

GAMES DESCRIPTIONS AND RULES – SPORTS DAY 2018

Inflatables

1. Target football

Each player gets five attempts to kick a soccer ball and hit set targets on an inflatable goalpost. Each target bears different points, the aim is to get the highest score by hitting targets bearing the most points.

2. Bungee Run

This is an inflatable wall with an elastic band which is fastened around the player's waist. Participants will be given a sticker; the challenge is to outrun their opponents on the slippery bungee pull and paste their stickers at the furthest end of the run. The team that records the average highest distance wins.

3. Wrecking ball

Participants from opposing teams stand around an inflated wrecking ball. The challenge is to push the ball as hard as possible at your opponents and try to topple them from their stands WITHOUT losing your own balance. The team that remains standing for the highest average time wins.

4. Rodeo Bull

This is a classic rodeo bull set up on an inflatable ring. Each player gets two minutes to try and ride the bull without being thrown off. The team that records the longest average time on the bull win.

5. Rock climbing

The challenge is to climb an inflatable giant rock to the top, where each player gets to pick a token for their team and then climb down in the shortest average time possible. Any player that

leaps down the rock or disregards the safety rules from the climbing instructors will be automatically disqualified.

Fun Games

1. Potato-Sack Race

This is a relay race incorporating the sack race and potato race. Participants balance a potato on a spoon using their mouth and try to race from point X to Y. At point Y they are supposed to tap their team mates who will then race in sacks back to point X and relay the race to another team mate. The team aim is to complete the race in the shortest average time per TEAM.

Note: If one drops the spoon/potato they are required to go back to the starting line and restart.

2. Kangaroo hop- Piggy back race

This is also a relay race combining two different games. Kangaroo hop: the player is given an inflated balloon which he/she is supposed to transport from point X to Y while supporting it between his/her legs. At point Y they race is relayed to another participant who will be carrying a team mate on his/her back (piggy-back), the participant is required to race back to point X and tap another team mate. The team aim is to complete the race in the shortest average time per TEAM.

NB: If one drops the spoon/potato they are required to go back to the starting line and restart.

3. Hula Hoop Challenge

Participants are required to balance and rotate hula hoops on their waists for a maximum of 5 minutes. Each participant gets 3 tries in case they drop their hula hoops, of the 3 tries only the longest try is recorded.

4. Ring Toss

Five pegs each with different colors are propped on the ground. Participants are required to throw matching rings to each peg. A positive match, earns a point while a negative match costs half a point.

5. Cloth Volleyball

This is a modified version of the volleyball game. Four participants from the same team are given a rectangular cloth, each of them should hold one edge securely. The aim is to serve the ball and play the entire game without touching the ball using hands, just the cloth.

TBT GAMES

1. Blada

A looped elastic band is stretched between two stationary points. Players are to navigate the game through nine different levels; each with specific points. The aim is for the team to accumulate as much points as possible by unlocking different levels.

Note: Stepping on the elastic band or failing to jump out of it warrants elimination.

2. Mfara

The mfara race will be a relay. Using the shortest time possible the players will be required to control a homemade wheel latched on a simple wire and race from point X to Y and relay the wheel to a teammate who will have to race it back.

Note: If one unlatches their wheel or drops it, they are required to stop and latch it back correctly before continuing with the race.

3. Bano

Every participant will be given six marbles for the game. They will be required to knock out their opponents by winning marbles from them. The aim is for each team to accumulate as many marbles as possible from their opponents within the given time frame. The team with the most marbles at the end of the game wins.

Note: in the event of a draw; the affected teams will have to face each other out for half the playing time and try to break the tie.

4. Pepeta

Each player is given 3 attempts to juggle a homemade soccer ball for the longest time possible. Of the 3 attempts only the longest attempt is recorded i.e. the highest number of juggles. The team with the highest cumulative number of juggles wins.

5. Kati

The *kati* game will be played in different levels.

