

Omnikin All-Active Games

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POISON BALL - Play inside or out (grass). Designate boundaries. Use 3-6 Omnikin balls 18" or larger depending on the size of the class. If a large class, divide into two games. Participants must get possession of a ball and roll it around the floor using their hands. When they get close to someone, they may roll the ball to hit the person or pick the ball up and attempt to use a chest pass to hit the person with the ball below the waist. Anyone hit by a ball must go to the sideline (re-entry zone) and wait there until the person who hit them is hit/sidelined and then they re-enter the game. Person who hits a player must point to them so they know who hit them. As you leave the floor to move to the sideline, you put your hand on your head so everyone knows you are walking to the re-entry zone.

Rules:

- you are not sidelined if you are hit in the head
- if another ball is thrown at you, you may defend yourself with a ball in your possession; you are not sidelined if you maintain possession
- if you catch a thrown ball, the person who threw the ball must go to the re-entry zone
- no limited possession time as long as you are rolling the ball
- once you pick up the ball you have 5 seconds to throw it at someone; foul - go to the re-entry zone for 30 seconds
- you may not possess the same color/type ball consecutively; foul - go to the re-entry zone for 30 seconds
- no stealing - go to the re-entry zone for 30 seconds
- no kicking - go to the re-entry zone for 30 seconds
- if there are too many players in the re-entry zone, call "Poison Control" and all are back in the game

Variations:

- sidelined if hit below the shoulders
- no throwing, only out if the ball is rolled
- kicking to tag
- team poison

CONQUERORS - Play inside or out (grass). Use one Omnikin Six ball. Designate four students to be the starting "conquerors" (discuss conquerors in history). Conquerors move and pass the ball around the playing area to other conquerors in an attempt to tag others. All other students must attempt to evade the "conquerors". The teacher must stress when running from taggers, students must watch where they are going so they will not run into another student. Those who are tagged become a conqueror. For large classes, set-up two or more games. Those four or five that avoid getting tagged become the new game conquerors. If they have already had a turn, they pick a substitute.

Rules:

- conquerors may take no more than two steps to tag a student
- tag > below the shoulders
- if a student looks back while running they are put in the penalty zone - perform a task until the next round
- when tagged, get a pinnie/flag and become a conqueror
- head shots do not count

Scoring:

- no points, just a switch in starting players with those who have not been tagged

Variations:

- allow throwing, limit to a chest pass or underhand throw with contact below the waist

Momentum - Two teams of equal ability level, 6-8 on a team. Use one Omnikin Air Ball/24" or Multi-color/33". Designate goals at the end of each playing area (a basketball court is good) can be a mat, taped area on the wall, a number of goalies protecting the goal line, etc. The object is for players to keep the ball moving by pushing/hitting it with an open hand or dribbling to make a point by having the ball score at the goal area.

Rules:

- may not pick-up or catch the ball
- the ball must be in continuous motion

Scoring:

- one point for every time the ball hits the designated goal
- after a score, the ball is given to the opposing team to start play with a hit

Variations:

- allow kicking
- with large groups, arrange three games the width of a basketball court
- with large groups, play a sideline game - number teams and sideline players keep the ball in play

Six Hoops - Six color teams of 4-6 players. Use the Omnikin Six 18" colored balls and preferably corresponding colored pinnies. Spread 6 hoops around the playing area. One person from each team is the defender while the other team members move around the playing area passing the ball to score in the other teams hoops.

Rules:

- defender may not step inside the hoop to guard it
- players may not move once they catch a pass from a teammate
- everyone on the team must catch the ball before an attempt to score is made
- no body contact
- team member must catch the ball with their foot in the hoop
- if a defender deflects the ball, the attack team must move to a different hoop to score; if it is their last hoop, they must return to their hoop and then they may make another attempt

Scoring:

- each team must attempt to make a catch in each of the other 5 teams hoops
- the individual games continue until every team member has had an opportunity to play defense

Variations:

- make it a timed event - if the teams finish in the allotted time, they are successful
- once a team finishes, play stops and each team gets a point for each successful catch in a hoop
- at the end of the challenge, the teams with the highest score win....or not
- put a bowling pin or some other target in the middle of the hoop/rope circle and teams must knock it over or off stand to count

Ultimate Omnikin - Played using the same rules as Ultimate Frisbee, but use the Omnikin football. Divide the participants into groups of 5 or 6 according to skill levels. Designate a playing field for each two teams and goal lines at opposite ends of the playing field. The object is to pass the football down the field to your teammates and score by a teammate catching the football behind the designated goal line.

Rules:

- anytime the football hits the ground there is a change in possession.
- players cannot run with the ball...catch it on the move and you may only take three steps
- players in possession of the ball may throw it in any direction
- players may not guard the player in possession of the ball
- no body contact > penalty box consequence
- the player in possession of the ball must throw it within 5 seconds
- the person in possession of the ball may pivot in any direction to throw it laterally or backwards

Variation:

- must throw girl-boy-girl-boy
- may not throw back to the same player who threw it to you
- may score at either goal line; if an attempt is made to score and it is incomplete, the opposing team gets possession and must take it back to the midline before attempting to score