

## All Sports Party Notes

The goal for All Sports Parties and Groups is to make sure **ALL** the kids are having fun, are active and are safe. The sports are **NOT** an opportunity for you to show off your skills against a seven-year-old, to work on your game or monopolize the ball.

Remember, these kids have requested to play these games, so they should know the General Rules. But go ahead and ask briefly if they know and understand how to play. Make sure ALL the kids understand. Keep your explanations of the games simple, with emphasis on the important rules and policies. Sports Connection has certain procedures for playing our sports. We adjust the rules according to how we think they best serve the interests of safety and participation from all. Do not deviate from these rules and policies. They are in place for a reason.

The clock on the scoreboard should ALWAYS be used. The clock helps you, the kids, and parents watching know how much time is left and makes sure you have time to do all the activities the party has requested. Be sure all your equipment is out and available before the party begins. Party coordinators should review their party's scheduled activities in plenty of time to be refreshed on a sport or game if needed.

All party coordinators should have a whistle and wear their normal SC collar shirt and pants/shorts and tennis shoes. Coordinators are there to coordinate the party, not necessarily play with the party. There are sports like Kickball or Wiffleball where the coordinator may need to pitch or Football where they might quarterback, but even in these parties, the coordinator should quickly hand the ball off, throw short pass, roll the ball, etc, not necessarily run around to avoid a tag, try and catch the kickball etc.

Remember the parents are watching the kids and you. Make sure you are setting a good, positive attitude and are encouraging and supporting all the kids and making sure they have a great time and play safe and fair.

### **KICKBALL**

- **General Rules:** Make sure the kids understand how and when to run, how a person is out, force outs, field of play, 3 Outs, Batting Order, Runs, etc.
- **SC Rules:**
  - Coordinator is all-time pitcher, but you should have a kid stand near you to play defense.
  - Everyone kicks once in the first inning, then switch sides. Keep score if it is age appropriate and it does not get too lopsided. After the first inning, play three outs.
  - No one armed Pegging! Kids can get the runner out by throwing the ball with both hands on the ball and hitting the runner below the shoulders.
  - Get the ball back to the pitcher! Runners must FREEZE when pitcher has the ball. Pitcher then chooses which base child goes to.

### **SOCCER**

- **General Rules:** Make sure the kids understand that there is **no** using their hands, Goalie rules, 1 point/goal, No Fouling, Positions
- **SC Rules:**
  - Stay off boards
  - **No** Punting (older kids, use common sense)
  - **NO** slide tackling
- **Other Games**
  - World cup
  - Two ball soccer

## WIFFLEBALL

- **General Rules:** Make sure all kids know how to hit, how and when to run, how a person is out, force outs, field of play, 3 Outs, Batting Order, Runs, etc.
- **SC Rules:**
  - Coordinator is all-time pitcher, but you should have a kid stand near you to play defense.
  - Everyone hits once in the first inning, then switch sides. Keep score if it is age appropriate and it does not get too lopsided. After the first inning, play three outs.
  - No Pegging! Kids can get runner out by tagging the runner with the ball.
  - Get the ball back to the pitcher! Runners must FREEZE when pitcher has ball. Pitcher then chooses which base child goes to.

## FOOTBALL

- **General Rules:** Make sure all kids understand a “good” catch, incomplete passes, fumbles, offsides, line of scrimmage, blitzes, touchdowns, 1<sup>st</sup> downs. Out of bounds, etc.
- **SC Rules:**
  - Coordinator is all-time QB. If older kids want to QB, that is fine. But the moment you see the same kids are always getting the ball, you will step in and be QB. Remember, keep everyone involved!
  - 2-hand touch. **NO PUSHING or TACKLING!** Flags should only be used if older teens that specifically request flags. Our birthday packages state Football, not Flag Football. We want kids spending their time running with the ball and chasing each other, not spending half the time messing with their flag belt.
  - Out of Bounds cones must be used to identify the playing area and to keep kids off the soccer boards. No need for kids to come in contact with wall. Netting is out of bounds
  - **No kicking/punting.** Kids throw off to each other. Depending on the location and age of the kids, kick offs may be allowed. Never by the host, always by the kids. Can start at the 20 yard line also, depending on the age and skill, etc.
  - Offense has 4 downs to score. **No 1<sup>st</sup> downs.** Allows for more play between teams.
  - First play of game should be hand off to birthday child, not a pass.
  - If throwing the ball try to do 3-4 yard passes no long bombs. Kids get hurt, ball bounces everywhere.
  - **No huddles,** takes too long and slows down the game. Try and maximize the number of plays you can get in. If possible try and have each kid get the ball on offense. The easiest is to just hand it off to them or toss a short, simple pass.

