

**For Yr5-8
Students**

Quick and Easy PE Games

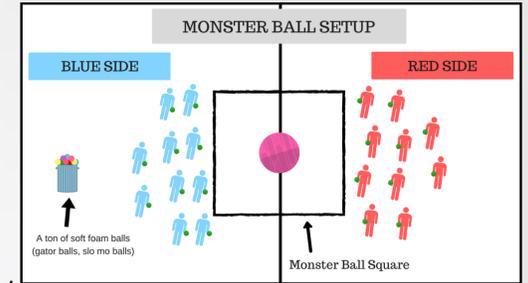
Monster Ball

- **Equipment**

One large Exercise Ball, Swiss Ball

A bunch of dodgeballs balls or any soft balls safe for throwing

Divide students up into 2 teams and have students sit on their team's side of the large square or circle in the middle of the gym facing toward the other team



- **Description:**

<https://www.youtube.com/watch?v=2SP839xnyzs>

On the command students will attempt to throw the small ball at the Monster Ball in order to make it move. Their goal is to try and get the Monster ball to cross the line on the opposing team's side of the square/circle/line. If the Monster Ball rolls outside of the designated area – the opposing team's side will receive one point.

Play to a specific number of points or for most points within a time limit. If you do not have a center circle or center square in your gym or playing space, you can create an area with poly spots, cones, long jump ropes or floor tape.

Dump out all the small balls and have students pick up 2 balls and line up on their lines before the giving the signal for the game to begin.

- **Game Rules:**

You may go **ANYWHERE** to get a ball

You must be **OUTSIDE** of the square (or middle area) to throw the ball

If you throw from inside the square, sit out for that round or suffer a penalty

Examples of Penalties: Hop on one foot 50 times, count 60 seconds on the wall, Throw left handed for the rest of the game

Not Allowed:

Blocking balls with your body (standing in front of the Monster Ball)

Touching the Monster Ball – 1 point for opposing team if anybody touches the Monster Ball

1 point for opposing team when the Monster Ball crosses the line

After playing a few rounds, bring student's in and discuss strategies before playing the next round.

Bench Dodgeball

- **Equipment/Setup:**

Benches

Soft Dodgeballs

Bibs (2 colours)

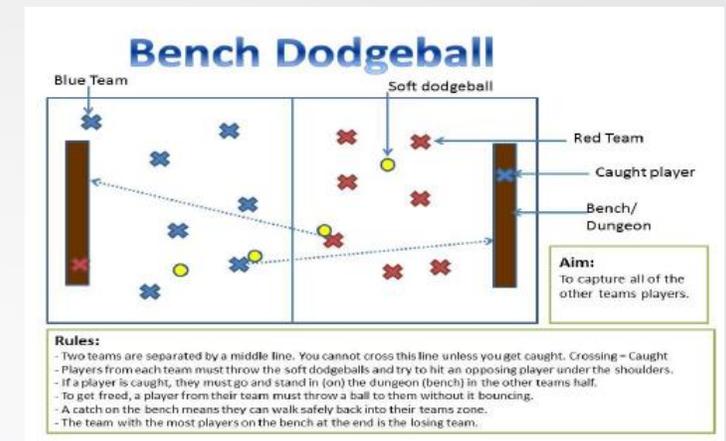
Spots/Cones

Place a middle line of cones or spots through the playing area. Set up two benches. One at the end of each teams zone. Place soft dodgeballs down the middle line. Suggested 2-5 balls. Divide the students into 2 equal teams. All players must start touching the end blue line or wall.

Description:

<https://www.youtube.com/watch?v=W7L2Z39pLK8>

Each team is aiming to catch all of the opposing team by throwing soft dodgeballs at them below the shoulders. Students must not cross the middle line, unless they have been caught. Caught players must cross the middle line and stand on the dungeon (bench). To get freed from a bench, a teammate must throw a ball to them (without bouncing) and catch it. A catch allows them to walk safely back to their zone.



Aranga Touch

- **Equipment/Setup:**

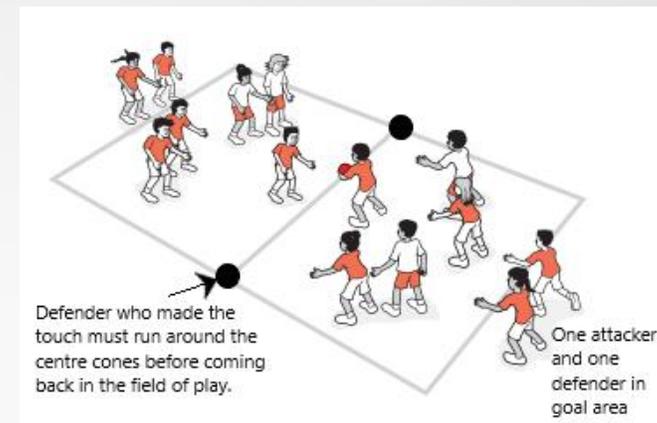
Touch ball.

