



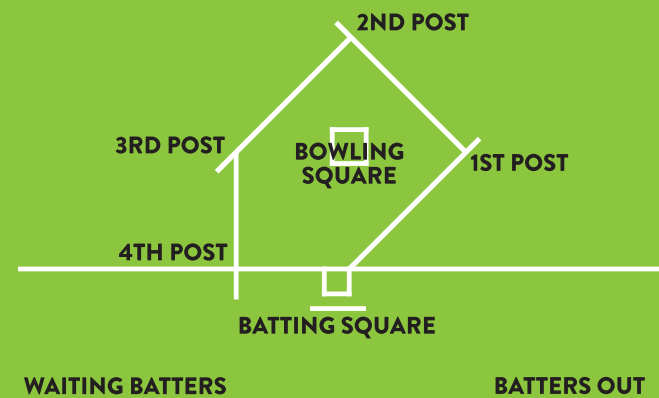
## CRICKET

### OBJECT OF THE GAME

Cricket is a game played with a bat and ball on a large field between two teams of 11 players and two umpires. The object of the game is to score runs when at bat and to put out, or dismiss, the opposing batter when in the field.

### BASIC RULES

- Two players from the batting team stand at each wicket, but the bowler only bowls to one at a time.
- A run is scored when the batter hits the ball and both batsmen successfully run to the other end of the pitch.
- If the batter hits the ball outside the boundary of the field, they receive 6 runs automatically (4 runs if it bounces).
- There are many ways a bowler can get a batter out, including hitting the wicket directly, catching the ball after a hit, and hitting the wicket whilst the batter is running (and outside of the popping crease).
- The game is over when both teams have batted and the team with the most runs is the winner.



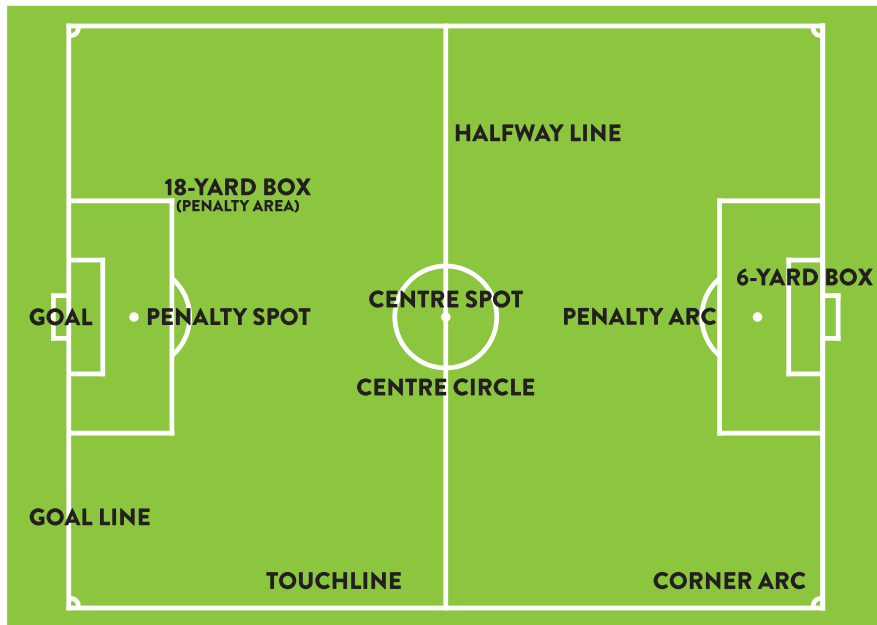
## ROUNDERS

### OBJECT OF THE GAME

Hit a ball (roughly the size of a tennis ball, but much harder) with a bat. Once the ball is hit you then need to run around 4 bases to score a run. The team with the most runs at the end of the game is deemed the winner.

