



Gatorball



Gatorball is an activity used by the military to improve cardiovascular fitness and eye/foot-hand coordination.

Rules:

1. The object of the game is to throw or kick a gator-skinned ball into the basketballs that are set on top of cones, causing them to fall off.
2. The game starts with a jump ball.
3. You may not travel with the ball.
4. You may throw it or kick it.
5. If the last thing that the ball hits is the floor, it is a soccer ball and may not be picked up off the floor.
6. You may flip the ball up to yourself or to another player.
7. Only the goalie is allowed in the basketball key area.
8. The goalie may not touch the basketballs or the cones.
9. The goalie may travel with the ball as long as he/she is in the key.
10. After a score, the goalie starts play by throwing or kicking the ball
11. There are no out of bounds.
12. You may pass the ball to yourself one time off the wall.
13. No fouling is allowed.