Grass or hard surface area about the size of a netball court.

Two teams of about eight players each: a goaler from one team and a defender from the other stand at opposite ends behind the goal line.

- **Description:**

On the signal, one team passes from the centre line and attempts to score by making a clear pass to their goaler. They may run anywhere on the court with or without the ball, if they are tagged/touched with both hands while holding the ball by the opposition, all defence players must retire 3 metres from the player taking the pass, attacker just taps the ball with foot for play to continue. The player who made the tag must run around one of the centre sideline cones (as marked in picture) before coming back into the game. If the ball is thrown or carried over the sideline, the opponents throw in. The ball can be intercepted by the defence. The goaler and defender cannot enter the playing area. If a goaler drops a pass, no goal is scored and a free pass is given to the defender. A goal cannot be scored directly from a penalty pass. When a point is scored, the game is restarted at the centre.



Mat Madness

- **Equipment/Set up:**

10x Softball/dodgeball,

2x gym mats,

Bibs

Divide the playing area into two halves and place a mat in the back of each half.

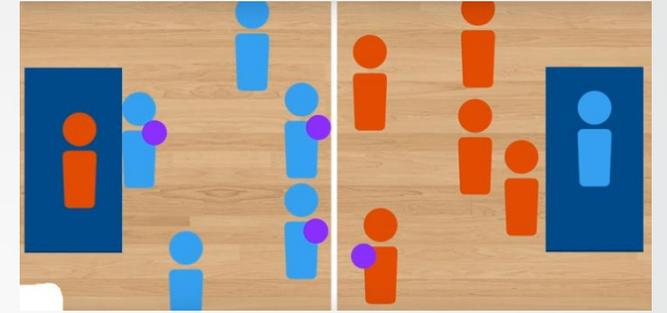
Divide your class into two teams.

Each team has a passing zone (their half of the playing area) and a mat (which is in the other team's playing area). There are no end zones. Instead, each team has a mat in the back of their opponents' half of the playing area.

- **Game Description:** .

<https://www.youtube.com/watch?v=nXk7T1EP2Nk>

To start a round, each team selects one player who will go stand on their mat. This player is the first catcher. The teacher adds balls to the game. Players attempt to complete passes by passing the ball to their catcher from within their passing zone. The pass must have at least one foot on the mat at all times. The defending team is allowed to put defensive pressure on their opponents' by intercepting passes or denying them at the half line. If a passing player is successful in completing a pass with their catcher, the passing player goes to join the catcher on the mat and becomes a catcher as well. The first team to get all their players onto their mat wins the round.



Five Ball

- **Equipment/Setup:**

5 touch balls (try and get on ball that is a different colour to the rest).

Grass or hard surface area about the size of a netball court.

Two teams of about eight players each.

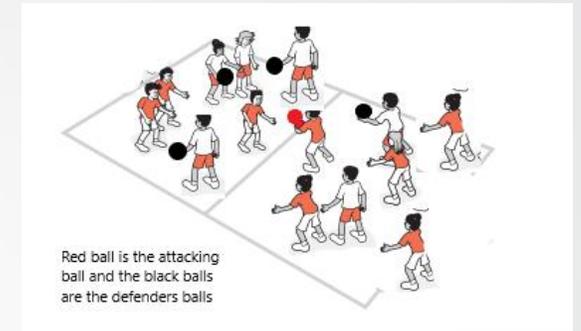
- **Description:**

The attacking team starts with one ball and the defence team starts with 4 balls. On the signal, the attacking team passes from the centre line and attempts to score getting over their try line. They may run anywhere on the court with or without the ball but a penalty pass is given to the opposition if they tag them with a defence touch ball held in both hands. After a tag, those who were attacking must give the attacking ball to the other team and the team who were defending must place the defence balls down for the other team to get so they can start defending. The new attacking team get a free pass or can tap and choose to run but can get tagged.

This game involves strategy as the defence team can not make a touch on the attacker without a defence ball in their hands so they need to work as a team to keep the 4 defence balls alive to make touches.

If the attacking team drop the ball, run out or kick the ball it is a turn over.

When a point is scored, the game is restarted the end where the try was scored.



Smack-a-ball

- **Equipment:**

4 nets,

4 racquetball balls (or bouncy ball alternative)

- **Game Description:**

https://www.youtube.com/watch?time_continue=56&v=xx_s_2qCeBO

Start by placing down 4 nets in the 4 corners of the gym or field, facing inwards or outwards depending how you want to play this game. Create 4 teams and give them bibs to distinguish team colors. Each team chooses a goalie who will try to stop the balls from entering their net. The remaining players spread out around the gym. Throw in some bouncy balls and get the game started! The main rule of this games is that players **MUST STRIKE THE BALL WITH THEIR HAND ONLY** (ie, hit the ball). Players are not allowed to catch, throw, roll, run with the ball, etc... only striking the ball is allowed. Keep scores as you wish and add in your own additional rules.



