

Games Not for the Faint of Heart

Competitive Group Games

Buckeye Leadership Workshop 2018

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Get-To-Know-You Games

Dumb Dice

Time: 10-15 Minutes

Number of Players: 2-8

Equipment: 2 Dice, 1 Pen, 1 Piece of Paper per Person

Play:

1. One person starts rolling the dice
2. In a clockwise motion, each player will take one turn rolling the dice.
3. If someone rolls doubles, they grab the pen and write numbers in sequence to an arbitrary number of your choice.
4. The dice are rolled in the same clockwise manner until another person rolls doubles, at which point they begin to write and the previous writer rejoins the rolling group.
5. Players will continue the sequence each time they roll doubles until someone reaches the chosen number.

Postman

Time: 10-20 Minutes

Number of Players: 6-15

Equipment: Place Markers (Floor dots, chairs, rocks, etc.)

Play:

- Everyone stands in a circle in front of or on a place marker.

- There should be one person without a place marker. This person is “it.” They will then say something about themselves. For example, “I have blue eyes.”
- Anyone who has something in common with the given statement must move to a new spot in the circle at least two spots away from where they started.
- Whoever is left without a place marker becomes “it.”
- Watch out for players singling out characteristics if some players already know each other.
- If a player cannot think of something to share, create a phrase that forces everyone to move (such as hurricane, tornado, etc.).

Honey I Love You

Time: 10-30 Minutes

Number of Players: 6-12

Equipment: N/A

Play:

1. Form a circle with one player on the inside of it (this person is considered “it”).
2. The person who is “it” must approach players on the outside and ask, “Honey, do you love me?”
3. The player on the outside who has been prompted from the player who is “it” must respond with, “Honey, I love you, but I just can’t smile,” and must do so without smiling and/or laughing.
4. The player who is “it” can make as many silly gestures and faces as they’d like but are not allowed to touch the players on the outside.
5. If the player on the outside smiles and/or laughs after being prompted by the player on the inside, they are now “it” and they player on the inside takes the other players spot on the outside.

True, False

Time: 10-30 minutes

Number of Players: 20-80

Equipment: N/A

Play:

1. Divide number of players into two even teams.
2. Have each team line up face to face against opposite team.
3. Title one team as the true team, and the other team as the false team.
4. State true statements or false statements. If you say a true statement (The sky is blue) then the true team will try and tag the false team before they retreat to their safe base/line. If you say a false statement (The sky is green) then the false team will try to tag individuals on the true team before they retreat back to their safe base/line.
5. If an individual is tagged before he retreats back to his safe base, he must join the other team (sharks 'n' minnows method).

Active/Outdoor Games

Circle Rules Football

The Circle Rules Federation is comprised of the co-creators and most avid players of the new sport, circle rules football, invented in 2006 as a senior theatre project at NYU's experimental theater wing.

The Basics

- 1) Circle rules football is played on a circular field (approx. 50 meters diameter) with one goal in the center (2 or 4 meters wide, depending on number of players, and 3 meters tall), and a [circle rules game ball](#)
- 2) Each team scores through opposite directions of the same goal
- 3) Players can touch the ball with any part of their body so long as they do not hold it or trap it.
 - a. New for 2017: the “pizza hold” is allowed (using fingertips on one hand to carry ball without touching it with any other body part)
- 4) Around the goal there is a circle called the ‘key’ (6 or 8 meters diameter)
- 5) **KEY VIOLATIONS:** If a player on the defense touches the ball inside the key, the opposing team takes a penalty shot, a direct kick 10 meters from the goal, with all other players remaining on the opposite side of the midline until the ball crosses the midline (like a free throw). If a player on offense touches the ball inside the key, that player is suspended for one minute with no substitute. The opposing team gets an indirect kick from the spot of the foul.
- 6) When playing with five or more players per team, each team is allowed only one goalkeeper inside the key. These goalkeepers may not score for their own team but may defend.
- 7) Key violations in goalkeeper games (10+ players), are all penalized as one-minute suspensions. In addition, non-gokeeper players who enter the key but do not touch the ball are suspended for 30 seconds.
- 8) Goalkeepers (when applicable) have full open-hand contact with each other within the key. Striking, grappling, and contact above the neck is prohibited. (Think of it like boxing out in basketball or offensive line in American Football)
- 9) Contact between players (goalkeepers excluded) is minimal. ‘Go for the ball, not the player’. Stationary picks or screens are allowed.

- 10) When a goal is scored, the scoring team starts inside the key, and may kickoff in any direction they choose. The kicking team may not leave the key until the receiving team has touched the ball.
- 11) An Official game is typically played in four, fifteen-minute periods (or however long you want).

For complete rules, to buy a ball, and to join the email list, head to: <http://circlerulesfederation.com>.

