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Activity Instructions

Equipment

- 1 Rahi-Ball™ Goal
- 7 Rahi-Ball™ Markers with Vinyl cones
- 2 Rahi-Ball™ Balls
- 24 Rahi-Ball™ Flag Belts (12 blue and 12 yellow)
- 1 VersaBag™ Mesh Bag

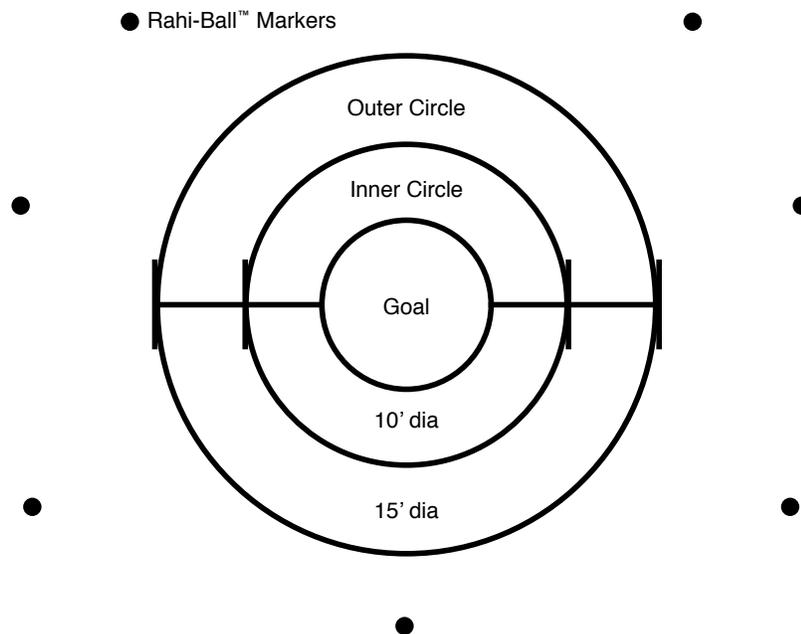
Objective

Be the first team to score 10 points or the team with the most points after the predetermined amount of time.

Directions

Setup.

- Court: Use the play area available; a basketball court indoors or a soccer field outdoors are recommended, but adjust the size based on the area available and the age of the students. Create 2 circles, the inner circle with a 10' diameter and the outer circle with a 15' diameter. Place the Rahi-Ball™ Goal in the center of the inner circle. Rahi-Ball™ Goal should be fully extended to the height of 40". Evenly space the 7 Rahi-Ball™ markers around the perimeter of the outer circle.



- Teams: Divide the class into 2 equal teams and designate each team a color by the appropriate flag belts. Each player starts the game with 3 matching flags attached to the back of their belt. Designate one team as offense and the other as defense.

Game Play.

- Players on the defensive team are allowed to play in the inner circle and outside the outer circle. Only 3 defensive players can be in the inner circle at a time. Players may switch positions when team possession of the ball changes.
- Offensive players are allowed to be in all playing areas except the inner circle.
- Both teams take their positions on the court. Offense will have possession. At the signal, offense puts the ball in play.
- Offensive players attempt to tap the Rahi-Ball™ Ball on the Rahi-Ball™ Markers without having a flag removed. Players may also score by throwing the ball into the Rahi-Ball™ Goal from the outer circle.
- Players in the outer circle may only have possession of the Rahi-Ball™ Ball for 5 seconds before attempting a goal or passing to a team member. If the player is still in possession of the ball after 5 seconds it is considered a turnover.
- Once the player who has possession of the ball gets their flag pulled by defense, they must stop and drop the ball. This is considered a turnover and defense now has possession.
- Once a player's flag is pulled, they should place it in a designated area, off the field of play.
- If any player steps out of bounds or out of their designated area, they must remove a flag. If an offensive player steps out of bounds, the ball is turned over.
- All players must have at least 1 flag on their belt in order to possess the ball and to score. Players that lose all 3 flags are still in the game, but can only play defense.
- When a point is scored or a turnover occurs, defense becomes offense and teams reset.

Scoring. The team to score 10 points or the team with the most points after the predetermined amount of time wins. Points are scored when the ball successfully makes it inside the goal or touches one of the Rahi-Ball™ Markers. Point values are based on how the player scores.

- Player taps the Rahi-Ball™ Ball on the top of the Rahi-Ball™ Markers = 1 point
- Player throws the ball into the goal = 2 points

Options.

- Have 2 Rahi-Ball™ Balls in play at once.
- Adjust the Rahi-Ball™ Goal to a lower height for younger players.
- Points are only earned by throwing the ball into the goal.
- Players can't take any steps once they are in possession of a ball.
- Players can reattach flags after completing a predetermined exercise (jumping jacks, lap around the court, etc.).