

## California Kickball Rules

1. You must kick from behind home plate or you are out. You get 1 roll to kick.
2. You are out if, if you miss kicking it, lose your shoe while kicking, get tagged out while off base, get hit with the ball (lower back or below if thrown from approx. 5'), get thrown out at first, caught your popfly, or you kick a foul ball (according to ground rules).
3. As many people can be on 1 base at a time. You may pass runners up.
4. Anyone off base when a popfly is caught is out.
5. Baserunners may continue to run until they are put out or the ball goes back to the center, then the baserunners must go back to the last base touched, without penalty of being put out.
6. The ball getting stuck or leaving the playing area has a 1 base limitation for all baserunners, with the liability of being put out.
7. The ball may be caught off the ceiling or wall for an out, but not the top of the bleachers or stage.
8. You must be kicked in from 5th base.
9. There are 3 outs.
10. There are 6 bases.

## Ultimate Frisbee

Equipment: 1 Frisbee, court marked off with end zones.

1. Played with 2 teams of 7. Play to 15 points, win by 2.
2. The game is started with 1 team throwing (Pull) to the other team in the end zone.
3. Once a player has caught the Frisbee they cannot run, but can have a pivot foot.
4. You have 10 seconds to pass the ~~ball~~ <sup>Frisbee</sup>, the closest defending player counts.
5. A hand-off is not permitted.
6. Change of possession: 10 seconds expired, dropped Frisbee, offensive foul, interception, blocked pass, thrown out of bounds, hand-off. Picked up at the point of infraction.
7. Defensive fouls restarts the 10 seconds.
8. Play is continuous.
9. Score = catch the Frisbee in the end zone.
10. Switch directions and the scoring team 'pulls' to the opponents in their end zone.