- Level 1- Dodgeball: all 5 participants will try to dodge the *kati* ball while playing on the inside. Whoever gets hit by the ball has to step out of the game. Winning is determined by the number of players remaining in the game at the end of five minutes and the time taken to eliminate an entire team. At this level the players are NOT allowed to catch the ball.
- Level 2- Rounders: 3 players dodge the ball while racing to points marked “home”. Winning is determined by the team that makes most homeruns and remains with most participants in five minutes. Players are allowed to catch the *kati* ball and drop it in the middle.
- Level 3- *Kasuku*: 2 players dodge the ball while stacking cups in different colored piles. A lap is completed by stacking all the cups in their respective piles. Players are allowed to catch the *kati* ball and drop it in the middle.

OLYMPIC GAMES

Water Polo

The game is divided into a male and female tournament, each requiring a minimum of 6 participants and a maximum of 6 substitutions. Players are required to have an intermediary to expert level swimming skills

SAFthlon

This will involve a series of ten games: sprinting, cycling, soldier walk, tire hop, tunnel race, hurdle jumps, inflatable pool, balloon pop, blind fold race and rock climbing. All the games will be relayed and split between two participants.

Rugby

1. A player scores by placing the ball on or over the score line without being touched
2. A touchdown is worth 3 points
3. Teams may interchange players at any time - the player must for the replacement player to exit
4. A change of possession shall occur when:
 - a. The ball goes to ground
 - b. The ball is placed in the Touchdown zone
 - c. The 6th Touch occurs
 - d. The player in possession steps on or over the boundary of the field of play
 - e. A roll ball is performed incorrectly
 - f. A tap is performed incorrectly (g) At a change of possession play is restarted with a roll ball
5. Players from both teams are permitted to affect the touch. A touch is contact with any part of the body, ball, clothing or hair. Minimum force is to be used at all times.

6. Players must perform the roll ball on the mark while facing their opponent's defending score line and rolling the ball backwards between their legs a distance of not more than one (1) meter
7. Players may step over the ball instead of rolling it. Players must not delay performing the roll ball
8. All passes must be backwards and to a player who is behind the current player in possession
9. A player is not to pass the ball after a touch has been made
10. When a player / team is penalized, the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire 5 meters from the mark until the ball has been tapped
11. Play restarts with a tap when the following infringements occur:
 - a. Forward Pass Touch
 - b. Pass ("late pass") Roll ball performed off the mark - "overstepping"
 - c. Performing a roll ball prior to a touch being made - "voluntary rollball"
 - d. Defenders offside at the roll ball (5 meters)
 - e. Defenders offside at the tap - 5 meters
 - f. Deliberately delaying play including more than six players on the field
 - g. Incorrect substitution
 - h. Falsely claiming a touch - "phantom touch"
 - i. Using more than the minimum force to make a touch - "heavy touch"
12. The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot (a distance of not more than one meter) and retrieving the ball cleanly. Any player from the attacking team may take the tap
13. Offside/Onside - After a touch has been made, all defending players must retire at least five (5) meters from the mark. Defenders cannot move forward until the opponents' player has touched the ball

14. Sideline - If a player with the ball touches or crosses the sideline, they are deemed to be out of play and a change of possession will occur. Play restarts with a roll ball five (5) meters in from where the player went out. If a touch is made before the player goes out, the touch counts
15. Obstruction - Players of the attacking team are not to obstruct defending players from attempting to affect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier
16. Team Composition - A team may consist of up to 10 players. A maximum of 5 are allowed on the field at any one time. A minimum of four (4) players are required for the match to be played
17. The Toss - The captain winning the toss shall receive possession of the ball and a choice of direction for the first half. The Referee/s will supervise the toss
18. Extra Time and the Drop Off - When a match is drawn and a single winner is required, extra time is played and teams drop off one (1) player every two minutes until down to three (3). The first team to score a Touchdown wins the match, once both teams have had possession
19. The Referee - The Referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The Referee may impose any sanction necessary to control the match. All officials, players and coaches involved in the match are under the control of the Referee
20. Foul Play will Not be Tolerated - Any foul play (the Referee being the sole judge) will result in the offending player being penalized, dismissed for a period of time, or being sent from the field for the remainder of the match, depending on the severity of the offence.
21. Any disputes to be referred to the tournament director in cases of "beyond disagreement" of which a final decision will be made in consultation and input from the Referee and Officials

