

PLAYGROUND RULES

Bathgate Elementary School

**There are no exceptions to these rules, and there is no saving of places in line for any of the games.*

**Using positive words at all times with students and peers.*

Playground Rules

1. Students must walk on the blacktop at all times.
2. Stay only in supervised areas during recess (blacktop and field, where you can be seen)
3. Use the bathrooms and drinking fountains before the freeze bell rings.
4. Play safely, without roughhousing, play fighting, or pretend weapons
5. Always follow the instructions of the student supervisors (Pink Ladies) or teachers on duty.
6. Never throw any objects other than playground balls.
7. Do not bounce balls against the buildings.
8. Respect school property.
9. Food should be eaten in the designated eating areas.
10. Use all equipment safely and for its intended purpose.
11. No toys from home are allowed at school.
12. Freeze when the bell rings at the end of recess or lunch. After the teacher or student supervisor has blown the whistle, **walk to your classroom lines and sit down in straight lines.**
13. ** Follow all game rules, and remember that games are open to all students.

**Game rules can be found on the school's website and are reviewed regularly in the classroom.

BOUNDARIES

- Students will stay on blacktop area and on the field. Students may not go behind portables or in hallways where they cannot be seen. On the field, students can play on the soccer field, and on the grass by the Big Toy. Students may not go to the edges of the field.
- Students are not to go back to the classrooms without an adult present.

BIG TOY RULES

- Students will use the ladders only to get on.
- No jumping off any section
- No running, chasing or playing tag or hot lava monster in the big toy area.
- No playing **under** any part of the equipment

Climbing Toy

- **Swings** - Swing facing the toy. Those waiting should count to 30 (count by ones each time feet come up), and wait by the blue pole. No jumping off swings or spinning on the swings.
- **Steps** – Stairways are the only acceptable manner for going to the top of the slide. No walking up the slides.
- **Slides** - Wait until the person ahead of you steps off. Only one person at a time should go down and should be sitting on their bottom.
- **Coil and Zig Zag Bar** - These are for going down only, no jumping off.

- **Horizontal Ladders** – You start at the yellow rings. Do not sit on top or hang by your knees. One person at a time may cross.

High Bars

- Two hands on the bars at all times
- No bodily contact with others (including helping your friend spin around the bar)
- No sitting or standing on the bars
- No jumping off the platform to the bar

Low Bars

- One person on the bar at a time
- Keep two hands on the bars
- No standing on the bars
- If there is a line, do two tricks then go to the back of the line.

Track (Glider) Riders

- First graders are not allowed on the glider
- Enter from the platforms only
- One student at a time, with no more than two students on the platform
- No pushing/pulling a rider to the other side
- A student arriving at the end of the ride must send the handle back

Triangle Rings

- First graders are not allowed on the triangle rings
- One student at a time, with no more than two students on the platform.
- No bodily contact with others
- No skipping rings

Caterpillar Crawl

- One student allowed at a time
- Crawl in the same direction
- Continue across without stopping
- No jumping from the top of the toy
- No flipping on the caterpillar

Chain Ladder

- One student allowed per chain ladder
- No pushing on the ladder
- No climbing on the top of the chain ladder railing
- No jumping from the top of the toy
- Use feet to cross at all times.

Hand/Foot Spinners

- One student at a time
- Students waiting to use the spinners must wait at least three feet away and count to thirty before requesting the student to dismount

Barrel Roll

- One student at a time
- Count to thirty before requesting a student to dismount

HANDBALL

There are three handball courts. In order to give everyone a chance to learn and play, the two courts next to each other will be designated for intermediate and advanced learners. The other court, facing the opposite direction will be designated for beginning players. For the handball game there will be 2 or 4 players playing (to be decided before the game begins), and the rest will remain BEHIND the line.

1. 2 to 4 players at a time
2. Each player takes turns hitting the ball against the wall with one player serving it.
3. Ball must bounce **once** before hitting the wall.
4. Players alternate hitting the ball by taking turns.
5. Players can hit the ball before it hits the ground or let it bounce once within the boundaries of the court
6. Players move up in position as others are eliminated; from 4 to 3 to 2 to 1, 1 being the server. The new player is in position 4. Players hit the ball in this order.
7. No unfair rules or rules that may cause injury.
8. No teams, lives, or chances.
9. If there is a disagreement in the call a redo may take place.

Fouls for handball:

- Throwing ball instead of hitting it
- Catching or stopping ball during play
- Hitting the ball twice in one turn
- Ball bounces outside court
- Ball bounces or is hit over the wall
- Ball Bounces twice

*Students cannot make up new rules. The first person in line is the judge to determine who is out on any disagreeable plays.

FOUR SQUARE

1. Two to four players may play at one time; one player per square.
2. Server tosses the ball underhand from the furthest corner of square "A" to any of the other three squares.
3. Ball must bounce in one of the other squares
4. Each player must hit the ball, open-handed to another square, when it lands in their square
5. Players may only hit the ball once to pass the ball to another square
6. All "**liners**" are good.
7. A ball landing on an interior line may be played by either player. If neither player responds, then both players are out. If both players attempt to pass the ball, but are unsuccessful, both are out.
8. New players enters at square "D" and attempts move from "C" to "B" to "A" as others are eliminated.

Fouls for four square:

- Stepping into someone else's square
- Catching or holding the ball
- Letting the ball bounce more than once in your square
- Hitting the ball with a fist
- Hitting the ball above students' heads

BASKETBALL

1. Two to ten players per half court
2. "Jump balls" are held at center court when two players from opposite teams are holding the ball at the same time. The ball is thrown up between the two players.
3. Players may play full court only when not used by another group
4. Players bounce, pass, and shoot the basketball toward their hoop
5. Players may hold the ball only when standing still, and bounce/dribble it while moving
6. For half court, a team keeps possession of the ball until a shot is missed
7. For full court, possession changes after a basket is made or the other team gets the ball
8. Fouls result in the other team getting possession of the ball
9. No interference from outside

Fouls for basketball:

- Hitting, slapping, hand checking or holding another player
- Tripping or pushing
- Ball bounces out of bounds

Lightening

The object of the game is to make free throws in order to survive, while at the same time eliminating the other players.

- Minimum of two players. There is no maximum.
- Players line up at the free throw line.
- Player two cannot shoot until after player one has shot their first free throw.
- The game continues like this until only one player is left standing.
- Players can "bump" or "knock" each others basketball when the ball is in the air.

Fouls for lightening:

- No interference from the sideline
- No airballs

Dodge Ball

Dodgeball is played with 2 teams of 10 players for outdoor competition.

Object

The object of the game is to knock all of your opponents "out" of the game without being eliminated yourself.

1. The game is played until all members of one team have been eliminated. The first team to knock out all of its opponents is the winner.
2. The first team to eliminate all opposing players is the winner.

Eliminating Players

A player is "out" if:

- He gets hit by a ball below the shoulders – The ball may not hit the floor or wall first.
- She drops a ball that's thrown to her.
- His ball is caught by another player.
- He crosses over the neutral zone – Players may step safely into the neutral zone, but they may not step over the neutral zone line on the opponent's side of the court.
- A ball hits him and another teammate (they are both out).
- He hits an opponent in the head with the ball.