### BASIC RULES

- Each team is made up of 9 players.
- One team bats while the other team fields and bowls.
- The bowler bowls to the batter, who hits the ball anywhere on the pitch.
- The batter runs to as many posts as possible before the fielders return the ball to the post the batter is heading for.
- If the fielders catch the ball directly, the batter is automatically out.
- Batters must run to at least the 1st post after a hit, but don't have to move to the next post every time a ball is bowled.
- A post can only have one batter on it at any time and batters cannot run when the bowler is in possession of the ball.



## FOOTBALL

### OBJECT OF THE GAME

Football is played with two teams of 11 players (10 outfield and one goalkeeper). Each team must try and get the ball into the opponents' goal. The team that scores the most goals by the end of the game is the winner.

### BASIC RULES

- A match is split into two halves of 45 minutes with a 15 minute rest in between.
- A referee will keep the time, the score and enforce fair play.
- During play, the ball must never be touched by the hand or arm.
- Any fouls will result in a free kick, or a penalty if it occurs in the 18-yard box.
- If the ball goes out of play off an opponent in either of the touchlines then it is given as a throw in.
- If it goes out of play off an attacking player on the goal line then it is a goal kick.
- If the ball crosses the goal line off a defending player then it is a corner kick.



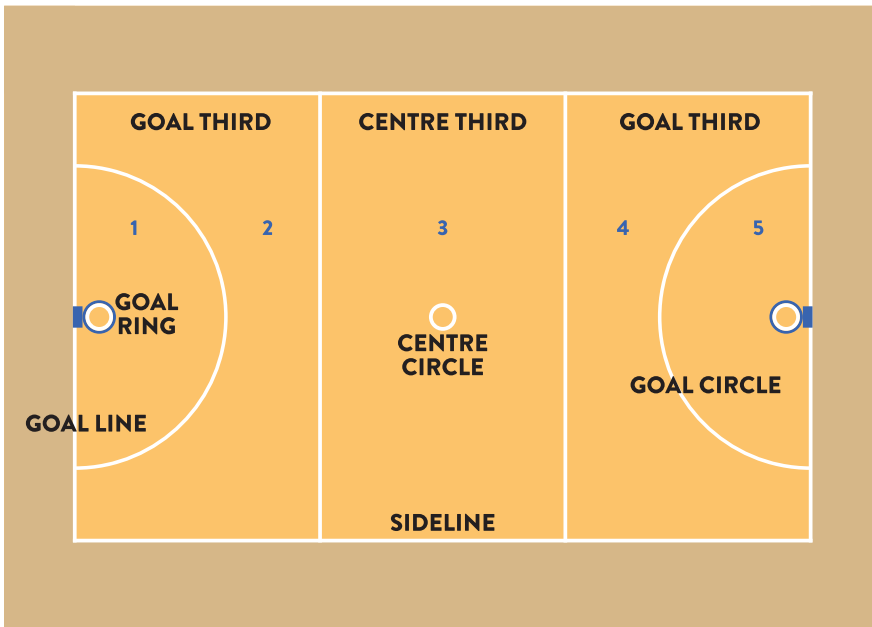
## GOLF

### OBJECT OF THE GAME

Using a golf club, players must hit the ball from the tee to the hole in as few shots as possible. A hole is classified by its par, which is the number of strokes a golfer should require to complete play of the hole. A standard golf course contains 18 separate holes.

### BASIC RULES

- Players strike the ball in turn with the furthest away from the hole going first.
- At the start of a new hole whoever took the least shots on the preceding hole shall go first.
- The penalty for a lost ball is one stroke and this includes balls struck out of bounds or into water hazards.
- The ball should be played as it is found and you must not move, break or bend anything fixed or growing.
- On the putting green a player can mark, lift and clean his ball so long as it is replaced exactly where it was.
- Players can only use up to 14 clubs throughout their round.



