

*go for
life*  *games*

Rule Book



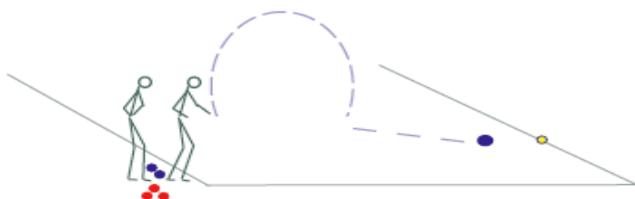
Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the official balls for Molle (indoor Petanque)

Setting up

- each player has 3 balls of one colour and a different colour to opponent

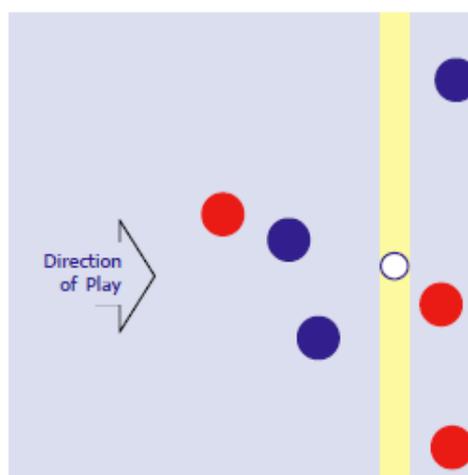


- the players play from outside the court lines
- the target is placed on the opposite side of the court (at a distance of 9 metres)

Step-by-step play

1. team named first on playsheet plays first
2. to start the first match player 1 pitches her first ball as close to the target as possible
3. player 2 now pitches a ball - and tries to land it closer to the target by either
 - a) pitching the ball closer or
 - b) knocking his opponent's ball away
4. players continue to pitch in turn until both have pitched all three balls
5. When all balls have been played, the match is over and one point is awarded to the player whose ball is closest to the target
6. the winner plays first next match
7. the game continues for 5 minutes

In the diagram the player playing red balls scores the point. In the event of both players being equidistant from the target - one point is awarded to each player.



The winner of the match is the player that has accumulated most points.

Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the discs from the standard Boccia Disc set

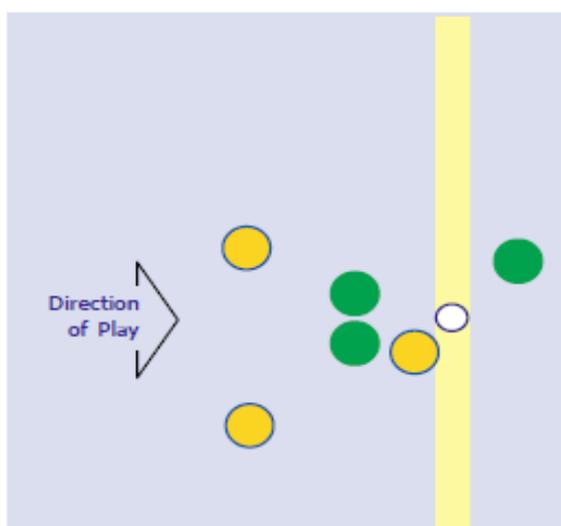


Setting up

- each player has three discs of one colour and a different colour to opponent
- the players play from outside the court lines
- the target is placed on the opposite side of the court (at a distance of 9 metres)

Step-by-step play

1. team named first on playsheet plays first
2. to start the first match, player 1 tosses his first disc as close to the target as possible
3. player 2 now pitches a disc - and tries to land it closer to the target by either
 - a) pitching the disc closer
 - b) knocking her opponents disc away
4. players continue to toss discs in turn until both players have tossed all 3 discs
5. when all discs have been played the match is over and one point is awarded to the player whose disc is closest to the target. In the diagram opposite, the player playing yellow discs scores the point. In the event of both players being equidistant from the target - one point is awarded to each player.
6. the winner plays first next match
7. the game continues for 5 minutes



The winner of the game is the player that has accumulated most points.

Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the 500g Medi ball
- using the pins from the standard indoor 10-Pin Bowling set

Setting up

- players play from opposite sides of the court facing each other
- each player places one pin on the outside sideline of the court
- the players must roll the ball from outside the court lines

Step-by-step play

1. team named first on playsheet plays first
2. to start the match player 1 bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e. no throwing/pitching) The aim is to knock down his opponents pin - a point is awarded if he is successful, none if he misses.



3. player 2 re-positions the pin if it is knocked. (The pin must be standing on the target as a player bowls.) She now bowls the ball in the opposite direction. As before, the objective is to knock down her opponent's pin and, again, a point is awarded if she is successful.