Soccer

1. Games will start on time regardless of when you show up
2. Games are comprised of 10 minutes - 5 minutes each half
3. Teams are comprised of 5 players and no goalie
4. A team can play with a minimum of 4 people upon notification to the Referee but doesn't affect the fielding of 5 players by the opposing team which is the requirement
5. If teams have the same number of points at the end of the Pool stage, the tiebreaker will be awarded to the team with
 - a) the highest Score - Points scored by counting games against all common opponents; Points against by counting games against all common opponents
 - b) Point differentials, counting only games against common opponents
 - c) Head to head - If the two teams tied played each other earlier, the winner of that game places higher
 - d) Play 4-on-4 sudden-death
6. Start of Play - The kickoff starts with all players on their own side of the field. The ball is stationary at the center point of the field and the opponents of the team taking the kickoff should be at least 5 paces away from the ball – until it is put into play. The ball is put into play when it is kicked forward or backwards. The initial kicker cannot touch it again until another player has contacted it. If the initial kicker touches the ball before it has been touched by another player, an indirect free kick will be awarded to the opposing team (indirect free kick means you cannot score from the kick unless it touches another player first). **You cannot score a goal directly from the kick off**
7. Scoring - The ball has to completely cross the goal line between the goal posts and under the crossbar to count as a goal. Goals can be scored from corner kicks. Goals cannot be scored from your own end of the court unless it makes contact with someone on the opposite team. You can score on your own net from anywhere. Goals cannot be scored from free kicks (all free kicks are indirect) or kick-ins (throw-ins). You cannot score a goal directly from the kick off.

8. Substitutions - Substitution can happen at any time but the player must be on the sideline before the new player enters the field. The player substituting must cross the out of bounds line within 10 feet from where the player came off and the change can't disrupt the flow of the game. If the substitution disrupts the play, an indirect free kick will result for the opposing team. If a team has more than a maximum number of players on the field an indirect free kick is awarded to the opposing team on the location of the ball on the field
9. Off-Sides - **There are no offsides**
10. Misconduct / Fouls - Only the Referee can call fouls. If there are any concerns over unsportsmanlike behavior, all attempts should first be made by the captains to deal with it at that time. Please captains...speak up. If there is a dispute and an agreement reached – a kick-in from the sideline will be awarded to the team last having possession of the ball. If a player breaks a rule or causes a foul, the opposing team is awarded an indirect free kick from the location of the foul. **All free kicks are indirect.** The ball must be stationary when the kick is taken and all opposing players must be at least 5 paces away from the kicker except when the ball is being kicked from a point closer than 5 paces from the goal. In this case, the defending player may stand on their goal line. The kicker must not touch the ball a second time until another player has touched it. A goal cannot be scored directly from an indirect free kick
11. AN INDIRECT FREE KICK is awarded to the opposing team if a player commits any of the following offenses:
 - (a) Plays in a dangerous manner - charging, checking or pushing.
 - (b) Impedes the progress of an opponent (trips, kicks, holds etc.)
 - (c) Slide tackling / blocking is not allowed under any circumstances even if contact is made with the ball first.
 - (d) High kicking (dangerous kick)
 - (e) Handball - occurs when the ball hits a player's arm from the ELBOW down (as opposed to the shoulder). Exceptions: Players may use their arms to block the ball from

hitting their groin area and women can also use their arms to block the ball from hitting their chest