## NETBALL

### OBJECT OF THE GAME

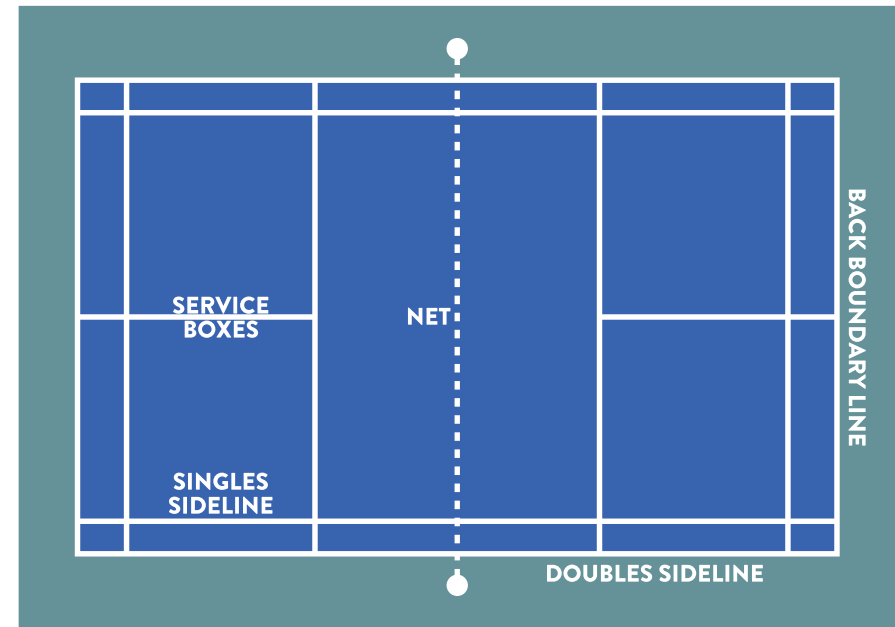
Netball is a quick passing game that is played on a rectangular court with 7 players on each team. The aim is to score more goals than your opponent by shooting the ball through a hoop suspended at each end of the court. A goal scores 1 point.

### BASIC RULES

- A match consists of four quarters lasting 15 minutes each.
- Each team can have a maximum of 7 players and a minimum of 5.
- Players cannot hold the ball for more than three seconds.
- When in possession, players must not move more than 1.5 steps.

### POSITIONS

- Goal Shooter (GS) - Areas 1/2
- Goal Attack (GA) - Areas 1/2/3
- Wing Attack (WA) - Areas 2/3
- Centre (C) - Areas 2/3/4
- Wing Defence (WD) - Areas 3/4
- Goal Defence (GD) - Areas 3/4/5
- Goal Keeper (GK) - Areas 4/5



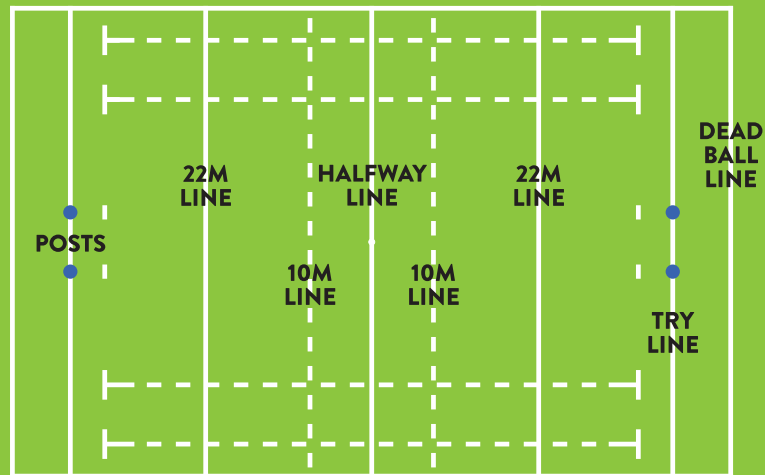
## BADMINTON

### OBJECT OF THE GAME

Badminton is played with rackets and a shuttlecock. Players can win one point by hitting the shuttlecock over the net and have it land in the designated court areas. If a player hits the shuttlecock out of the court margins or into the net, the opponent wins the point.

