

Flag Football Rules Simplified



Can be played with up to 9 players on a team, and can be played indoors or outdoors. The field should be longer than it is wider with cones used to determine the centerline.

There will be no kickoff. Play will start on the hash mark near the offensive team's goal line. A coin toss determines who gets first possession of the ball..

Scoring:

Touch down = 6 points

Conversion by running = 1 point Conversion by passing = 2 points

Safety = 2 points

Terms:

Down- when the ball becomes dead. Four downs (or tries) are allowed to score a touch down, or cross the centerline. On the fourth down if the offensive team doesn't score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage.

Dead ball- the ball becomes dead when:

- a. the ball carrier's flag becomes detached
- b. when any part of the ball carrier's body other than the hands and feet touch the ground
- c. an incomplete pass
- d. a fumble
- e. when the ball goes out of bounds

Center- the offensive lineman who snaps the football to the quarterback

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Defense- the team that does not have possession of the ball

End zone- the area between the goal line and the end line where touchdowns occur

Fake- a move made by a player for the purpose of deceiving an opponent

First down- the first of four attempts to move the football forward into the end zone or to the center line

Fumble- the ball carrier drops the ball while in their possession. Fumbles become dead balls and can not be advanced by the recovering team

Handoff- an exchange of the football from the quarterback to a teammate. Only one off during a series of downs

Interception- when the defense catch a ball that was meant to be caught by the offensive team

Line of Scrimmage- Imaginary line drawn from the forward tip of the football to the side line

Offense- the team that has possession of the football

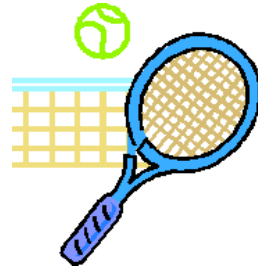
Offside- Movement across the line of scrimmage before the football is snapped

Safety- removing the flag of the other team behind their own goal line with the ball

Touchdown- an offensive player having possession of the football in the opponent's end zone

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Tennis Rules Simplified



The rules of tennis are quite simple. The game itself is complex. "

Rule 1. Opponents stand on opposite sides of the court. The player who delivers the ball to start the point is called the **server**. The player who stands opposite and cross-court from the server is the **receiver**.

Rule 2. The right to serve, receive, choose your side, or give the opponent these choices is **decided by a toss** of a coin or racquet. If the choice of service or receiver is chosen, the opponent chooses which side to start.

Rule 3. The server shall stand behind the baseline on the deuce court within the boundaries of the singles court when playing singles and within the doubles sideline when playing doubles. [See court dimensions](#). All even points are played from the deuce court and odd number points played from the advantage court. The server shall not serve until the receiver is ready. Serves are made from the deuce court to the opponents service box on the deuce court. Advantage court to advantage box. If the server misses his target twice, he loses the point. If the ball hits the net and goes in the correct service box, another serve is granted. If the server steps on the baseline before contact is made, the serve is deemed a fault.

Rule 4. The receiver is deemed ready if an attempt is made to return the server's ball. The receiver can stand where he likes but must let the ball bounce in the service box. If the ball does not land in the service box, it is deemed a fault and a second serve is given. If the ball is hit by either opponent before the ball bounces, the server wins the point.

Rule 5. The server always calls his score first. If the server wins the first point, he gets a score of 15. Scoring is done like a clock. See example below. Love means zero in tennis. The second point is called 30. The third point is called 45 (now-a-days known as 40) and game is won when the score goes back to love. If the score is 40-40, also known as **deuce**, one side must win by two points. **Advantage-In** means if the server wins the next point, he wins the game. **Advantage-Out** means the receiver has a chance to win the game on the next point.

LOVE 15-30-40

Rule 5. After the game, the opponents serve. Games equal 1. The first to win 6 games, by two, wins the set. The first to win 2 sets wins the match. If the score is 6-6, a tie-breaker

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is played. This is scored by one's. The first team to score 7 points winning by two wins the set. The tiebreaker continues until one side wins by two. Hence, Game-Set-Match.