Hand Hockey

- **Equipment/Setup:**

One large Exercise Ball, Swiss Ball

Divide students up into 2.

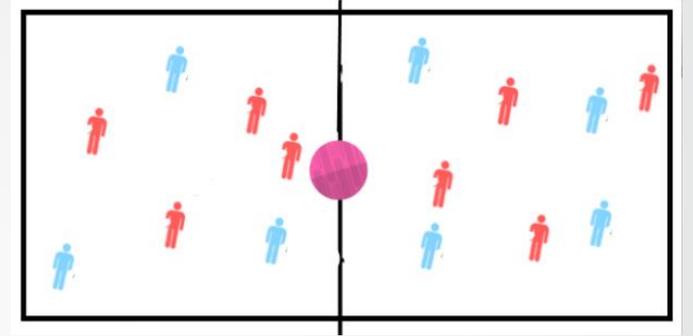
Use grass or hard surface area about the size of a netball court.

- **Game Rules:**

https://youtu.be/zoxdv_oiO6o

Attacking team starts with the ball in the middle of the court. It is like hockey, but you must use the palm of your hand to hit and control the ball. You cannot kick the ball or use two hands on the ball but you can transfer the ball from one hand to the other. Defence can try to hit the ball out of the attacker's hands. The ball also can't be lifted.

The game starts with a push from the centre spot by the attacking team. After a goal has been scored (swiss ball is taken across the goal line in a controlled manner) the game is restarted from the centre spot by the team against which the goal was scored.



Chaos

- **Equipment/Set Up**

Dodgeball.

Grass or hard surface area about the size of a netball court.

Two teams of about eight players each: a goaler from one team and a defender from the other stand at opposite ends behind the goal line

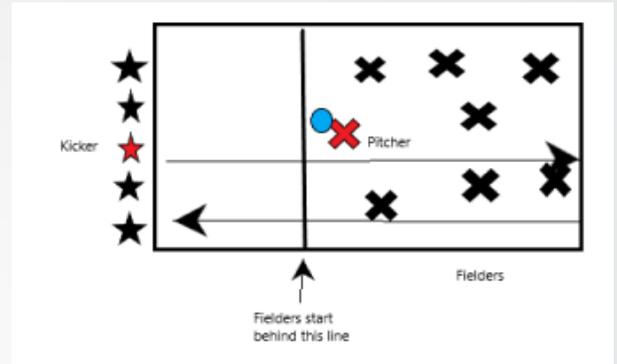
- **Description:**

Two teams, fielding and kicking team. The kicking team starts behind the base line and the fielding team starts behind a safe line when the ball is being kicked. The fielding team chooses a pitcher who rolls the ball to the kicker who then kicks the ball down the court or playing area.

The kicker must run but everyone else in the team has a choice to run (however the more people that run the more chances you have to score points). The kicking team gets points when they run from one side of the playing area and back without getting out. Point for every team member who gets there and back.

How people get out is by being caught by fielders on the full. If you are running across the play area and touch the ball or get hit by a fielder below the waist. If a member of the kicking team starts running before the pitcher has pitched and the ball has been kicked.

When the ball is passed back to the pitcher play stops.



Yard Ball

- **Equipment:**

Cones/tees,
plastic bats,
foam balls,
mats/bases

- **Game Description:**

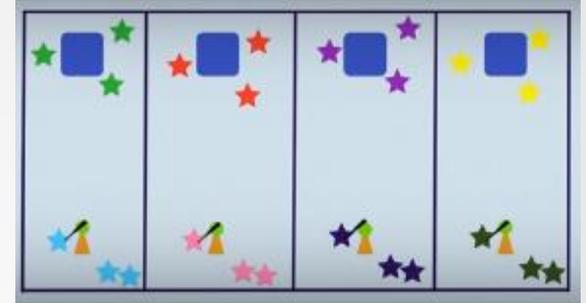
<https://www.youtube.com/watch?v=7i5HJ2Cso3o>

This game is a mini-baseball type game that can be played in the gym or outdoors to help develop baseball/softball/fielding/striking skills. Smaller teams are created in a broken-down mini game that resembles actual baseball, but with smaller groups getting more reps and practice/skill development. With a few modifications to the regular game of baseball, this game is an effective lead up or fun small style game to try out to get the heart rates up!

Hitting team:

When ball is hit, hitter attempts to run to the base (scores 1 run if successful). If tagged or forced out of playing area or caught by fielder, then hitter is out. If ball is hit into another field, it is an automatic out. After 3 outs hitters and fielders switch. Can only be one hitter on the base at any time.