12. Kick-Ins - awarded when the whole ball passes over the sideline, either on the ground or in the air and is taken from the point where it crossed the sideline, by the opponents of the player who last touched the ball, before it crossed the sideline. The kicker must not touch the ball a second time before it has been touched by another player, or an indirect kick will be awarded to the opposing team. **A goal cannot be scored directly from a kick-in**
13. Goal Kicks - awarded if the ball crosses the goal line (end line) if the ball was last touched by the team attacking the goal. The goal kick can be taken by any defending team member on the side of the goal where the ball went out of bounds placed anywhere on the goal area line. Players must be outside the goal box. The person kicking the ball can't touch the ball a second time before it has touched another player outside the goal box or an indirect kick will be awarded to the opposing team at the place where the infraction happened
14. Corner Kicks - awarded if the ball crosses the goal line if the ball was last touched by the team defending the goal (defense). The corner kick is taken from the closest corner to where the ball went out of bounds. The ball is in play the moment it has been kicked. If the person taking the corner kick touches the ball a second time before another player touches it, an indirect kick shall be awarded to the opposing team. **A goal can be scored directly from a corner kick**
15. Goalkeeper - **There are no goalkeepers**
16. Field of Play - Sidelines are the white outer perimeter lines (there are breaks in these lines, so please be sportsmanlike if it goes out). **A free kick will be taken laterally from the nearest sideline.**

VOLLEY BALL

1. TEAM' S WILL BE EXPECTED TO PROVIDE 5 PLAYERS FOR EACH GAME FOR BOTH GENTS AND LADIES + 5 SUBSTITUTES
2. THE GAMES WILL BE OFFICIATED BY PROFESSIONAL REFEREES
3. TEAMS WILL PLAY 3 SETS WITH EACH SET ENDING AFTER ONE TEAM SCORES 21 POINTS
4. WE WILL OBSERVE THE NORMAL RULES OF VOLLEY BALL
5. ANY MISCONDUCT OR FOUL PLAY WILL RESULT TO THE PLAYER BEING GIVEN 3 MINUTES OFF THE PITCH

BASKET BALL

1. EACH TEAM IS EXPECTED TO HAVE 5 PLAYERS AND 5 SUBSTITUTES FOR BOTH MEN AND WOMEN
2. WE WILL OBSERVE THE NORMAL RULE S FOR BASKET BALL
3. EACH GAME WILL TAKE 10 MINUTES WITH EACH HALF TAKING 5 MINUTES.
4. ANY MISCONDUCT OR FOUL PLAY WILL RESULT IN THE PLAYER BEING GIVEN 3 MINUTES OFF THE PITCH

ATHLETICS

1. RACES IN CATEGORIES **DASH 1** (EQUALS 100M STRAIGHT), **DASH 2** (EQUALS 200M), **DASH 4** (EQUALS 1 LAP EQUIVALENT TO MAKE 400M) & **DASH 8** (EQUALS 2 LAPS EQUIVALENT TO MAKE 800M) & **DASH 1.5** (EQUALS 3 LAPS TO MAKE 1500M EQUIVALENT) – APPLIES TO BOTH MEN AND WOMEN + **DASH 1 X 4 MIXED GENDER RELAY**
2. THIS WILL BE A TIME-BASED ACTIVITY AND THE BEST TIME WINS
3. ALL THE RACES WILL BE FINAL

SWIMMING

1. RACE CATEGORIES FREESTYLE, BREAST STROKE, BUTTER FLY & BACK STROKE FOR BOTH MEN AND WOMEN RACES + ONE MIXED GENDER SWIMMING RELAY
2. RACE LENGTHS - DASH 1 (2 LENGTHS), DASH 2 (4 LENGTHS) & DASH 4 (EACH PARTICIPANT ONE LENGTH)
3. THIS WILL BE A TIME-BASED ACTIVITY AND THE BEST TIME WINS
4. ALL THE RACES WILL BE FINAL

INDOOR GAMES

PLAY STATION

- WE WILL HAVE TEAMS COMPETING IN TWO GAMES NAMELY FOOTBALL AND MARTIAL ARTS IN A ROUND ROBIN LEAGUE WHERE ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

