COACH CLIFF'S®

GaGa ball PITS

RULES

GaGa Ball is a form of dodge ball that's normally played in a 'Pit'.

The game's roots originated in Israel. The word 'Ga' means Hit or Touch, so 'Ga-Ga' means Hit-Hit. There are several variations on exactly how the game is played, but we find these rules to be the most common and fair, while keeping the game competitive and fun:

1. To start, everyone in the pit must be touching the wall. Someone tosses the ball in the center of the pit, and it must bounce twice on the ground. As it bounces, everyone can say "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.

2. Slap-hit the ball with your hand, aiming it at another player's leg at the knee or below. If the ball hits or touches anyone at the knee or below, that player is out and must exit the pit. At any time, if a player makes any type of contact with the ball at the knee or below, that player is out.

3. Anytime the ball goes out of the pit, the last person the ball touched is out.

4. You can only hit the ball one time until it either touches another player or the wall, then you are able to hit it again. You can bounce the ball against the wall to position it if necessary; and, you can move around anywhere inside the pit during the game.

5. The game ends when the last person is eliminated or to speed up the end of the game, the last few players can be given a count-down for a tie game. Once the game is over, everyone else re-enters the pit to start a new game.

6. You can add variations to the game such as playing with more than one ball, play in teams, expand the 'hit' area to above the knee, catching the ball to eliminate the person that hit it, and any other variation you can come up with! A suggestion for school recess time is to play rotation instead of elimination. This is done by allowing a certain number of players in the pit, and forming a line for the rest that want to play. Then, as one person gets out, the next person in line goes into the game. This way, everyone that wants to play should get a chance during a short period of time.

HAVE FUN!

gagaballpits.com