**Ultimate Frisbee**

1. Game starts and re-starts with a kick-off (deep throw to other end). This is the ONLY pass that does not have to be caught in the air, clean.
2. Make ‘clean’ passes in any direction to score a touchdown in the end zone. Small passes tend to work best.
3. After you make a catch, there is a TWO step limit, and a FIVE second hold count.
4. ANY INCOMPLETE PASS is a change of possession, meaning it is now the other team’s Frisbee. Leave it and step away to play defense.
5. Defense is one on one; give at least one foot of space.
6. You may NOT hand off to someone or rip the Frisbee out of someone’s hand.
7. NO PHYSICAL CONTACT should be made.
8. You must have both feet in the end zone for it to count as a touchdown. You may not use your two steps to score.
9. When you score, you stay at that end. The other team hustles down to the other end to receive the kick off.
10. The game constantly changes possession and direction.
11. Everyone can help out. Pace your throws.
12. A touchdown equals one point. Keep your score.

**Handball**

1. Goalie puts the ball in play to start the game, after a goal is scored, and when there is a whistle due to a violation.
2. Players may move quickly on the court; passing, shooting, dribbling (as in basketball), and/or they may take THREE steps per possession.
3. Ball on the ground or bouncing may be hit with the hand.
4. Only the goalie may use their feet.
5. You get one point for throwing the ball in the goal.
6. NO PLAYER MAY ENTER EITHER ARC AT ANY TIME. Exception: landing in the arc after a jump shot was taken. This player may not be the next person to touch the ball in this case.
7. Player must do something with the ball (keep the game moving). There is a FIVE second hold count.
8. If a player enters the arc, the whistle will be held for the advantage to the other team. If there is no advantage, the whistle will signify a turnover and the ball will go to the opponent’s goalie.
9. If contact is made during a shot (or any time deemed necessary by the official), a penalty shot may be awarded.
10. DANGEROUS PLAY RESULTS IN IMMEDIATE REMOVAL FROM THE GAME.

**Speedball**

1. Game starts and re-starts with a kick off from the ball on the floor. Receiving team must touch the ball first.
2. Objective is to score a one point touchdown by catching the ball in the end zone, or score three points by kicking the ball in the goal, as in soccer (no points are awarded for throwing the ball in the goal).
3. Ball may be moved by throwing it and catching it in the air; you mayuse one AIR DRIBBLE to yourself to gain ground; *if the ball is on the ground, you may use your feet as you would in soccer.*
4. No player is allowed to touch a ball that is on the ground with their hands (including a ball that bounces off the floor). THE BALL MUST GO FROM THE FLOOR TO YOUR (or somebody else’s) HANDS BY USING YOUR FOOT/FEET TO DO A ‘PICK UP’. A ball that comes off of someone’s foot is eligible to be caught at any time.
5. After a score (either one point or three point), the scoring team STAYS and the other team hustles to the other end to receive the kick off.
6. No player is assigned as the goalie, but a player may block and defend if they are close by on the play.
7. There is a FIVE second hold count. Keep the ball, and the game, moving at all times.