4. players bowl in turn - the match continues for 5 minutes

The winner of the game is the player that has accumulated most points.



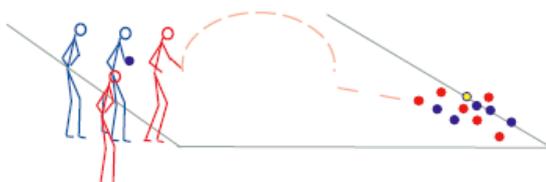
Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the official balls for Molle (indoor Petanque)

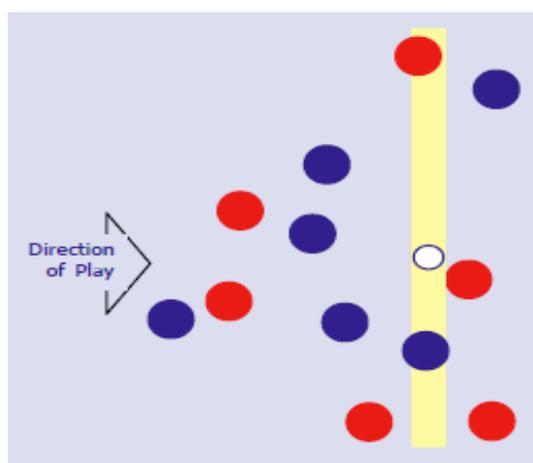
Setting up

- the game is played in opposing pairs
- each pair has 6 balls of one colour (three balls per player) and different colour to opposing pair
- players play from outside the court lines
- the target is placed on the opposite side of the court (at a distance of 9 metres)



Step-by-step play

1. team named first on play sheet plays first
2. to start the match, player 1 from Team A (A1) pitches her one ball as close to the target as possible
3. player 1 from Team B (B1) now pitches one ball - and tries to land it closer to the target by either
 - a) pitching closer or
 - b) knocking the opponents ball away
4. each player pitches balls in the order A1, B1, A2, B2 until both pairs have pitched all balls
5. when all balls have been played the match is over and one point is awarded to the pair whose ball is closest to the target. In the diagram the pair playing red balls scores the point. In the event of both pairs being equidistant from the target one point is awarded to each pair.
6. the winning pair plays first next match
7. the match continues for 7 minutes

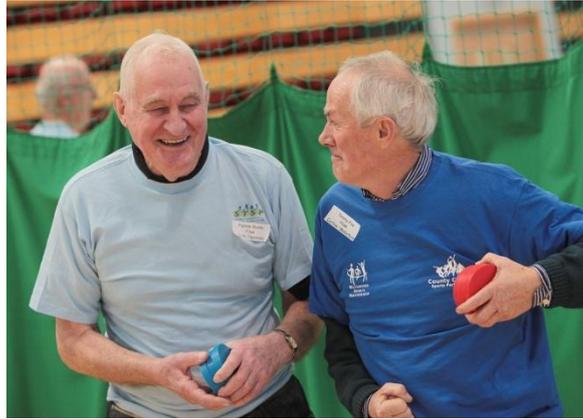


The winner of the match is the team that has accumulated most points.

Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the discs from the standard Boccia Disc set

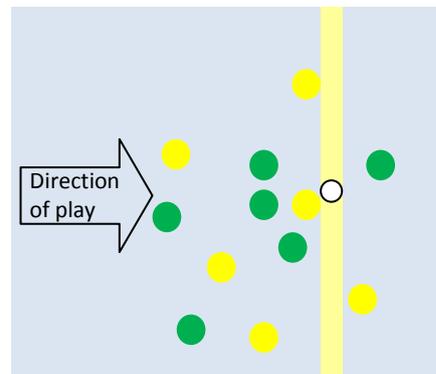


Setting up

- the game is played in opposing pairs
- each team has 6 discs of one colour (three discs per player) and a different colour to opposing pair
- players play from outside the court lines
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Step-by-step play

1. team named first on playsheet plays first
2. to start the match, player 1 from Team A (A1) pitches one disc as close to the target as possible
3. player 1 from Team B (B1) now pitches one disc and tries to land it closer to the target by either
 - a) pitching closer or
 - b) knocking the opponent's disc away
4. each player pitches both discs in the order A1, B1, A2, B2 until both teams have pitched all discs
5. when all discs have been played the match is over and one point is awarded to the team whose disc is closest to the target. In the diagram the team playing yellow discs scores the point. In the event of both teams being equidistant from the target - one point is awarded to each team.
6. the winning team plays first next match
7. the match continues for 7 minutes



The winner of the match is the team that has accumulated most points.

