
Recreational Games

Ladder Ball

Origin

There are several theories on how Ladder Ball originated. The game has many different names which makes it difficult to find the first version. Some nicknames to Ladder Ball are _____

_____.

One Legend is that an aeronautical engineer invented the game in Florida in the 1980's. His father was a senior citizen who enjoyed playing _____ but was no longer able to lift and throw the horseshoes, _____ Ladder Ball as a solution.

Some believe that an earlier version of the game was played by _____ in the _____ using a live _____ and fences or tree branches for points.

Terminology

- **Bola:** A bola consists of _____ attached together with a piece of nylon rope. The _____ are spaced _____ apart.
- **Ladder:** The ladder is the _____ that _____ of 3 rungs. Each rung is 13" apart.
- **Rungs:** the _____ of the ladder are used to _____ at the _____ of each round. They are identified as:
 - **Top Rung**
 - **Middle Rung**
 - **Bottom Rung**
- **Toss Line:** The toss line is used to determine where players toss from.

Skills

- Underhand Toss:
 - Grip the bola with the dominant hand
 - Reach the _____ back and step the _____ forward
 - Swing the bola forward and _____ towards front, non-dominant, foot
 - Release bola in direction of ladder
 - Bola should have a smooth _____ - _____ - _____ rotation

Rules

1. Ladder Ball is a race to 21 in a series of rounds
 - a. The score at the end of the final round must total _____
 - b. If score is _____ than 21 at end of round, the points for that round are not counted toward the team score
 - i. *Ex: Team A has 19 points going into a given round. Team A scores 5 points in that round totaling 24 points. Team A will keep their score of 19 from the previous round.*
2. in the case of a 21 to 21 tie at the end of the round both teams will start the next round with 17
3. Each round consists of one member from each team tossing 3 bolas
4. To initiate play the teams decide which team will toss first in the initial round
5. "Tossers" must stay behind the toss line
6. Team A will toss _____ 3 bolas, then Team B will toss all three bolas
7. After all 6 bolas (3 for each team) are tossed the bolas remaining hung on the rungs are scored and added to the total
 - a. Bolas _____ during the play of the round are not counted towards the round total
8. The rung point values are as follows: **Top Rung = 3 points, Middle Rung = 2 points, Bottom Rung = 1 point**
 - a. A bola may score _____ points if hanging in the section of two separate rungs.
9. The winner of the previous round will toss _____ on the next round.

Strategies

- The key to a good toss is making sure the bola will wrap around the rung but not _____.
- Keep track of your total and know how many points you need to reach 21
- Aim to _____
if your opponent is near winning.



Kan Jam

Origin

Kan Jam creators Charles Sciandra and Mitch Rubin originally began playing the game throwing a disk into a _____ . Kan Jam being a game played mostly at beach parties, tailgating, camping trips, backyard parks, college campuses, etc. it was somewhat difficult to obtain a _____ to make Kan Jam a marketable game. To obtain a patent, the founders created the _____ to make the game more interesting. The "Instant Win" slot is somewhat like a hail mary pass with the ability to _____ of score. With the patent, the game has become much more known being sold in over 600 retail locations, played in school all over the place, and even has its own _____

Terminology

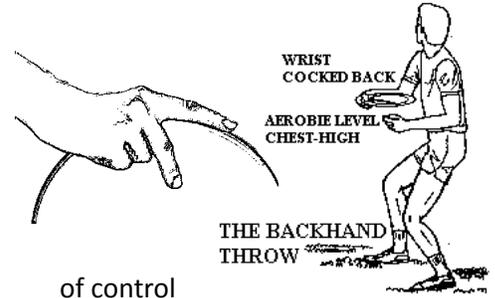
- **Disc:** Frisbee. Used to score points.
- **Goal:** Disc _____. Target for player's throw.
- **The Hammer:** Having the right to _____ is called having "The Hammer." Similar to having last bats in baseball.
- **Overtime:** Used to rectify a 21 to 21 tie.
- **Going Over:** Points that are _____ for scoring more than 21.
- **Interference:** When a player interferes with their opponents play.
- **Deflecting/Tipping:** When a teammate _____ the disc towards or in the goal. _____.
- **Carry:** An _____ deflection/tip.
- **Perfect Game:** Reaching exactly 21 in _____ (3 points each throw)
- **Dinger:** A legal deflected hit
- **Deuce:** A Direct Hit
- **Bucket:** A deflected Jam or slam dunk
- **Instant Win:** A direct entry into the goal without any _____
- **Bounce Out:** When the Disc enters and exits the goal



Skills

- Backhand Throw

- The _____ finger of the throwing hand extended towards the _____ of the disc, this supports the disc and supplies _____.
- Place _____ finger along the rim, this helps with _____ and the middle finger
- This version gives a _____ of control and stability
- Your feet should be about shoulder width apart _____ with your target.
- Your _____ should be pointed toward your target
- Rotate your upper body away from you target while putting your weight on your _____.
- Then, shifting your weight forward with a step, rotate your upper body toward your target, while swinging your arm and the disc forward in a _____.
- Snap your wrist as you release the disc at your target to put _____ on it. This motion is the same as snapping a towel.
- Keep the disc _____ and apply a lot _____.