Field Noodle

Time: 30 Minutes

Equipment: Pins (Can use partially filled two-liter bottles), sport balls

Number of Players: 8-20

Play:

- Set up a rectangular field to fit the number of players in the game; the field should have a line in the middle to denote the sides.
 - o A Basketball court is a suitable size to play this game
- Create two equal teams; Line up the teams behind the back lines of their respective playing area and assign a number 1-X to each member of each team.
- Have each team set up their pins (five pins per team is a sound number) strategically around their playing area (Note: all pins *can* be lined up on the back line if so desired).
- Line up the balls on the center line, then call out a number that was assigned earlier and have each member of the team who was assigned that number run out to the center line and hit the balls back to their team.
- Team members cannot leave the line until they have touched a ball.

- Players can then attempt to knock down the opposing team's pins by rolling or throwing their ball toward said pins. On defense, you may knock the incoming ball(s) with your hands or another ball you may be holding.
- The first team to knock down all the other team's pins wins.

Variations:

- When a pin from the other side is knocked down, the player who knocked it down raises his/her hand and retrieves the pin and sets it up on their own side. The first team with all the pins wins.
 - o This variation is useful to extend the length of the game and gives the team who is behind a chance to catch up at any point.
- If a ball hits a player below the knees, that player goes to the other side to play for that team.

Four on the Couch

Time: 20-45 minutes

Number of Players: 12-25

Equipment: Paper and pen

Play:

1. Make group of people assemble into a semi circle with four people on a couch (two from team one, and two individuals from team two).
2. Goal of the game is to get the whole couch filled with people only on your team.
3. Have each player write his/her name on a slip of paper.
4. Have everyone put their name in a basket.

5. Have each person pull a name out of the basket.
6. The name that player pulled, is his identity that game regardless of whether it is his actual name or not.
7. Number each person off in ones and twos so that every other person is on team 1 and the opposite is team 2.
8. There should be an empty spot to the left of the last person on the couch. The person to the right of the empty seat may call a name (it can be his or anyone elses). If someone drew the slip of paper whose name was just called, he must move to the empty seat.
9. The goal is for team 1 to figure what the two individuals fake identity is on the couch so that they can be replaced with people who are on team 1.

Go for the Goal

Time: Two 15 Minute Halves

Number of Players: 8-20

Equipment:

- Large Rubber Ring (Big enough to fit a hand through)
- Large Field (Min. Size: 100 ft. x 200 ft.)
 - o Mark:
 - Outline
 - Beginning of Scoring Zones
 - Midfield

Play:

- Break into two even teams
- One team starts with the ring at midfield
- Offensive players spread out and run around, attempting to get open. When the ring is thrown to a player, they must catch it by putting their hand/arm through the ring. The ring cannot be grabbed.
- If the offensive player catches the ring, the player must stop where they have caught the ring and are the new thrower for the team.
- The opposing team can play defense, attempt to catch the ring, or knock it down. If the ring is intercepted or touches the ground, the opposing team would then become the offensive team.
- At any point, a team on offense may choose to change direction and may continue to change directions to whatever extent they wish.
- The offensive team may score in either goal at any point.
- Players must successfully catch the ring within a goal zone to score a goal.
- Scoring zones only have a beginning and no end boundary.

Variations:

- You may require teams to alternate passes from girl to boy to girl to boy, etc.
- Teams may be required to pass a designated number of times before they can pass the ring into the goal zone.

Island Ball

Time: 10-45 Minutes

Number of Players: 8-20

Equipment:

- Softer, Throwable Balls (More is Better)

- 6 Cones
- Play Area (Basketball Court, Any large area with a circle in the middle)

Play:

- Create an “island” in the middle of the gym.
- Set up 4 cones to create corners players must run around. Use the last two to create a safe “start” and “finish” area around the line-up area.
- Select 2 players to be the first throwers and have them enter the “island.”
- Everyone should line up in one corner of the gym behind the cone designated as the start. A leader stands at the front of the line and sends 1 runner out at a time, spaced approximately 5 seconds apart.
- Any player who is hit immediately joins the throwers on the island (balls that hit the ground first are dead and do not count).
- Players on the island may retrieve any balls that have been thrown or have left the island but may only throw balls while within the area designated as the island.
- When only two runners remain off the island, start over with the two final runners on the island and everyone else back in line.

Variations:

- At the start of each round, announce a new way the runners must move around the gym (skipping, spinning, walking backwards, etc.).

KJKJ / Jugs

Time: 15-20 Minutes (Usually Played Multiple Times)

Number of Players: 10-50

Equipment:

- 15-20 Tent Pegs/Dowels/Sticks/Etc.

- Method to Divide the Field (Long Rope, Field Paint, Shaving Cream, etc.).
- Method to Define Tent Peg Circles (Field Paint, Shorter Rope, etc.).