Playing area and equipment

The game is played

- across the width of a Volleyball Court (9 metres)
- using the 500g Medi ball
- using the pins from the standard indoor 10-Pin Bowling set

Setting up

- the game is played in opposing pairs
- pairs play from opposite sides of the court facing each other
- each pair places one pin on a target at the opposite side of the court (at a distance of 9 metres)
- the players must roll the ball from outside the court lines

Step-by-step play

1. the team named first in the playsheet plays first
2. to start the match, player 1 from Team A (A1) bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e. no throwing/pitching) The aim is to knock down his opponents pin - a point is awarded if he is successful, none if he misses.
3. player 1 from Team B (B1) re-positions the pin if it is knocked. (The pin must be standing on the target as a player bowls.) She now bowls the ball in the opposite direction. As before, the objective is to knock down her opponent's pin and, again, a point is awarded if she is successful.
4. players bowl in the order A1, B1, A2, B2 play lasts for 7 minutes

The winner of the match is the team that has accumulated most points.



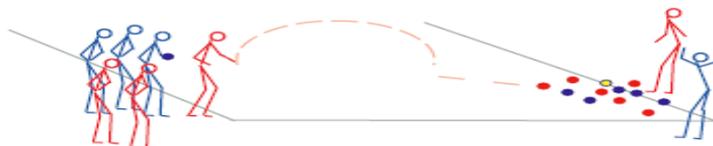
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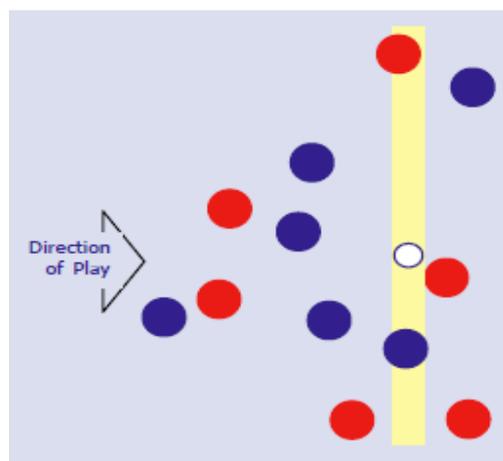
Setting up

- the game is played in teams of three PLUS a non-playing skip
- each team has 6 balls of one colour (two balls per player) and a different colour to opposing team
- players play from outside the court lines
- the target is placed on the opposite side of the court (at a distance of 9 metres)



Step-by-step play

1. team named first on playsheet plays first
 2. to start the match, player 1 from Team A (A1) pitches BOTH balls as close to the target as possible
 3. player 1 from Team B (B1) now pitches both balls - and tries to land them closer to the target by either
 - a) pitching one or more balls closer or
 - b) knocking the opponents ball(s) away
 4. each player pitches both balls in the order A1, B1, A2, B2, A3, B3 until both teams have pitched all balls
 5. when all balls have been played the match is over and one point is awarded to the team whose ball is closest to the target. In the diagram the team playing red balls scores the point. In the event of both teams being equidistant from the target one point is awarded to each team.
 6. the winning team plays first next match
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Playing area and equipment

The game is played

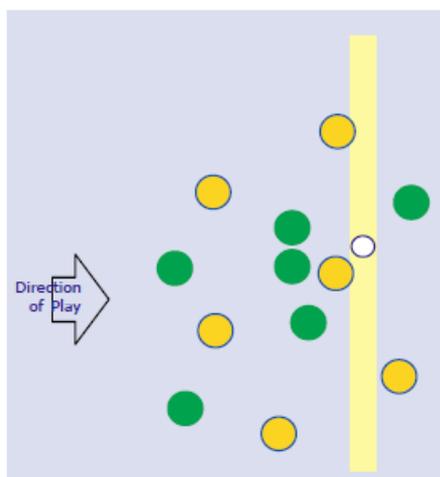
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Setting up

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 2. to start the match, player 1 from Team A (A1) pitches BOTH discs as close to the target as possible
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 - a) pitching one or more discs closer or
 - b) knocking the opponents disc(s) away
 4. each player pitches both discs in the order A1, B1, A2, B2, A3, B3 until both teams have pitched all discs
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- teams play from opposite sides of the court facing each other
- each team places one pin on a target at the opposite side of the court (at a distance of 9 metres)
- the players must roll the ball from outside the court lines

Step-by-step play

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 - 2 .to start the match, player 1 from Team A (A1) bowls the ball from outside the court area. The ball must first touch the floor outside the court (i.e no throwing/pitching) The aim is to knock down his opponents pin - a point is awarded if he is successful, none if he misses.
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 4. players bowl in the order A1, B1, A2, B2, A3, B3 - play lasts for 7 minutes
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