## BASKETBALL

- **General Rules:** Make sure everyone understands Traveling, Double-Dribbling, Fouling, Out-of-Bounds, Points.
- **SC Rules:**
  - If too many kids, avoid playing a scrimmage. We don't want every kid going after the ball in a herd
  - Can play with No stealing allowed – helps avoid collisions
- **Other Games:** Depending on the number of kids and ages, it may be best to play “games” with the basketball, not play “basketball games”. Other games to play, include:
  - Knock Out – One player shoots (usually foul shot) and has to make the foul shot or layup before the next person behind them makes a foul shot or layup.
  - Hot Shot – Put spots on the floor and assign them point values. Give kids a certain time to see how points they can get. Can have multiple people go at once. Can play teams or individual play on one goal or two goals.

- Or layup drills/ relay races – Add some cones, etc and have kids dribble through cones, make a layup, pass back to teammate or other kind of drills or relay races.

## DODGEBALL

- **General Rules:** Make sure and explain safety, as well as make sure everyone knows how a person gets out, getting hit above shoulders doesn't count, etc.
- **SC Rules:**
  - We'd prefer to play team games and get everyone involved. Avoid chaos.
  - Please make sure kids don't poke holes in balls. They are EXPENSIVE!
  - **Games:** *Our main two games are MEDIC & PRISONER, but you should know others and be ready to play them, as dodgeball is one of our most popular games and some parties' request to play it for 15-30 minutes.*
- **Medic Dodgeball**
  - Each team has 1 person that is their "Medic." They don't announce who their medic is. The other team has to figure it out and try to hit the other team's "Medic" and protect theirs. The medic can have a guard, but only one at a time.
  - If there are a lot of kids, play with 2 or more medics. When one medic gets hurt, they become a normal player.
  - Divide the field in half. Players can only go outside the boundaries to retrieve dodge balls; they cannot throw or be hit outside the boundaries. Medics cannot go outside the boundary and cannot touch, catch or be hit by a dodge ball.
  - If a player gets out, they have to sit down where they got out and cannot be involved in the game again unless their "Medic" comes over and tags them. Once they are "fixed" by the "Medic," they can continue playing.
  - The game ends when the medic is hit, OR all kids are sitting down.
- **Prisoner Dodgeball**
  - Divide the field in half, with a basketball hoop on each side.
  - If a player gets out, they have to go to the OTHER team's "jail" under the basketball hoop. If they catch a ball thrown from their teammate, they are free from jail and get a free walk-back to their side. They must be touching the wall when they catch it.
  - If a teammate throws it from their own side and hits the backboard...it's a "jailbreak!" and everyone is free.
  - The game ends when one team has captured everyone from the other team.
- **La Riche Dodgeball**
  - This game has no boundaries or teams. The object of the game is to get everyone sitting down by hitting all players with a dodgeball.
  - The kids should spread all out and then the facilitator will throw some or all of the balls into the air and the kids scramble to get a ball.
  - You cannot run with a ball in your hand, but can run around if you do not have a ball in your hand.
  - If a player gets out, they have to sit down and cannot get up again unless the person who got them out, gets out. Then they can get back up, and so on.
  - The facilitator can add or take away dodgeballs during the game to make it easier or harder.

## All-Sport Checklist:

- Get Clipboard of Parties, Whistle & Walkie Talkie and check sports and equipment needed
- Take clean pinnies out to field and ALL equipment needed
- Turn on clocks and make sure know how and when to use
- Coordinate what activities will be on what side of the field/court and when
- Bring out toy bins (if applicable)
- Sit the kids in the middle of the field, start the clock, introduce yourself, go over rules of 1<sup>st</sup> game & choose teams. Either let the Birthday Kid choose captains & teams or you choose (1-2-1-2, etc).
- Whenever your party is done, or when changing games during a party, have the kids help you pick up the toys. Make it a race, or give them a time limit.
- When finished with the party:
  - Count the kids before they leave the field
  - Take the kids to the appropriate room or next activity area
  - Write number of Extra Guests on the birthday Summary
  - Collect payment for balance due and write "CC" or "Cash" on Summary
  - Indicate if a tip was given and the amount and write "CC" or "Cash" on Summary
- When finished with parties for the day:
  - Pick up the field after the last party.
  - Put Field 1 bin back behind swinging door. Put Field 2 bin back in Beirut (SCG)
  - Take Pinnies, put in Wash and start cycle.