Play:

- Place the tent pegs into a marked circle about 10 ft. in diameter.
- Each team tries to get all the pegs into their circle.
- Players run from their side to the opposite tent peg ring. Players are safe within their own team's side and tent rings.
- Players that are tagged on their way to the ring are frozen and cannot move. If they were carrying a tent peg, the tent peg will be returned to the respective circle.
- Once a player touches a tent peg, they may be chased even while within the circle.
- To be unfrozen, a player must lock elbows with a free player. Both players will then receive a free pass back to the other side.
- Tent pegs cannot be thrown, must be clearly visible when being carried, and must be taken to the other side by the same player who removed it from the ring.
- The game is over once the last peg is taken across the middle line.

Variations:

- You can use piles of 2 L pop bottles. When a player secures a bottle, they put it on their head and may then walk back across to the other side.

Nine Square in the Air

Time: 10-30 Minutes

Number of Players: 9-30

Equipment:

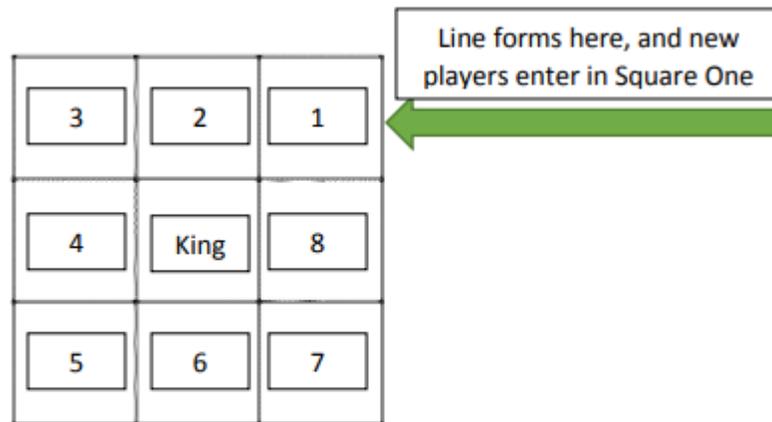
- Nine Square in the Air Set (Can be purchased at <http://www.9squareintheair.com/>)

- Can make your own 3x3 setup with PVC pipe, steel (if you have welding capabilities)
- Fairly Large, Lightweight, Bouncy Ball

Play:

- Choose the first nine players (You may choose to determine the “King” by the birthday that is closest to the day). The remaining players fill in the squares according to the diagram below.

FIG. 4



Game Rotation

- The King serves the ball from the center square to any other square by hitting the ball up and out of the top of the center game square.
- Players must return the ball to another player’s square by hitting the ball back through the upper square.
- If a player fails to return the ball to another player’s square, that player is out and returns to the back of the line. Each time a player other than the King gets out, they receive a point.
- When a player leaves their square, the other players advance to occupy the next open square in the numerical sequence.
- Double hitting the ball results in that player being out.

- Players cannot catch or carry the ball. It must be hit with one or two hands.
- If a player hits the ball completely out of the square-frame, the player that hit the ball is out.
- Spiking is allowed, however if it becomes an issue, do not allow the option.
- Blocking is allowed.
- During play, players may not touch the square-frame; if they touch it, they are out.
- Once the King reaches an arbitrary score number, they win and then return to the back of the line.

Piccolo / Nuke ‘Em

Time: 10-45 Minutes

Number of Players: 6-16

Equipment:

- Volleyball (Any soft ball that can be hit with the hands will suffice).
- Volleyball Net (You may also string up tarps, use a rope, etc.).
- Volleyball Court (Any play area large enough to give players plenty of space is acceptable).

Play:

- Divide the players into two equal teams.
- Space out players on each team evenly within the designated playing area.
- One chosen team will give the ball to a player who may then pass the ball to a teammate or throw the ball over the net within the opposing team’s playing area. Teams may only pass the ball up to three times before being required to throw the ball to the opposing team.

- Players must catch the ball so that it does not touch the ground. If the ball touches the ground, the player closest to the spot where it touched the ground is then out.
- If a player catches the ball with only one hand and without using any other part of the body to do so, the player that has been out the longest is then brought back into the game.
- The team that retains some amount of players when the other team has all of its players out is the winner.