- Deflect/Tip

- Feet are in an _____ position
 - Feet shoulder width apart
 - Knees slightly bent
 - Hands up in front of chest
- Redirect the disc with one touch using the hands, feet, knee, elbow, etc.
- Contact must be made with the outer edge or _____ of the disc



Rules

1. Goals are set up 50 feet apart
2. 2 teams play against each other with one representative from each team standing at each goal.
3. Teams _____ to decide which team will throw first.
4. Teams score points by throwing the disc at the goal either being deflected by their teammate or not.
5. A legal deflection is one touch with _____ on the edge or top center of the disc.
 - a. Players are not allowed to _____ the disc when trying to deflect.
6. If the disc contacts the goal it scores points as follows:
 - a. Disc is deflected by teammate and contacts the goal
 - i. Called a _____
 - ii. Worth **1 point**
 - b. Disc contacts the goal directly
 - i. Called a _____
 - ii. Worth **2 points**

- c. Disc is deflected into the goal
 - i. Called a _____
 - ii. Worth **3 points**
 - d. Disc lands in the goal (without deflection)
 - i. Called _____
 - ii. Worth **automatic game winner**
 - e. If a **bounce out** occurs it is worth _____ points
 - i. 1 point _____ by teammate
 - ii. 2 _____ by teammate
7. Opposing teams are not allowed to interfere with play. There is _____ in Kan Jam.
- a. Intentional **interference** results in a win for the throwing team
 - b. Unintentional interference can be resolved with a re-throw
8. Games are played to _____ 21
9. If a team's score would total more than 21 in a round, the score for that round is subtracted instead of _____ to the total score
- a. Ex: Team A has 19 points and gets a **Bucket** (3 points). Instead of adding $19+3=$ _____ the score is subtracted $19-3=$ _____. Team A's correct score is _____

Strategies

- **Teamwork**
 - Make sure you are _____ with your teammate on what you are trying to score
 - And how many points you currently have and need
 - Use backhand throws to be consistent and predicable for your teammate
 - Stay ready in an athletic position to _____ when deflecting.
- **Perfect Game**
 - Scoring _____ is consistently the fastest way to reach 21 (only 7 throws)
- **Be aware of your surroundings**
 - This game is often played in a tournament style with many games in close proximity.
 - Staying alert will help _____.



Spikeball

Origin

Spikeball was invented by Chris Ruder in _____ but has just recently become a nationwide activity after appearing on the ABC show _____. The game is very similar to _____ with a few exciting differences. The game uses a _____ to hit off of instead of a rectangular net to hit over and there are no boundaries! Spikeball's popularity is continuing to grow as tournaments and leagues are beginning to develop in larger scales.

Terminology

- **Ball:** The object _____ by the players and used to score points.
- **Touch/Hit:** Legal contact of the ball using _____ of the body
- **Spike:** A touch that results in hitting the ball off of the net. Can be with _____.
- **Server:** The player who _____ for that point. Standing _____ of returner behind serving line.
- **Returner:** The player who is receiving the serve, standing opposite of the server, _____.
- **Serving Line:** _____ 6 foot line that _____ the net.
- **Net:** The _____ of spikeball. The ball is played off of the net to change possession.
- **Rim** The support system of the net. Contacting rim results in an _____.
- **Pocket:** Space between net and rim.
- **Infraction:** A violation of the rules. Results in a point for the opposing team.
- **Hinder:** Contacting another player making _____.

Skills

- Touch
 - Use _____ of the body to touch the **ball** and pass to a teammate
- Spike
 - Contact the **ball** with the _____ of the dominant hand.
 - Aim for **net**.
 - Avoid hitting the _____.

Rules

1. Spikeball is played between 2 opposing pairs. (2 vs. 2)
2. Teams decide who will serve first.
3. To start play:



- a. Teams must stand on _____ of the **net**
- b. **Server** and **Returner** must stand _____ from each other
- c. **Server** and all other players must be behind **Serving Line** (6') _____:
 - i. **Returner** can be _____ they choose from the **net**

4. Hits

- a. Each team has _____ before they must play the **ball** off the **net**
- b. **Hits** must _____ between teammates.
- c. The **ball** cannot be **touched** by two hands at once or contacted twice _____.
- d. Once the **ball** hits the **net** the other team _____ of the **ball**.

5. Scoring

- a. _____ – games are to 21, win by 2
- b. Teams switch sides after one team reaches 11
- c. Points are scored when:
 - i. The **ball** does not bounce off the **net** in a _____.
 1. **Ball** must clear the **rim** in order to be good.
 - ii. The **ball** hits the **rim**.
 - iii. The **Ball** hits the ground.

6. Infractions

- a. Defensive players must _____ to get out of the offensive team's way. If they do not, the offensive team may call a _____ and the point is replayed.
- b. If a player's **spike** goes off the net then the **ball** hits _____, _____, they lose the point.
- c. If any player makes contact with the **net** that _____ or _____ of the **ball**, they lose the point. If the contact _____ move the **net** or affect the trajectory of the **ball**, _____!

Strategies

- **Hits**
 - Make passes _____ the **net** in order to set up your partner for a **Spike**.
 - Passing directly to your partner, away from the **net**, will usually _____.
- **Spikes**
 - Be aware of where your _____ are and try to hit it where they are not.
 - Aim close if they are far.
 - Remember there are _____.
 - **Spike** at _____ to make it harder for your opponents.
 - **Spiking** straight down gives your opponents _____.
- Scoring
 - State your score before every point to help keep track.

