

Study Guide

Indoor Rec Games

California Kickball- 2 teams trying to score "runs" by having runners touch 3 bases and home plate, up to 5 players allowed on one base at a time, no bunting or leading or stealing allowed, 3 outs per team per inning totaling 6 outs

Wiffle Ball - Baseball but with a curving plastic ball, 2 teams trying to score runs by having runners touch 3 bases plus home plate, no pegging base runners, players may tag up on fly balls, throwing of the bat will result in an out.

Indoor Soccer - Traditional soccer game with walls, no hands may be used to touch the ball, any hand balls result in free kicks, 1 point per goal.

Boccer - combination of both basketball and soccer, games will start with a jump ball, no self passes unless of a wall, baskets are worth 2 points while kicks are worth 3 points, fouls will result in foul shots, 3 seconds while holding the ball but no dribbling, no contact is allowed.

Tchoukball - 3-Rule: 3 passes, 3 seconds to hold ball, 3 steps, 3 shots at on net in a row max between both teams. Point awarded when ball is thrown off net and touches floor outside of forbidden zone. Points awarded to other team when player misses target, tall hits thrower on rebound, ball bounces into forbidden zone, ball is thrown off net and out of bounds. Penalties-result in turnover-examples ball is dropped after a pass, player with ball takes more than 3 steps, makes 4th pass, uses body parts below knees, voluntarily catches ball thrown by other team, plays any defense whatsoever.

Floor Hockey - A wrist shot is a shot that is quick and accurate. A slap shot is not an accurate shot, but is the hardest shot. The Butt is the small end of the stick where you put your hands, the Blade is the part of the stick you use to play the puck, the Shaft is the middle of the stick, the Puck is a flat round object used in the game of hockey.

Players try to shoot the puck into their opponent's goal in an effort to score points.

Team Handball - played by passing the ball to teammates in the air or dribbling the ball (unlimited times) trying to score a goal by throwing the ball into the goal. The three steps, three seconds, and three feet rules apply to air ball play. A player must throw the ball to score from the crease (No closer)