### BASIC RULES

- To win a game you must reach 21 points.
- A game can take place with either two or four players (singles and doubles).
- Players must serve diagonally across the net to their opponent — alternating sides after each point.
- A serve must be hit underarm and below the servers waist.
- If a player touches the net with any part of their body or racket then it is deemed a fault and their opponent receives the point.
- Each game is umpired by a referee on a high chair who overlooks the game and keeps the score.



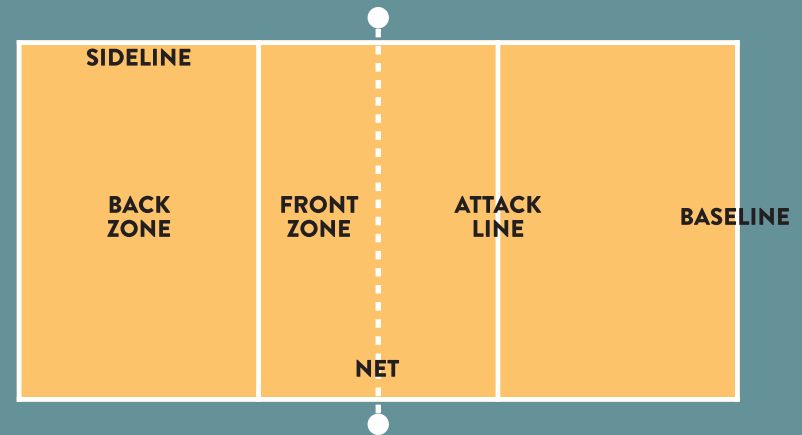
## RUGBY

### OBJECT OF THE GAME

Score more points than your opponents in the allotted time frame (usually 80 minutes). Players can run forwards with the ball but cannot pass forward. The opposing team must prevent scoring by tackling.

### BASIC RULES

- A try is awarded when an attacking player touches the ball down in their opponents' dead ball area behind the goal.
- After each try there is a conversion attempt (free kick) for an extra 2 points, where the player must kick the ball through the goal posts.
- A penalty kick and drop goal will score 3 points each.
- Tackles cannot be made above shoulder height and doing so will cause the referee to award a foul.
- Once the ball goes into touch a line out is called.
- Up to 7 players can enter a line out and any player can be lifted in order to catch the ball being thrown in.



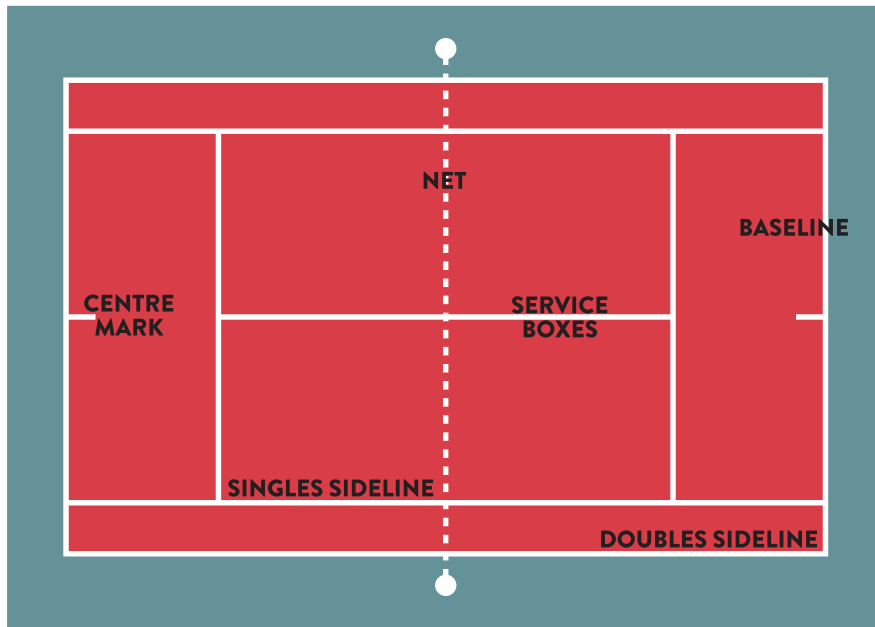
## VOLLEYBALL

### OBJECT OF THE GAME

Hit the ball over the net (using only your hands) and try to get it to bounce in your opponents half. Each team may hit the ball a maximum of three times before it is returned. A point is awarded if the opposing team fails to return the ball.