CHESS

1. CHESS IS A TWO-PLAYER STRATEGY BOARD GAME PLAYED ON A CHESSBOARD, A CHECKERED GAME BOARD WITH 64 SQUARES ARRANGED IN AN 8×8 GRID
2. WE SHALL HAVE TWO PLAYERS FROM DIFFERENT TEAMS GO AGAINST EACH IN A ROUND ROBIN LEAGUE. ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

DARTS RULES

1. **DARTS** IS THE SPORT IN WHICH SMALL MISSILES ARE THROWN AT A CIRCULAR DARTBOARD FIXED TO A WALL WITH DIFFERENT POINTS TO HIT
2. EACH PARTICIPANT WILL BE GIVEN THREE DARTS TO THROW AND TRY TO AIM AT THE HIGHEST POINTS ON THE BOARD

3. WE WILL PLAY GAME OF 501 WHERE THE OBJECTIVE IS FOR ONE PLAYER OR A TEAM TO BE THE FIRST TO REACH ZERO FROM STARTING TOTAL OF 501.

DRAUGHTS

1. THIS IS A STRATEGY BOARD GAME FOR TWO PLAYERS WHICH INVOLVE DIAGONAL MOVES OF UNIFORM GAME PIECES AND MANDATORY CAPTURES BY JUMPING OVER OPPONENT PIECES.
2. WE SHALL HAVE TWO PLAYERS FROM DIFFERENT TEAMS GO AGAINST EACH IN A ROUND ROBIN LEAGUE. ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

SCRABBLE

1. THIS IS A WORD GAME IN WHICH TWO TO FOUR PLAYERS SCORE POINTS BY PLACING TILES BEARING A SINGLE LETTER ONTO A BOARD DIVIDED INTO A 15×15 GRID OF SQUARES. THE TILES MUST FORM WORDS WHICH, IN CROSSWORD FASHION, READ LEFT TO RIGHT IN ROWS OR DOWNWARDS IN COLUMNS, AND BE DEFINED IN A STANDARD DICTIONARY OR LEXICON.
2. THE PERSON WITH THE HIGHEST POINTS AT THE END OF THE GAME WINS

SNAKES AND LADDERS

1. THIS IS A GAME WHERE A PLAYER PUTS THEIR COUNTER ON THE SPACE THAT SAYS 'START HERE'. TAKE IT IN TURNS TO ROLL THE DICE. IF YOUR COUNTER LANDS AT THE BOTTOM OF A LADDER, YOU CAN MOVE UP TO THE TOP OF THE LADDER. IF YOUR COUNTER LANDS ON THE HEAD OF A SNAKE, YOU MUST SLIDE DOWN TO THE BOTTOM OF THE SNAKE.
2. WE SHALL HAVE TWO PLAYERS FROM DIFFERENT TEAMS GO AGAINST EACH IN A ROUND ROBIN LEAGUE. ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

BASKETBALL HOOPS

1. EACH PLAYER WILL TRY TO SCORE BY SHOOTING A BALL THROUGH A HOOP ELEVATED 10 FEET ABOVE THE GROUND.
2. EACH PLAYER SHALL BE GIVEN 5 SHOTS TO TRY AND SCORE
3. WE SHALL HAVE TWO PLAYERS FROM DIFFERENT TEAMS GO AGAINST EACH IN A ROUND ROBIN LEAGUE. ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

POOL

1. WE SHALL PLAY THE EIGHT BALL RULE WHICH IS A CALL SHOT GAME PLAYED WITH A CUE BALL AND FIFTEEN OBJECT BALLS, NUMBERED 1 THROUGH 15. ONE PLAYER MUST POCKET BALLS OF THE GROUP NUMBERED 1 THROUGH 7 (SOLID COLORS), WHILE THE OTHER PLAYER HAS 9 THRU 15 (STRIPES).
2. THE PLAYER POCKETING HIS GROUP FIRST AND THEN LEGALLY POCKETING THE BALL WINS THE GAME
3. WE SHALL HAVE TWO PLAYERS FROM DIFFERENT TEAMS GO AGAINST EACH IN A ROUND ROBIN LEAGUE. ALL TEAMS WILL FACE EACH OTHER AND EARN POINTS