Fielding team: to get hitters out can tag the runner with the ball or throw ball to a teammate on a base before runner gets there or catch on full. Not allowed to purposely block or get in the way of the runner. Can not stand right in front of the hitter while they are batting.



Boom City

- **Equipment:**

Benches (or folded up mats)

Lots of soft balls for throwing

2 Buckets of Rings (or anything else to track points – popsicle sticks, noodle slices etc)

Wristbands or jerseys to designate teams

4-6 pool noodle

- **Game Description:**

<https://www.youtube.com/watch?v=Jjnxidw-JD8>

3 Jobs in the game:

Throwers – throw a ball from behind the midline to a catcher on your team

Catcher – go stand on the opposite side on the bench, try to catch a ball in order to steal a ring

Blocker – stand in front of the black square and attempt to block the thrown balls from the other team

To count as a successful catch – the catcher must have 2 feet on the bench and catch the ball in the air

When a catcher catches a ball successfully, they must do three things

1.) SPIKE THE BALL

2.) YELL BOOM CITY

3.) STEAL A RING – go steal a ring from the opposing teams bucket (behind the bench) and run across the gym to place the items in their own teams bucket *Have students say “SPIKE THE BALL... BOOM CITY... STEAL A RING”

You may only carry one ring at a time

Penalty Box (self counted 60 mississippi’s on the side wall) for any rule violation

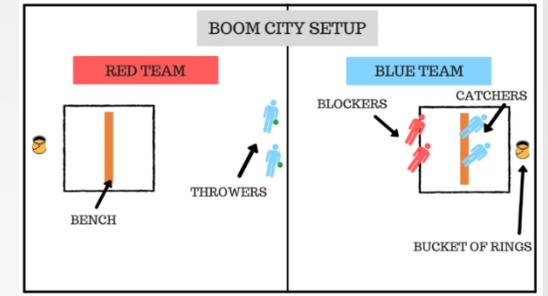
Throwing a ball past the midline

Blocking a ball while in the middle square (no blocking in the catching zone)

Taking more than one ring

You can go ANYWHERE to get a ball, BUT you must come to your side of the gym to throw it

After explaining the rules to the students and demonstrating each job – allow each team to have 1 minute to discuss their strategies for success and then start the music to begin the gameplay. After each round, have the students all meet back in the middle and declare the round winner and discuss strategies. Then reset the rings/points in the correct bucket and begin the next round. Play as many rounds as you can in the time you have.



Danish Long Ball

- **Equipment/Setup:**

Bat, Tennis Ball, Field, Cones

Class is divided into two teams

The playing area is set up with two parallel lines (the front line and the back line) about 10m apart. A square base is set up adjacent to the front line using four cones (this is the home base). A second square base is set up adjacent to the back line (this is the runner base). A pitcher's mound is set up a poly spot or hoop at an appropriate distance from the home base.

- **Game Description:**

<https://www.youtube.com/watch?v=hNP2kBfEQxs>

One team starts as the batting team, the other team starts as the fielding team.

The batting team lines beside the home base and selects a batting order.

The fielding team sets themselves up beyond the front line and select one player to play the role of catcher (the catcher stands behind the home base) and another to play the role of pitcher (who stands on the pitcher's mound).

The first batting player steps into the home base. The pitcher pitches the ball using an underhand throw.

The batter runs to the runner base whether or not they strike the ball. However, before running, the batting player must drop the bat inside the home base.

Once at the runner base, the running player may choose to stay on that base or run back to home base in order to score a point. However, once a player has committed to running back to home base, they may not turn back.

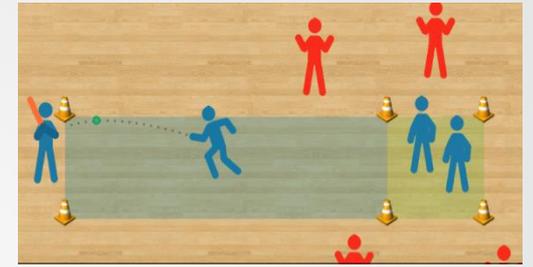
Offensive players in the runner base may opt to stay there until they think it is safe to run to home base.

Following the pitch, the fielding team will attempt to get the batting player (or any other offensive player who is running) out.

A player is out if a) they are caught out, b) they are tagged by a player in possession of the ball while in between the front and back lines, c) they hit the ball behind the front line, or d) they throw the bat outside of the home base after having swung at the ball.

If the fielding team is not in position to get a player out, they can simply send the ball to the pitcher for the play to be dead. Once the pitcher has the ball while standing on their mound, offensive players may no longer attempt to run to home base.

