

Dice Bonk

Skill focus: Frisbee Throwing

Equipment: Frisbee, cones, dice, cones, PVC pipe, dice bonk score card, clothespins.

Set Up: Partners will be positioned across from each other at a cone. Each partner or player has an opponent(s) who is on the same side. Cones with an inserted piece of PVC pipe that has dice balanced on top will be placed down the middle of the playing area (One Cone per 2 or 4 students). A scorecard is placed next to the cone with 2 clothespins attached that represents each team color. Teams will have 1 frisbee.

How to play: Students will take turns with their opponent throwing at the cone to knock down the dice to score points. If a student knocks down the dice, they will add the points to the scorecard by moving their clothespin to the number of points that they have accumulated. After adding their points, the student will reset the dice on top of the PVC pipe. The first team to reach 21 points, or the team with the most points at the end of the allotted time will be deemed the winner.

Other Rules:

- The Frisbee may hit the cone, dice, or pvc pipe to knock the dice down.
- When playing in the grass and the dice shows more than one number the team is awarded the highest number.
- Frisbee may hit off the ground to knock down the dice.

DISC GOLF RULES

1. Disc golf is played like regular golf, using flying discs. One stroke is counted each time the disc is thrown, and when a penalty is incurred. The winner is the golfer with the lowest score.
2. Tee throws must be completed within the designated tee areas. Never go after your disc until everyone has teed off.
3. After teeing off, the player whose disc is farthest from the hole always throws first. The player with the lowest score on the previous hole is first to tee off.
4. Fairway throws must be made with the foot closest to the hole on the spot where the disc landed.

5. A disc that comes to rest inside the basket or chains constitutes successful completion of that hole.

6. Never throw until the players ahead of you are out of range, and until the fairway is completely clear of spectators and park guests.

7. Respect nature and have fun!

Frisbee Baseball

<https://www.youtube.com/watch?v=fRHkkv-yP9U>

Location: Baseball fields over the bridge

Equipment:

Frisbee

Scoreboard

5 hula-hoops (4 bases and pitcher's mound)

11 cones (optional, helpful for positioning fielders evenly on defense)

Warm Up:

Before starting the game, both teams will form separate circles. Spread out.

Practice catching and throwing the frisbee

Game Procedure:

- Divide class out evenly in outfield and infield.
- "Team B" will line up behind the cone in Batters Box area. Players are numbered by the instructor; this determines throwing order. One student at a time will step into the home base hula-hoop. This is the Thrower
 - The Thrower will attempt to throw the frisbee into the field of play without being caught.
 - If the frisbee is caught in the air by a fielder, the Thrower is out and returns to the back of the line
 - If the frisbee lands in play:
 - The Thrower will now attempt to run the bases, as in regular baseball.
 - The Fielder must pick up the frisbee and throw it to the "Pitcher" to stop the progress of the Thrower running the bases. The "Pitcher" must be on the Pitcher's Mound standing in the hula-hoop.
 - The Thrower can also be tagged out or forced out by the Fielders, as in regular baseball.
 - Thrower may not steal bases
- Field of Play:
 - Frisbee must land between the First Base Line and the Third Base Line
 - Frisbee must also clear the base path, no bunting
 - There are no "Home Runs". Any frisbee thrown over any fence is a strike.
 - Alternate:

- If students are having a difficult time throwing the frisbee past the infield into the field of play, move Thrower Hula-Hoop to the Pitchers Mound.
- Scoring:
 - 1 point is awarded to a team every time a Thrower crosses the home plate hula-hoop.
 - Teams will switch positions on the field after 3 outs
 - Alternate: “5 Outs Or 5 Minutes”, whichever comes first. Keeps the game moving and can help even out any differences in talent between the two teams.

KAN JAM GENERAL RULES:

1. Players must remain behind the Goal when throwing. No points are awarded if the player crosses the line.
2. No points are awarded if a throw hits the water or supporting surface before striking the Goal.
3. No score will result if deflector double-hits, catches, carries the Disc, or uses 2 hands to deflect.
4. Three points will be awarded to throwing team if an opponent interferes with play to defend the Goal. If the score is 19 or 20, 1 or 2 points are awarded.
5. A team must reach an exact score of 21 points to win. If a given throw results in points that raise a team’s total score above 21, the points from that play are deducted from their current score and play continues. For example, if a team has 20 points and score a “Bucket” (3 points), their score is reduced to 17.
6. Teams must complete an equal number of turns before the game is over except, when an “Instant Win” occurs.
7. In the event of a tie game, the winner is decided in an overtime round. Each team completes one round and the team with the most points wins. Overtime rounds continue until the tie is broken.

POINTS & SCORING

DINGER: 1 POINT: Redirected Hit – Deflector redirects thrown disc and hits any part of the Goal.

DUCE: 2 POINTS: Direct Hit – Thrower hits the side of the Goal unassisted by partner.

BUCKET: 3 POINTS: Slam Dunk - Deflector redirects the thrown Disc and it lands inside the Goal. This will almost always occur through the top of the Goal but may also occur if the disc enters through the slot opening.

INSTANT WIN: Direct Entry – Thrower lands the Disc inside the Goal unassisted partner. The Disc can enter through the slot opening on the front through the top of the Goal.

ULTIMATE FRISBEE

- One person from each team plays Rock-Paper-Scissors at the beginning to get the disc. The winner will choose to either pull or receive
 - This is a self-regulating game. All players will act as refs in the spirit of good sportsmanship
 - To start the game, all team members must be in their end zones
 - The team with the disc will raise the disc high when they are ready to begin, the defense will raise their hand to signal that they are ready
 - No one may enter the field until the disc has been thrown
 - No player may run while in possession of the disc
 - The person in possession of the disc has 10 seconds to throw it
 - A point can only be scored by making a catch in the opposing end zone
 - A team has possession of the disc until the following occurs:
 - Disc is caught by the other team
 - Disc is thrown out of bounds
 - Disc hits the ground
 - When a turnover occurs, possession changes at the point of the turnover

- NO CONTACT
- Defenders must stay one (1) or more arm lengths away from the person with the disc.