Rule 6. If the ball goes into the net, or outside the boundaries of the court, the player who hit that ball loses the point. If the ball hits the net during the point and goes into the opponents court, the ball is in play. A player loses the point if he touches the net, drops his racquet while hitting the ball, bounces the ball over the net, hits a part of the surroundings such as the roof, or a tree, the ball touches him or his partner, he deliberately tries to distract the opponent.

Rule 7. A **let** is called during the point if a ball rolls on the court or there is a distraction from someone besides the players on the court.

Rule 8. A ball that lands on the line is good.

Rule 9. If players serve out of turn or serve to the wrong person or court, the point or game will stand and order will be resumed following the point or game.

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Tennis Scoring



Singles

If a player wins his first point, the score is called 15 for that player; on winning his second point, the score is called 30 for that player; on winning his third point, the score is called 40 for that player, and the fourth point won by a player is scored game for that player except as below:- If both players have won three points, the score is called deuce; and the next point won by a player is scored advantage for that player. If the same player wins the next point, he wins the game; if the other player wins the next point the score is again called deuce; and so on, until a player wins the two points immediately following the score at deuce, when the game is scored for that player.

Doubles

In doubles a similar procedure to that for singles shall apply. At deuce the Receiving Team shall choose whether it wishes to receive the Service from the right-half of the court or the left-half of the court. The team who wins the deciding point is scored the game.

Mixed Doubles

In mixed doubles, a slightly different procedure will apply as follows: At deuce, with the male player serving, he shall serve to the male player of the opposing team irrespective of which half of the court he is standing, and when the female player is serving, she shall serve to the female player of the opposing team.

Softball Rules Simplified



THE GAME

- There are 9 players on a softball team.
- The playing field is divided into the infield and outfield
- The lines between the bases are 60' apart and when joined they form a "diamond", inside the baseline is known as the infield
- Outside the baseline but inside the playing field is called the outfield.
- Any ball going outside the 1st or 3rd base line is a foul ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out)
- An official game is 7 innings (a inning is when both teams have had their turn to bat)

PITCHING

- The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
- The ball must be thrown underhand.
- Both hands must be on the ball at the start of the pitch.

BATTING

- Batters must follow the same order throughout the whole game
- The batter is out if and when:

a) three strikes have been called

b) a fly ball is caught

c) the batter does not stand in the batter's box

BASE RUNNING

- Runners must touch each base in order
- Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
- Runners can not lead off a base, they must be on base until the ball has left the pitcher's hand

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- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
- One base runner can not pass another base runner that is ahead of them.
- Stealing a base is not permitted
- A runner is out if:

a. they are tagged with the ball before reaching a base

b. the ball gets to 1st base before the runner

c. they run more than 3 feet out of the base line to avoid being tagged

TERMS:

- Ball- a legally pitched ball that does not enter the strike zone (four balls equals a walk)
- Grounder- A ball that is hit on the ground
- Force out- when the runner has to advance to the next base to make room for the following base runner.
- Fly ball- ball hit up in the air to the infield
- On deck- the next batter
- Pop up- ball hit up in the air to the infield
- Strike- term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.
- Strike zone- the ball passes the batter over the plate between their chest and knees

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Ultimate Frisbee in 10 Simple Rules

1. The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



2. Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

3. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

5. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.

7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

8. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

A Glossary of Ultimate Jargon

(descriptions presuppose a right-handed
thrower)

air bounce: a backhand or forehand throw that is aimed slightly downward, but is buoyed by a cushion of air.

backhand: a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body.

bid: an impressive (but failing) diving attempt to catch the frisbee. Often used in a positive way, ex. "Nice bid"

blade: a forehand throw that goes high in the air and curves left; an extreme version of the reverse curve.

chilly: slow it down, be patient, wait a moment for the game to get reorganized again.

clog: to prevent good cuts by standing in the way of your teammates.

corkscrew (see "hammer") like a hammer throw but the frisbee is held in a backhand grip rather than a forehand grip, so the frisbee flattens out and curves the opposite way from the hammer.

cut: a run by a receiver to shake his defender.