The batting teams stays at bat until the fielding team manages to get three players out. After three outs, the teams exchange roles



Speedball

- **Equipment/Set Up**

Basketball net at the end line of the playing area and two goals (bench, hockey net, etc.) for each end corner of their half of the playing area.

Ball that can be thrown and kicked

Class is divided into two groups

- **Game description:**

<https://www.youtube.com/watch?v=Zi3NqQ34oQI>

Each team has a basketball net at the end line of the playing area and two goals (bench, hockey net, etc.) for each end corner of their half of the playing area.

Teams pass the ball around in the air, like in basketball (but no bounce pass). If the ball falls to the ground, it is now played as a soccer ball.

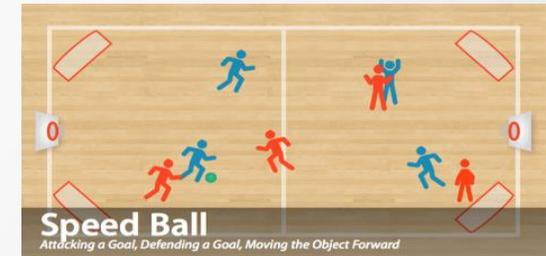
A player may kick a ball into his or a teammates hands, but may not pick up the ball.

If a ball is kicked or thrown into the basket, that team receives 2 points.

If a ball is kicked into a corner goal, that team receives 1 point.

The goal is to score more points than the opponents.

Teams attempt to score a point by throwing the ball into the basketball net. Doing so awards the offensive team with three point. Players in possession of the ball may only pivot, if the ball is dropped, players continue to play by dribbling the ball with their feet. A ball on the ground may not be picked up, but can be caught out of the air (i.e. players can flick the ball up to their hands or to a teammate). A ball on the ground may be used to score into either of the two soccer nets that a team is attacking. Doing so awards the offensive team with one point.



Wacky Baseball

- **Equipment:**

Bases (two sets)

Pinnies

Cones

Striking Implement (e.g. Bat, Racquet)

Dense Foam Ball

The teacher sets up a large playing area that involves two large sets of bases that are aligned in a concentric circle formation (the number of bases per set should be equal to the size of each team you will create). The inner bases are used by the fielding team and the outer bases are used by the batting team. Four of the fielding team bases will be assigned as stop spots.

- **Game Description:**

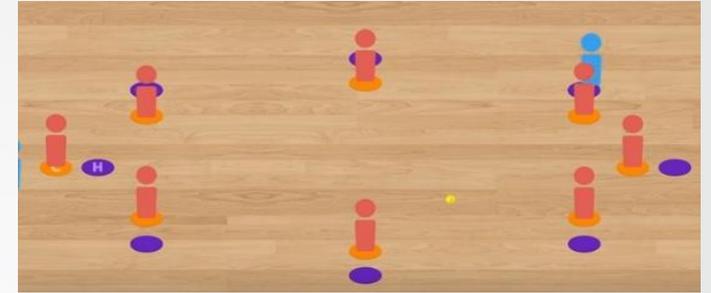
<https://www.youtube.com/watch?v=-UngRRvcZZw>

One team is selected as the batting team while the other team will start off as the fielding team. The fielding team sets up with each member of the team standing on one of the fielding bases.

The first player from the batting team steps up to home plate and attempt to strike a ball that is pitched to them by the next player in the batting order. If a player fails to strike the ball within four attempts, they go to first base but no other batting team player moves. If the player strikes the ball, they immediately begin to run around the bases. They are trying to score a point by running around and touching each batting team base before returning to home plate.

To prevent the batting team from scoring points, the fielding team must field the ball to a player on a stop spot base. Once the player at that base is in possession of the ball while touching their base, they yell STOP. When STOP is called, any batting team player who was running around the bases must return to the last base they touched.

Once each player on the batting team has had a turn at bat, the teams switch roles.



Pin Down

- **Equipment**

Hula hoops, pins or witches hat cones, dodgeballs

Place down a bunch of hula-hoops in the gym spread out

Place a bowling pin or witches hat cone in each hula-hoop.

- **Game Description**

<https://www.youtube.com/watch?v=x8gkmWi8iNM>

One player starts at each pin/hula-hoop with a dodgeball.

Players guard their own pin while trying to knock over someone else's with a dodgeball. If your pin is down, put it back up and you have one point. It is the person with the least amount of points wins. This game utilizes a variety of movement skills, but the best part about it is that it's a great workout with lots of laughs!

On the signal, players try to knock over other player's pins. They can leave their area if they want but at their own risk!



Last Person Standing

- **Equipment/Set Up**

Rips, ribbon or bands

Cones

Need a playing area around 15x15m. The class (minus 3 students) are given bands which they must tuck into their shorts like tails. They need to be long so they are easy to grab.