### BASIC RULES

- Each team consists of 6 players and 6 substitutes.
- Games are played up to 25 points and must be won by 2 clear points.
- The same player may not hit the ball twice in succession.
- Each point starts with a serve from behind the baseline.
- The server can use either an over or underarm motion.
- A player must not block or attack a serve.
- If the ball hits the net but still goes over, it counts as a legal play.
- Players cannot reach over the net and hit the ball.



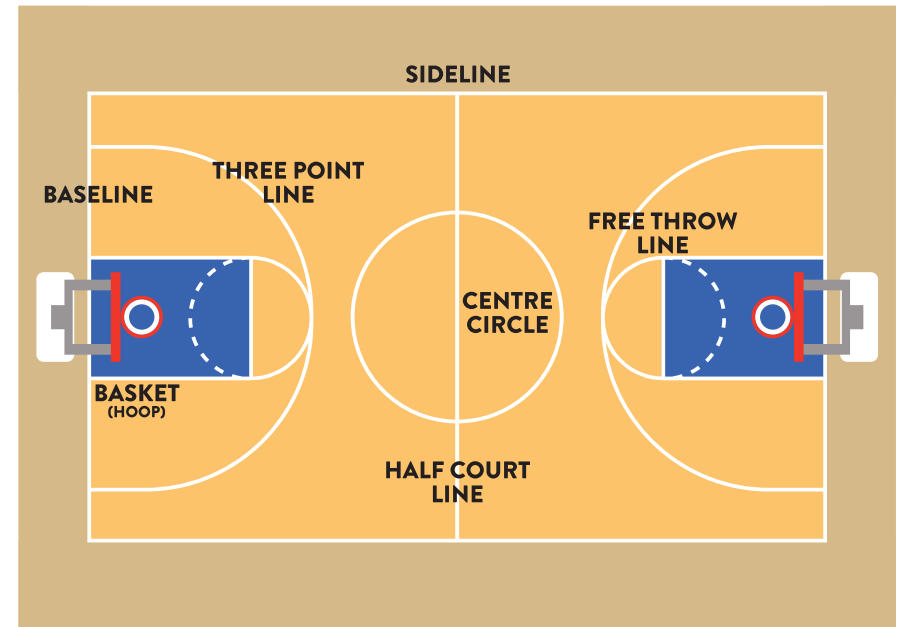
## TENNIS

### OBJECT OF THE GAME

Tennis is played on a rectangular court with a net running across the centre. The aim is to hit the ball over the net and within the margins of the court. If your opponent is unable to return the ball, you win a point. A match can be played with 2 or 4 players (singles/doubles).

### BASIC RULES

- The server must serve each point into the service box from alternative sides on the baseline.
- The server gets a second serve if the first one is out or hits the net.
- For all shots, the ball can hit any part of the line for the point to be called in, outside the line and the ball is out.
- Points are awarded in scores of 15 (1 point), 30 (2 points) and 40 (3 points).
- If a game lands on 40-40 it's known as deuce. From deuce a player needs to win 2 consecutive points to win the game.
- To win a set the player must win 6 games by 2 or more.



## BASKETBALL

### OBJECT OF THE GAME

Basketball is played on a rectangular court and the aim is to score as many points as possible by throwing the ball through the hoop. Depending on where you are positioned on the court will determine how many points are scored.

### BASIC RULES

- Each team can have a maximum of 5 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Once a player puts two hands on the ball (not including catching) they cannot move and the ball must be passed or shot.
- Each team has 24 seconds to make a shot at the basket. If a shot fails to go in, the shot clock is reset for another 24 seconds regardless of who has possession.
- After each successful basket the ball is turned over to the opposition.
- Free throws can be awarded for any fouls committed.