FOOSBALL

1. FLIP A COIN - A COIN FLIP DECIDES WHO SERVES TO START THE FOOSBALL GAME. AFTER THE FIRST GOAL IS SCORED, THE RULE IS THAT THE TEAM WHO WAS LAST SCORED ON GETS TO SERVE THE NEXT BALL. THIS RULE KEEPS THE GAME FAIR FOR BOTH OPPONENTS
2. THE FOOSBALL MUST BE TOUCHED BY A MAN/WOMAN BEFORE THE BALL GOES INTO A GOAL FOR A LEGAL GOAL TO OCCUR

3. NO SPINNING - A SPIN IS A RULE FOR WHEN THE ROD COMPLETES A 360 DEGREE ROTATION WITHOUT TOUCHING THE BALL. THIS IS DEEMED AN ILLEGAL MOVE IN THE RULES OF FOOSBALL

TABLE TENNIS

1. TABLE TENNIS, ALSO KNOWN AS PING PONG, IS A SPORT IN WHICH TWO OR FOUR PLAYERS HIT A LIGHTWEIGHT BALL BACK AND FORTH ACROSS A TABLE USING A SMALL BAT
2. THE GAME TAKES PLACE ON A HARD TABLE DIVIDED BY A NET
3. A POINT IS SCORED WHEN A PLAYER FAILS TO RETURN THE BALL WITHIN THE RULES.

OBSTACLE RACE

1. THIS IS AN ACTIVITY WHERE PARTICIPANTS WILL BE EXPECTED TO OVERCOME VARIOUS OBSTACLES WHILE RUNNING, CLIMBING, JUMPING, CRAWLING, AND BALANCING ELEMENTS WITH THE AIM OF TESTING SPEED AND ENDURANCE.
2. EACH TEAM WILL BE REPRESENTED BY TWO PARTICIPANTS 1 MALE AND 1 FEMALE
3. A FAULT IN ONE OF THE OBSTACLES WILL MEAN YOU RESTART THAT ACTIVITY
4. THIS WILL BE A TIMED ACTIVITY WITH THE BEST TIME WINNING

BALANCING BLOCKS

1. IN THIS ACTIVITY WE WILL GIVE EACH TEAM 5 BLOCKS OF WOOD (1 FEET LONG) AND THEY WILL BE EXPECTED TO MOVE FROM POINT A TO POINT B USING THE BLOCKS WITHOUT TOUCHING OR STEPPING ON THE GROUND
2. EACH TEAM WILL BE REPRESENTED BY 4 PARTICIPANTS 2 MALES AND 2 FEMALES
3. THIS WILL BE A TIMED ACTIVITY WITH THE BEST TIME WINNING

TIRE PULL

1. IN THIS ACTIVITY WE SHALL HAVE TWO PARTICIPANTS FROM ONE TEAM PULL A TYRE USING A ROPE FROM POINT A TO POINT B
2. THIS WILL BE A TIMED ACTIVITY WITH THE BEST TIME WINNING.

THREE LEGGED

1. IN THIS ACTIVITY THREE PARTICIPANTS FROM THE SAME TEAM WILL DRESSED IN ONE SUIT OF THREE PEOPLE AND THEY WILL BE EXPECTED TO RACE FROM POINT A TO POINT B
2. THIS WILL BE A TIMED ACTIVITY WITH THE BEST TIME WINNING

TARGET SHOOTING

1. PARTICIPANTS SCORE BY SHOOTING A PAINTBALL ON ROUND MARKED TARGET ELEVATED 6 FEET ABOVE THE GROUND.
2. EACH PARTICIPANT WILL BE GIVEN 20 PAINT BALL BULLETS
3. PLAYERS EARN POINTS BY HITTING THE HIGHEST MARKED POINT
4. EACH TEAM WILL BE REPRESENTED BY TWO PLAYERS 1 MALE AND 1 FEMALE