle of the field and usually cover the opposition's leading goal scorer or center forward(s).
- **Midfielders:** These players are the link between the defense and attack. Midfielders must be the most physically fit players on the field because they are expected to run the most in a game. They should be able to penetrate deep in enemy territory on attack and make the transition to defense when the opposition retains possession of the ball.
- **Forwards:** Their primary job is to score goals or to create them for teammates. A center forward, also known as a striker, should be a team's leading goal scorer and the most dangerous player in the attacking third of the field.

**Substitutions:** Officially, you are only allowed 3 subs per game, however, depending on modified rules this may be different. A substitution can only be performed when the ball is not in play and your team has possession. (Example: it's a throw in for your team, or goal kick for your team.) Substitutions cannot be made when the ball is in play (even if your goalie has the ball in his/her hands.. this is still in play)

**Starting the Game:** The game is started at the center of the field. The team who kicks off passes the ball Forward to a teammate at the referee's signal. The opposing team is not allowed to enter the center circle until the team kicks off.

### **Fouls and Misconduct**

A direct free kick is awarded when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges /strikes or attempts to charge/strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Handles the ball deliberately



## ***Tetherball Rules:***

Play: Whoever gets to the **Tetherball first** is the **server**. The server gets to pick the **1/2** of the circle he/she wants to be on and the direction: the server may choose in which direction to hit the ball for each game in which he/she serves.

The **server** starts the game by hitting the ball out of his/her hand. His/her opponent may strike the ball at any time it passes they must try to hit the ball. As the ball travels, each player tries to hit it in an effort to wind the ball around the pole. The player who first winds the ball completely around the pole wins the game. During the game each player must remain in his/her own playing zone.

**Scoring** - The game is won by the player who first winds the rope completely around the pole or by forfeit because of a foul committed by his/her opponent. After the first game, the **winner** serves first and can pick new playing zone and direction of the ball. One player stands in each court (one player for each 1/2 of the circle).

### **Fouls:**

1. Hitting the ball with any part of the body other than the hands or forearms.
2. Stopping continuous play by holding or catching the ball.
3. Touching the pole with any part of the ball.
4. Interfering with progress of the game by hitting the rope with hand.
5. Playing the ball while standing outside of the playing zone.
6. Stepping on the neutral zone lines.
7. Throwing the ball by the rope.

### **Penalty:**

**A player who commits any foul, immediate loss of the game and goes to the end of the waiting line.**

### **Other Rules:**

The **first person** waiting is the judge and decides on close plays, active play.

Maximum -- 2 games in a row: **no exceptions**.