Prisoner's Base

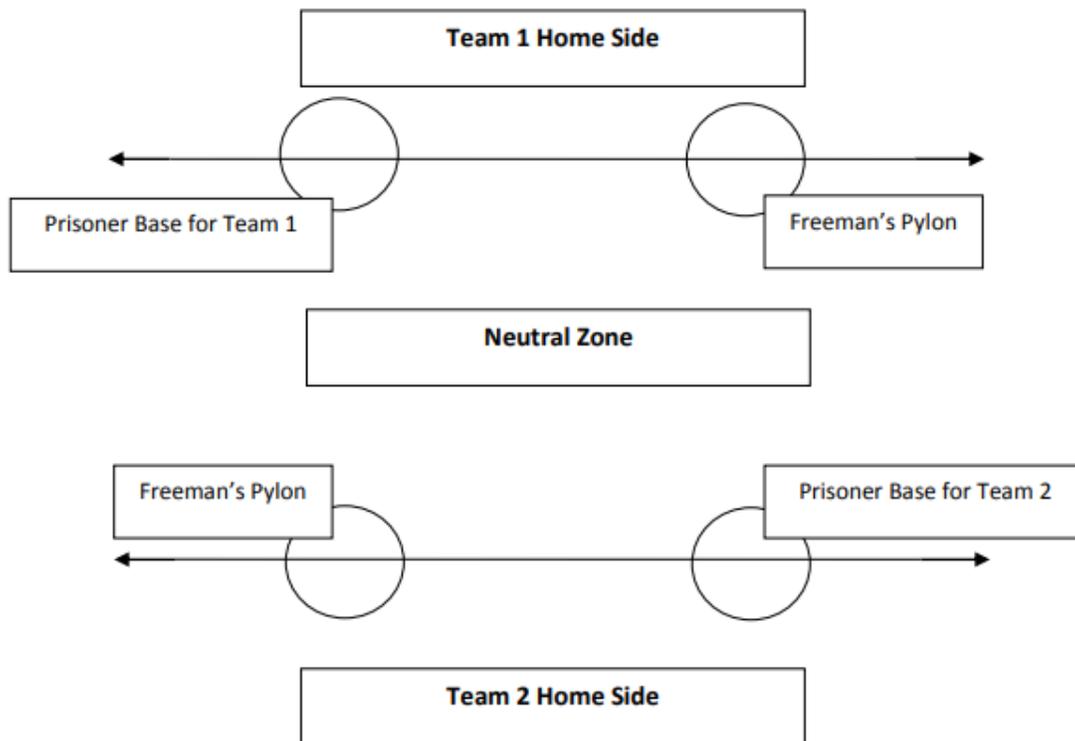
Time: 15-20 Minutes

Number of Players: 8-20

Equipment: 4 Pylons/Cones

Play:

Prisoner's Base Set-Up



- Four pylons are placed in a large rectangle or square.
- Each team's home side is behind their own two pylons.
- The area created by the four pylons is the neutral zone.
- Each team tries to capture all the players from the other team in their prisoner's base.
- Players may only tag another player who came out of their home side before the first player did. It is necessary, then, to keep track of the order players left their home side.
- When a player is tagged, they are escorted to the capturing team's prisoner base pylon.
- The prisoners may form a human chain of up to three people off the pylon. Any other prisoners must stand behind the pylon.

- To be freed, the prisoner at the head of the pylon must be tagged by a free team member. The freed prisoner gets a free pass back to their home side, however the free player who tagged the prisoner does *not* receive a pass back to their side.
- The team lines extend indefinitely out to each side of the pylons.

Variations:

- You may use the second pylon as a freeman's pylon. If a free player makes it to the freeman's pylon without being tagged, they can stay on the pylon and tag any member of the opposing team that steps into the neutral zone. The player may also raise their arm to signal that they are freeing the lead prisoner from the prisoner's base.

Protect the President

Time: 20-30 Minutes

Number of Players: At Least 15

Equipment: Soft, volleyball-sized, throwable ball

Play:

- Choose two volunteers to be in the middle. Designate one as the President and the other as the bodyguard.
- All other players circle around the President and the bodyguard.
- The players in the circle try to hit the President with the ball.
- The bodyguard's job is to protect the president. They may do anything with their body to do so (jump, squat, dive, etc.).
- If the ball hits the President at any time, the person who threw the ball (or the last person to touch it) then becomes the bodyguard, the bodyguard becomes the President, and the President returns to the circle.

- The moment the President is hit, the new President is vulnerable as the transition is instantaneous.
- Do not intentionally aim for the head of either the President or Bodyguard.
- You may implement a shot clock to prevent excessive passing and to speed up the game.

Watermelon Rugby

Time: 15-45 Minutes

Number of Players: 10-20

Equipment: Watermelon, Cones/Field Paint, Team Indicators

Play:

- Use normal Rugby rules for everything except the ball.
- No tackling; two-hand touches mean the offensive player with the watermelon must stop moving.
- Once the melon breaks, continue with the largest piece.

Ultimate Cabbage

Time: 15-45 Minutes

Number of Players: 10-30

Equipment: A Cabbage

Play:

- Use the rules for Ultimate Frisbee as a general set of rules.

- Players must pass at least three times before scoring (facilitators may also choose to require the cabbage be passed to a female player before scoring as well).
- Once one team has scored, the opposing team moves to the other end of the field, at which point the team that scored will roll the cabbage to the other team.
- The game is over once the cabbage is smaller than a softball.