

...

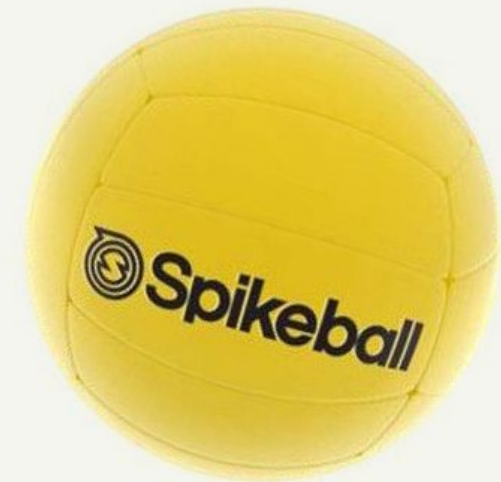
# Field Games



# Spikeball

## History of Spikeball

The CEO of Spikeball, Chris Ruder, first discovered the game in the 1980s. The game is a team sport, which consists of two teams of two players. When the game is started, the two teams will line up adjacent to each other on opposite sides of the Spikeball net.



# Spikeball



## How to Play Spikeball

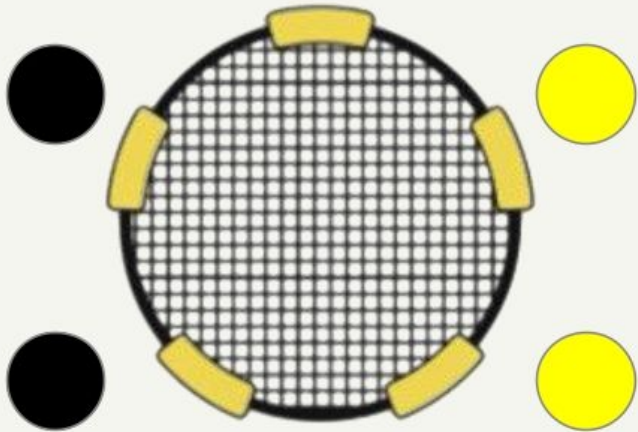
A player starts a point by serving the ball down on the net so it ricochets up at his opponents. They have up to three hits between them (just like Volleyball) to control the ball and bounce it back off the net. When they miss, you score.