- **Game Description**

The group with bands need to avoid their bands being pulled out by the 3 taggers. If a player's band is removed, they become a tagger and try to grab bands. Only the taggers can grab bands. The aim of the game is to be the last player standing with their band still tucked in.

Head, Shoulders, Knees, Toes, Go!

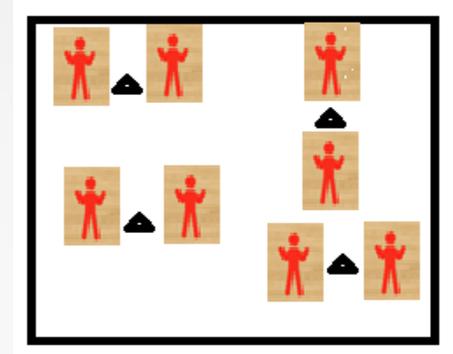
- **Equipment/Set Up**

Enough cones for one between two.

Cones are spread out in an area roughly 15x15.

- **Games description**

Players move around the outside of the area (teacher can call different movements- run, dodge, skip). When the teacher calls 'partner' students enter the grid find a cone and partner (they are not to touch the cone). The partners face each other with the cone in the middle of them on the ground. The teacher then calls a list of commands e.g. Head, knees, shoulders..... the players perform these movements. When the teacher calls cone it is the first person in the pair to grab the cone off the ground scores a point. Students place the cone back on the ground and exit the grid and repeat. Each time they must enter the grid and find a different partner. We encourage the teacher to get creative with the actions.



Slide Tag

- **Equipment**

30-40 Beanbags

2 Baskets

Pylons to mark boundaries

- **Games Description.**

https://youtu.be/rrGoInc1_Cc

Divide the class into teams. Choose one team and have them make four rows of lines one in front of the other each about 10 feet away from each other. Each line should have 2 players.

Have the rest of the class line up on the end line facing the 4 lines and their objective is to get from their end to the other end without being touched by the defenders.

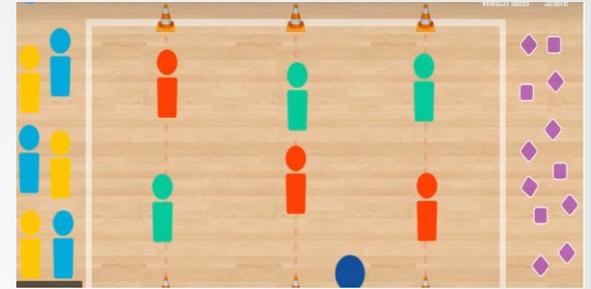
The defenders can only slide along their line and can reach out to tag other players without coming off their line. Once a player passes them safely they can no longer tag that player.

If a player is able to move his way through the 4 lines and reaches the other end they have to pick up a bean bag (only one) and go around the outside of the court established by pylons and place the bean bag in their teams basket at the start.

The player can now try again to get to the other side and retrieve a beanbag.

If a player is tagged by a defender, they must exit the court on the left or the right and go back to the start again. 4

Change the defenders every five minutes



One touch

- **Equipment/ Set Up**

Touch ball, cones, bibs

Touch field, two end zones, two teams

- **Game description**

The objective of the game is for each team to score touchdowns and to prevent the opposition from scoring. The ball may be passed in any direction between attacking players who may in turn run or otherwise move with the ball in an attempt to gain territorial advantage and score. Defending players prevent the attacking team from gaining a territorial advantage or scoring by touching the ball carrier. A Touchdown is awarded when a player (prior to being touched) places the ball down over their try line.

Commencement of the match and after every Touchdown requires a TAP at a mark behind the opposition goal line.

A change of possession shall occur:

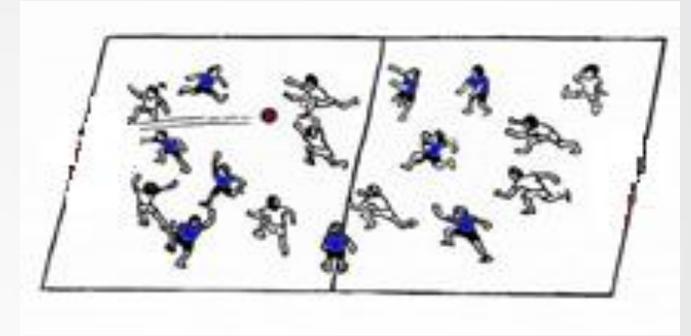
After the 1 Touch is made on an attacking player with the ball in hand.

