



Summer Camp Olympics (ages 7-12)

Activity Reference Guide



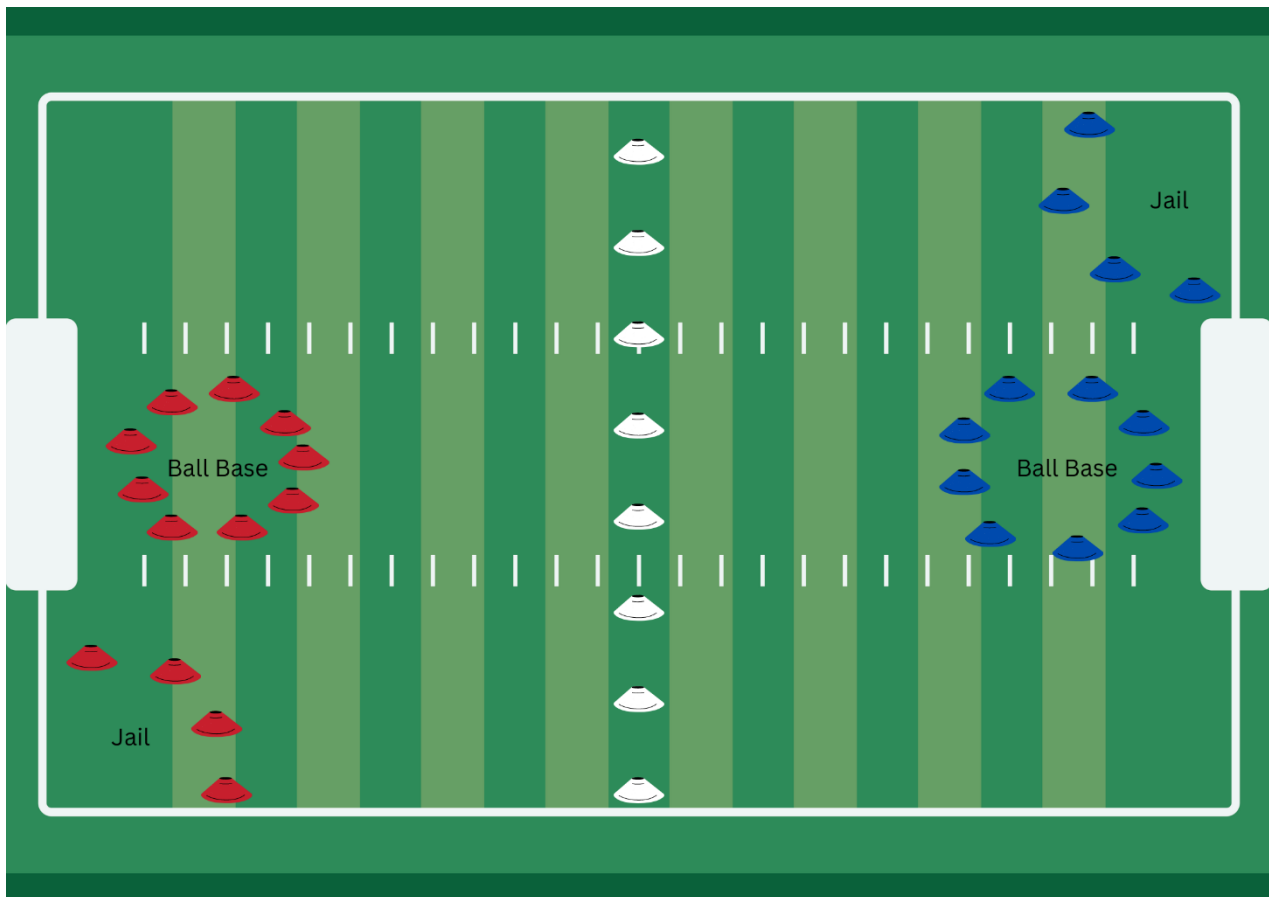
Capture the Ball (Multi-Sport)

Purpose: Running, Passing, Catching, Teamwork, Strategy

Equipment: Cones, disks/spots, Flag Belts, 2 of each sport ball (Soccer, Dodgeball, Football, Frisbee)

Set Up:

- Set-up a 50 Foot Field with cones and disks/spots, or use the lines on the field/court.
- Use spots to mark off a mid-field/court line if there is not already one.
- For each team you will circle off a ball-base area (Circle of disks/spots) on the far end of the field, and a jail (circle of disks/spots) located in the left hand corner of each field/court.
- Place 1 of each sports ball in the ball base.



Execution:

- Capture the flag rules but with sports balls instead of flags
- When coach blows his/her whistle both teams will try to steal the other teams balls while protecting their own.
- If a player gets tagged (their flag pulled) while on the opposing teams side of the field they must go to jail. The only way to get out of jail is if someone on their team tags their hand. When a player is freed from jail they must go back to their side before trying to steal the ball again. Players who were just freed get a free pass back to their side of the field. The person who rescued them does not.
- Players cannot be tagged if they are on their own side of the field/court or inside the other teams "base" or "jail" area.
- A player can only stay inside the other teams "base" or "jail" for 10 seconds before exiting. The player is only allowed to grab one ball at a time while in the base area
- The defensive team cannot step inside their own base or jail, but as soon as the offensive team player leaves the base or jail area, they are fair game.



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- Players are allowed to pass the ball to one another. If the ball hits the ground, they must return the ball to the other team's base.
 - a. The exception to this rule is SOCCER which follows soccer rules. The ball must stay on the ground at all times and no hands. They can pass it to one another but if the defense steals the ball, or the person in possession of the gets their flag pulled, the ball goes back to the jail.
- The ball must be carried over the mid-field/court line. The ball cannot be passed over the line!
- The first team to have 4 balls in their base wins the game!!!

Variations:

- NO OUTS EDITIONS: NO JAILS - If a player gets tagged, they just give the ball back and go back to their side (good when you don't have a lot of players).
- 4-Team: Split the court into four. Now each team can go after any of the other three team's balls while protecting their own. Team with the most balls at the end wins