# Rules for Spikeball

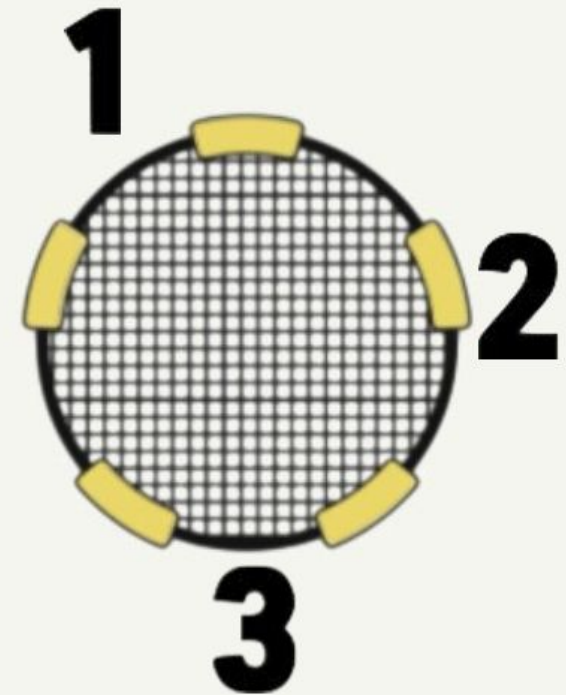
- **2 VS 2**

Team 1 serves to Team 2 to start a point



- **3 TOUCH**

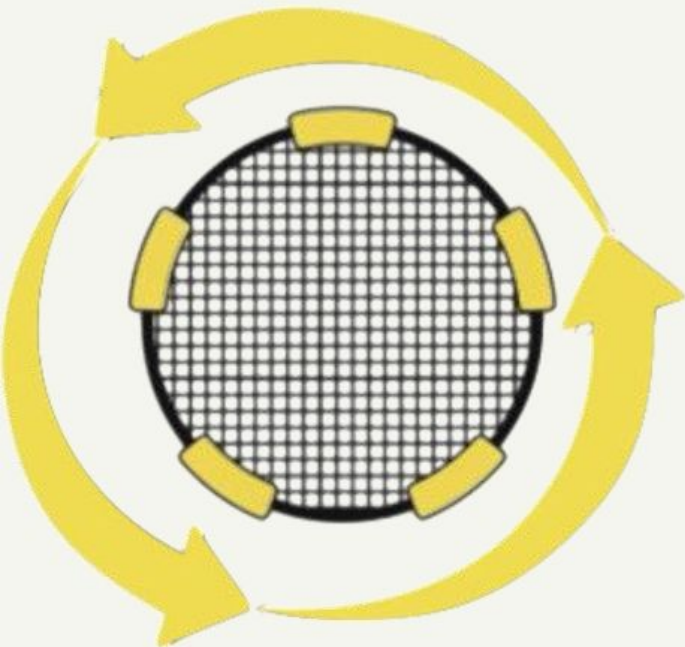
Players have up to three alternating touches to return the ball to the net



# Rules for Spikeball

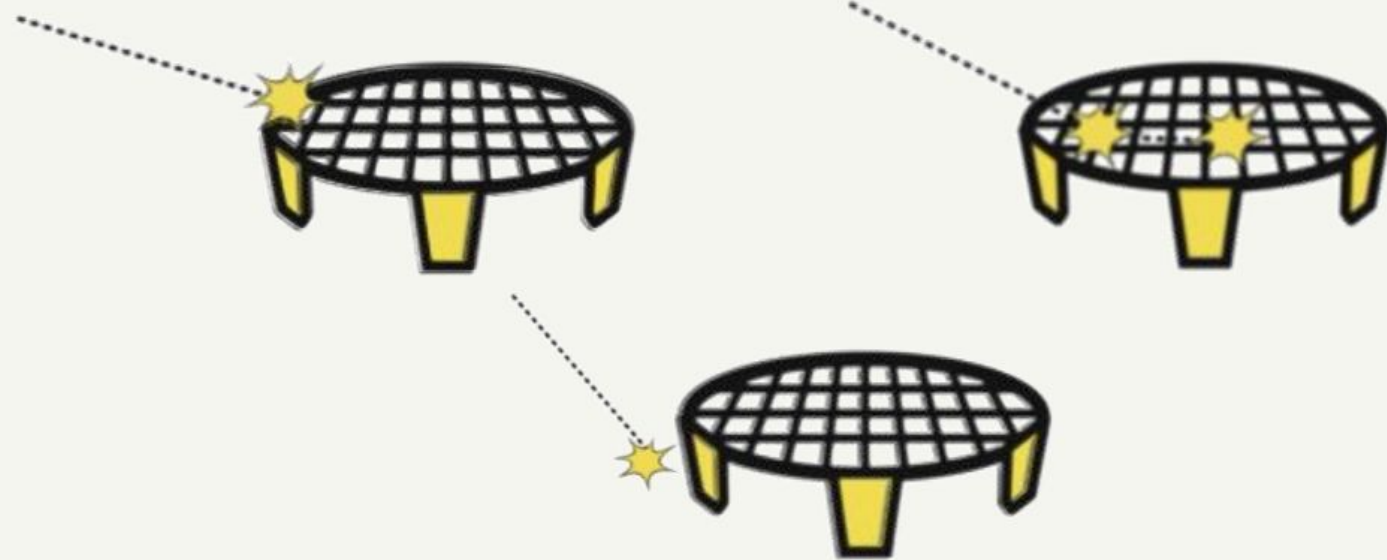
- **360 PLAY**

After the serve, players can move or hit in any direction



- **SCORING**

Points are scored when the ball hits the rim, the ground, or bounces more than once on the net





# How to Play Spikeball



# Spikeball Gameplay Example

# Kan-Jam

## History of Kan-Jam

Kan-Jam was created in the 1980s by Charles Sciandra and Paul Swisher in Buffalo, New York, originally being called "Garbage Can Frisbee". The game was started just by the two friends messing around, and throwing a disc into a can.