When the ball goes to ground

When a Touchdown occurs

When the ball goes out of bounds

When there is an intercept



Score Ball

- **Equipment /Set Up**

4-5 touch balls, cones, bibs

Touch field, two end zones. Two teams (one attack and one defence)

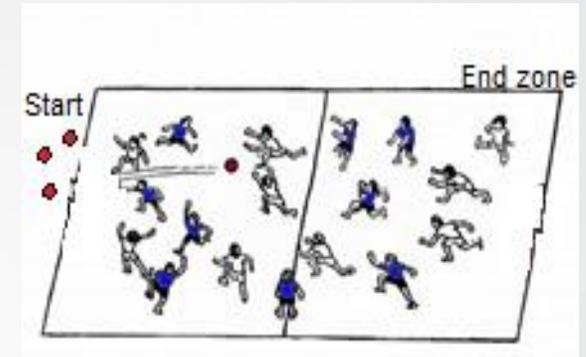
- **Game description**

The attacking team aims to get their 4 balls down to their end zone (the 4 balls start at the other end of the field).

It is up to the attacking team if the 4 balls are in play right from the start or they play with one ball at a time.

The attacking team can run with the ball and pass the ball forward, backwards or sideways. If the ball is intercepted, dropped, knocked down or the attacking player in possession of the ball is touched that ball must go back down to the start (other end) zone.

The attacking team remain on attack until they have all their balls at their end zone, then they switch over.



Nitro Ball

- **Equipment/Set Up**

Tennis court and net, volleyball

General guidelines are 6-8 players per team. Can be played with as little as 4 players.

It is played on a standard tennis court

- **Game description**

https://www.gophersport.com/cmsstatic/Nitroball_Instruction_Booklet_Final_2.pdf

<https://youtu.be/93gAd3VODmk>

Once the ball is served, players can move in any formation on the court. The serving team continues to serve until the opposing team scores a point; the serve is then awarded to that team. A service fault occurs if the ball fails to make it over the net, touches a player of the serving team, lands out of bounds, or the server's footsteps over the serving line. If this occurs, the serve is awarded to the other team.

The ball **MUST** bounce off the court before **EVERY** strike (except the serve)

The player may not hit the ball consecutively

Kicking or heading the ball is not allowed

Blocks are illegal as the ball must hit the ground before every strike

The ball can be struck with one hand or two hands

A point is scored when:

The ball bounces twice on the opponents' side

The opposing team is unable to return the ball within three hits

The opposing team cannot legally return the ball into the court

The opposing team hits the ball out of bounds

The opposing team commits a fault or foul



Yuki Ball

- **Equipment/Set Up**

Bean bags (lots), 7 barriers (nets, chairs etc), 2x flags, bibs, 2 buckets/bins

Combine the fun of snowball fights and Capture the Flag in one energizing game. Divide the play area and the class in half.

Assign each team to a half. Place the largest barrier in the center of the play area and scatter the other barriers in the playing area.

- **Game description**

http://assets.ngin.com/attachments/document/0056/2244/Yuki_Ball_Instructions.pdf

<https://www.youtube.com/watch?v=sEhWnpD2B-Q>

Players on offense work to capture the flag or eliminate opponents with bean bags "snowballs," while defenders protect their flag and replenish snowballs for their teammates. All players use a ball barrier as protection while they maneuver around the play area. The first team to capture their opponent's flag or completely eliminate the other team wins!

All players use these barriers for protection as they dodge "snowballs" while trying to capture the flag from their opponents. If they cross into the other side and are hit by a snowball, they are "out". Both the offensive and defensive players work together to capture their flag.

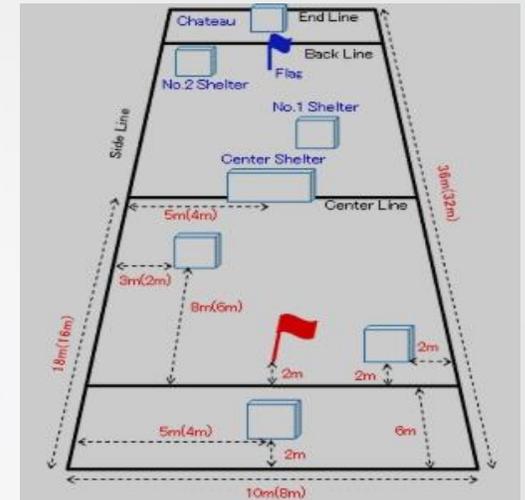
Calculate points at the end of the round. Score points in a number of ways, for example: opponent's flag being captured (10 points), an entire team eliminated (10 points), active players at the end of each round (1 point), all players from the other team accidentally across the center line (10 points).

Any player struck by a direct snowball hit is eliminated.

A hit by a snowball that ricocheted off an object or another player do not count as a direct hit.

A player is eliminated even when struck by a teammate's or one's own snowball. Even catching a snowball tossed by a teammate counts as a direct hit. So, passes must be made either hand-to-hand or by rolling.

Only 3 team members can advance into the opponents court at anytime; a fourth teammate entering the opponent's court would mean an automatic game loss. If a team member is outed while in the the opponents' courts, another team member can then advance to replace him.



