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Read instructions in their entirety. In the event of missing parts, call **1-800-533-0446**.

## SturTee™ Activity Instructions

### Equipment

- 6 Rainbow® SturTee™ Ball Holders
- 6 Rainbow® SturTee™ Beach Balls
- 24 Rainbow® SturTee™ Foam Balls
- 6 Rainbow® pinnies or other color indicator (not included)
- 1 VersaBag™ Mesh Bag

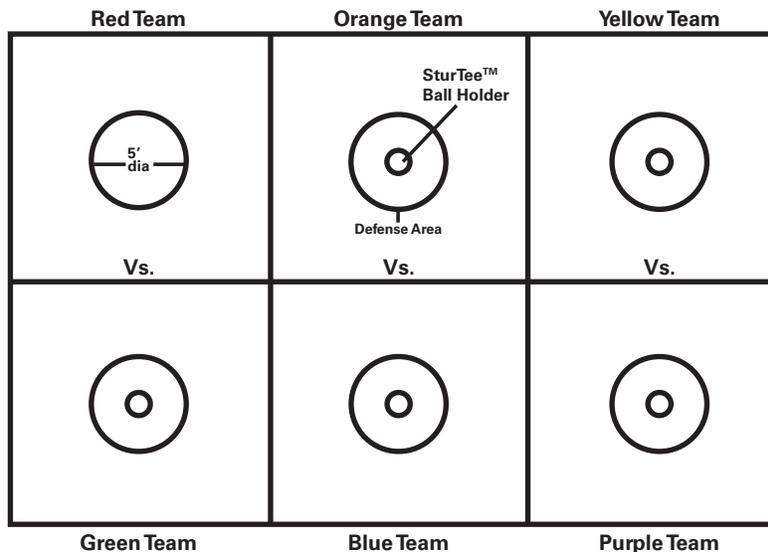
### Directions

#### 1. SturTee™ Knock Down

**Objective.** Be the first team to score 10 points or the team with the most points after the predetermined amount of time.

#### Setup.

- Court: Use the play area available; a basketball court indoors and a soccer field outdoors are recommended, but adjust the size based on the area available and the age of students. Divide the court into 6 playing areas. Create a 5' diameter circle in the middle of each playing area. As seen below:
- Teams. Divide class into 6 equal teams and designate each team a color by a Rainbow® color. Each team receives a ball holder, beach ball, and foam balls in its assigned color. Designate 1 person from each team to be the goalie by wearing the appropriate-colored pinnie or color indicator. Teams play against the team whose play area is directly across from its own.



Example from the diagram above:

- Red Team vs. Green Team
- Orange Team vs. Blue Team
- Yellow Team vs. Purple Team

### Game Play.

- Goalies play from within the defense area and attempt to keep the opponent's foam balls from knocking the beach ball off of the ball holder.
- At the signal, offensive players cross the centerline of each court with their appropriate-colored foam ball and attempt to knock their opponents' beach ball off of the ball holder.
- Offensive players may not enter the defense area.
- Offensive players may not use foam balls that do not match their team color.

**Scoring.** Points are scored when the beach ball is knocked off of the ball holder. Point values are based on how the player scores:

- Player throws the foam ball and knocks off the beach ball = 1 point
- Player bounces the foam ball off of the floor and knocks off the beach ball = 2 points

### Options.

- Rotate teams to different playing areas.
- Teams play against all teams whose play area is adjacent to theirs.
- Players must pass the foam ball after 3 steps to progress into the opponents' playing area.
- Offensive players may use any color foam ball.

## 2. SturTee™ Dodgeball

**Objective.** Be the first team to place its beach ball on the ball holder 10 times, or the most times in a predetermined amount of time.

### Setup.

- Court: Court is set up exactly as SturTee™ Knock Down
- Teams: Teams are divided exactly as SturTee™ Knock Down. Goalies are not designated.

### Game Play.

- Teams take their positions on the field, opposite their ball holder.
- At the signal, players attempt to advance the beach ball towards their appropriate-colored ball holder by running the ball or passing to a teammate.
- Defense players throw the foam balls at the opponent in possession of the beach ball.
- If the player in possession of the beach ball is hit with a foam ball they must return to their side of the playing area with the beach ball.

**Scoring.** 1 point is scored when the beach ball is placed on top of the ball holder.

### Options.

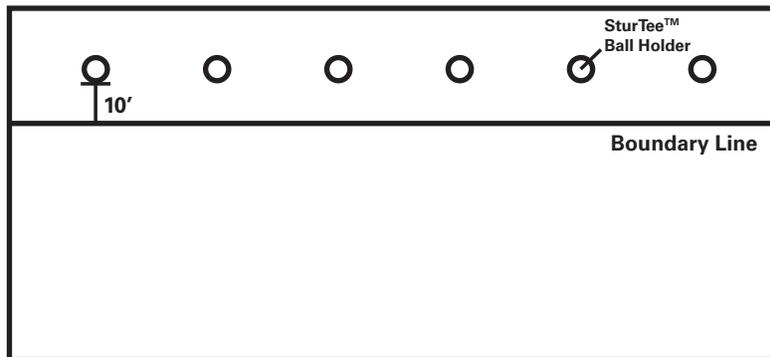
- Players may only take 3 steps before passing the beach ball to a teammate to advance down the field.
- Defense players may only throw their colored foam balls.
- All teams play in 1 playing area.
- Designate teams as allies and opponents based on color. All teams play in 1 playing area.

### 3. Last SturTee™ Standing

**Objective.** Be the team with the most points after 5 rounds.

**Setup.**

- Court: Use the play area available; a basketball court indoors and a soccer field outdoors are recommended, but adjust the size based on the area available and the age of students. Place the ball holders in an evenly-spaced line on one end of the gym. Mark a boundary line 10' in front of the line of ball holders.



- Teams. Divide class into 6 equal teams and designate each team a color by a Rainbow color. Each team receives a ball holder, beach ball, and foam balls in its assigned color. Designate 1 person from each team to be the goalie by wearing the appropriate-colored pinnie or color indicator.

**Game Play.**

- Goalies take their position in front of the appropriate colored ball holder and beach ball.
- At the signal players attempt to knock their opponents' beach ball off of the ball holder by throwing the foam balls.
- 1 offensive player from each team may cross the line to retrieve the foam balls.
- Offensive players cannot cross the boundary line besides to retrieve the foam balls.

**Scoring.** The last team whose beach ball remains on its ball holder receives 1 point. The team with the most points at the end of 5 rounds wins.

**Options.**

- Designate more than 1 player as goalie.
- Offensive players may only throw their colored foam balls.
- Change the layout of the court. Place the ball holders in a large circle, with offensive players on the outside.