# Kan-Jam

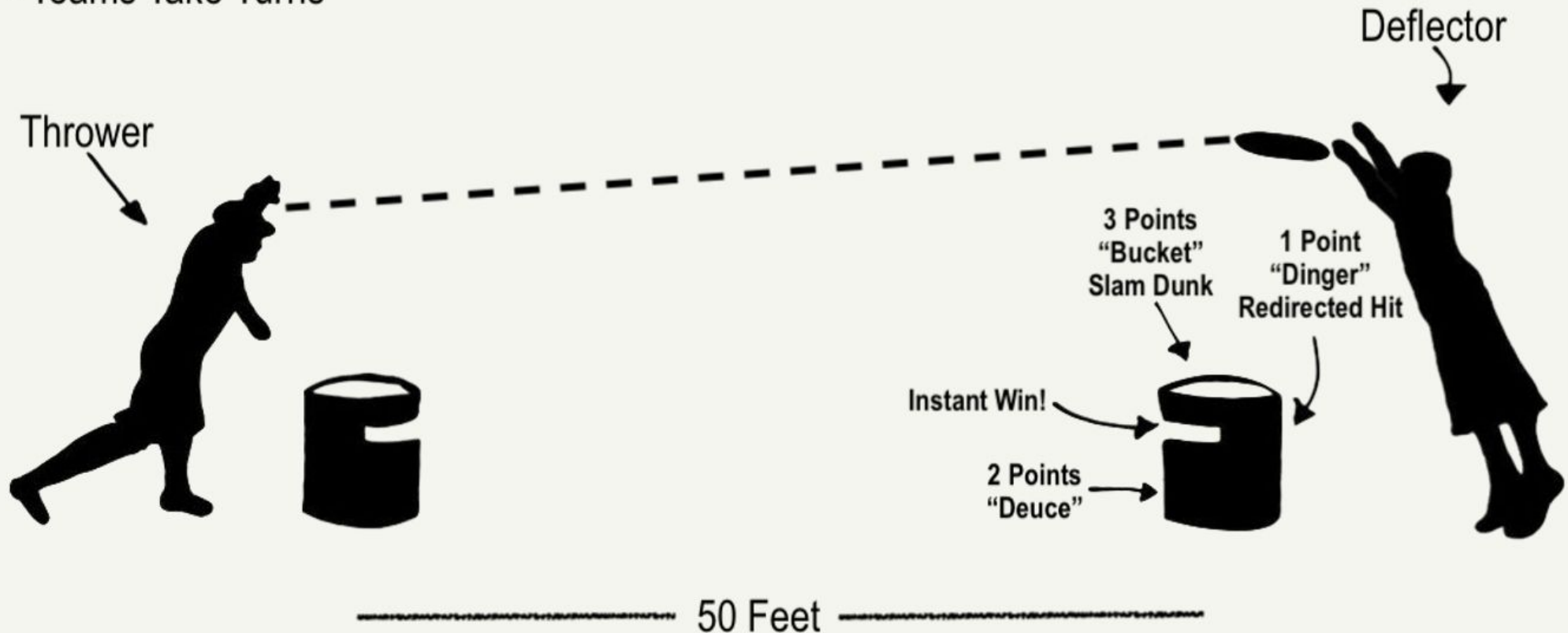
## How to Play Kan-Jam

Points are awarded for a Dinger, when the flying disc is deflected by your partner into the side of the kan (1 point), a Deuce (a.k.a. "direct hit" or "direct"), when the flying disc hits the side of the kan without help from the deflector (2 points), or a Bucket, when the flying disc is deflected through the top (3 Points)



# Rules for Kan-Jam

- Play to 21 or instant Win
- Two Teams of Two
- Teams Take Turns





# How to Play Kan-Jam





# Kan-Jam Gameplay Example

# Critical Elements for a Backhand Frisbee Throw



- Face your target with feet squared up
- Hold the Frisbee with your dominant hand.
- Place the index finger along the outside edge, thumb on top and the other three fingers wrapped around rim of the disc.
- Bring the disc towards the body by curling the throwing arm making sure to keep the disc level.
- Step perpendicular to your target and over your non-dominant foot. Extend the arm and snap at the wrist (*still keeping the disc level*)