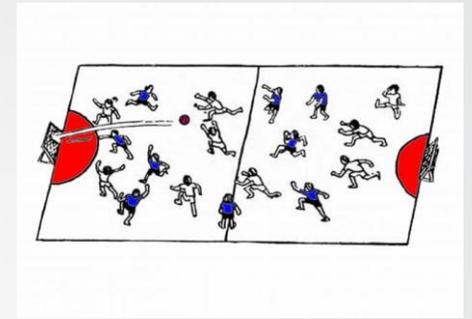
Tchoukball

- **Equipment/Set Up**

1x ball (dodgeball)

2x rebound nets

To play tchoukball, two rebound surfaces and a ball are needed. The game is played on a court between two teams. The rebound surfaces (which can be used by both teams) are placed at each end of the court, and each one is within a semi-circle line, with a three-meter (9.9 feet) radius, which defines the forbidden zone.



- **Game Description**

<https://www.youtube.com/watch?v=W26ewO32uY4>

The team that has possession of the ball has a three-pass limit before being forced to shoot the ball at the rebound surface on either end of the court. Members of the other team must place themselves according to where they expect the ball to land, so that they can catch it before it touches the floor. Meantime, members of the other team look to position themselves to recover the ball after it rebounds from the rebound surface, before the ball can touch the floor. During the course of the game, the players of each team are not allowed to interfere with players of the other team: they may not intercept passes, interfere with the movements of the person carrying the ball or their team-mates, or stop a defender from positioning themselves to catch the ball after the rebound.

Rock, Paper, Scissors will determine first ball.

If a player of the attacking team misses the frame, or if the ball touches the ground outside the court before or after the bounce, then the defending team takes possession.

There is a limit of 3 passes is no limit to the number of passes that the attacking team can make before shooting.

Touching the ball with one's feet or legs below the knee is forbidden

After a point is scored, the ball must cross half before a shot can be taken. This first pass doesn't count as one of the three passes.

A missed shot at the frame only results in a loss of possession.

Particular rules

There are no designated sides (each team may shoot the ball at either rebound).

It is illegal to intercept a pass from the other team.

No more than three passes before shot.

No more than three steps by a player holding the ball.

GaGa Dodgeball

- **Equipment/Set up**

Between 6 to 12 players

Foam ball, kick ball, volleyball, or dodgeball ball.

Dodgeball Pit otherwise an enclosed and totally clear empty room, hall or a squash court will work.

The area needs to be level and have walls.

- **Game description**

<https://youtu.be/XzYv1583BxU>

A player can hit the ball with their hands, but picking up the ball and throwing it at a player is not allowed. Some versions do not permit "scooping," or curling one's fingers while hitting the ball so as to project the ball into the air. In some games, only open hand hits are allowed to prevent striking injury to small children and also to enable greater control of the ball, keeping it low and inbounds.

If the ball touches a player anywhere on or below the knee (in some versions, below the ankle or waist), that player is eliminated from the game. If a player hits themselves with the ball, accidentally or otherwise, that player is eliminated.

A player may not hit the ball out of the pit. The penalty for breaking this rule is assigned to the last player to touch the ball before leaving the pit, rather than to the original hitter. Because this provision can result in a strategy of hitting the ball upwards to eliminate another player, the rule prohibiting scooping attempts to discourage this. In some versions, an exception is made if the ball hits a wall or the ground before leaving the pit; in this scenario, the exit is deemed to be the result of a ricochet, and the player is not eliminated.

Holding or otherwise using the wall to assist a jump is termed "wall jumping" and is prohibited. However, some variations allow wall-jumping.

No player may hit the ball twice in a row, unless the ball comes into contact with the wall or another player between touches. This rule is sometimes expanded to include "self-serving," which prevents the player that served the ball from being the first to touch the ball.

If a player pops the ball up into the air, another player may catch it and ground it. The other player is then out. Some variations prohibit catching completely.

A player must step out of the pit completely to show that they have been eliminated.

A player must start the game with one of their feet (or some versions hands) touching the wall of the pit. One player or a referee has to throw the ball in and have it bounce thrice and chant "Ga-Ga-Ga". If a player removes their foot (or hand) off the wall before the chant, they are eliminated.

The winner of the last game has the right to serve to start the next game.

Other rules may be added as necessary, and some may choose to play without all of the above rules. Additional rules that vary in frequency of implementation include the prohibition of blocking (using one's hands as a barrier between the ball and one's feet, rather than jumping), crouching, playing on the ground, and rolling. In other variations, an additional ball may enter play towards the end of the game if the two or three remaining players are making slow progress. Commonly, there will be a 20-second count down when play is too slow and only 2 or 3 players remain. At the end of the countdown, a new game is started.