D: defense

deep: a receiver who cuts for hucks.

disk in signals that the disk is in play.

force guarding on only on one side of the thrower to make them throw to the other side. The direction you want them to throw is the direction of the force.

Types of Force:

Force In: force to the middle of the field **Force Out:** force to the outside of the field **Force Sidelines:** force to the near sidelines **Force Home/Away:** force to the home or away side **Force Forehand:** force the thrower to use a forehand throw **Force Backhand:** force the thrower to use a backhand throw

forehand: a difficult but useful throw; thrower leads with middle finger along rim,

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with index finger supporting disc; looks similar to a sidearm pitch in baseball; also called a flick.

hack: a foul.

hammer: an overhead throw with a forehand grip in which the frisbee is released at an angle so that it flattens out and flies upside down.

handler: one of a team's primary throwers.

high release: a backhand throw held and released over the thrower's head; very difficult to block.

huck: a long throw; equivalent to a bomb in football.

inside out: as a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.

layout dive!!! "If you didn't catch it, you should have laid out"

mid: a receiver who cuts for shorter passes than a deep.

O offense

pick an intentional or unintentional block (like basketball) where a player gets between you and the player you are covering

pull like a kickoff in football, the throw that begins the possession.

reverse curve: as a backhand, a throw to the left that curves right; as a forehand, a throw to the right that curves left.

run through what you shout to tell another player to run past the disc without picking it up

scoober: a fast, difficult-to-intercept throw; similar to a hammer, a scoober is held overhead, but with a backhand grip.

sky jumping to catch the disc

stack offensive strategy in which all the players line up down the middle of the field and alternately make cuts to the side.

stall count The defensive player counts up to 10 while defending the offensive player. The offensive player must throw the disc before the 't' of ten otherwise it's

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a turnover.

swill: a bad throw.

up! what you shout to alert players that the disk is in the air

Volleyball Basic Rules



COURT: The court is 60 feet long and 30 feet wide

Net: the top of the net measures 7 ft 4 ¼ inches from the ground for women and 8 feet for men and co-ed teams.

Ball: The ball weighs between 9-10 ounces. Ball pressure is between 4.5-6.0 pounds.

Players: An official team consists of six players. The name of the positions are:

Left front, Center front, Right front

Left back, Center back, Right back

The players rotate to serve in a clockwise direction.

Definitions of terms:

ACE- When a ball is served to the other team and no one touches it, and it results in a point

BUMP- A hit with both forearms, hands joined together

DEAD BALL- when play is stopped, usually a side out or point is awarded

DIG-When a player makes a save from a difficult

FOUL- violation of the rules.

GAME- one team reaches 25 points and is at least 2 points ahead of the other team.

LIFTING- (or carrying) foul which allows the ball to rest on the hand as it is brought upward.

KILL- When a team spikes the ball and it either ends in a point or side out.

MATCH- best two out of three games.

POINT- scored by either the serving team or the receiving team when the other one makes a mistake

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REPLAY- the point is replayed or severed again.

ROTATION- the shifting of all players in a clockwise direction.

SERVE- puts the ball into play, only one attempt is allowed.

SET- using the fingertips of both hands, above the head, push ball up and out towards a teammate to spike the ball.

SIDE OUT- serving team makes a mistake and the receiving team gets to serve the ball.

SPIKE- a ball hit with a strong downward force into the opponent's court

SKILLS

The offensive attack is made up of four skills: the serve, forearm pass, set, and spike.

The team should work together to use all three hits on their side of the net.

The defensive attack also includes the block, made on a ball close to the net. This can be done by one or more players.

Rules

Rally scoring- either team can score, regardless who serves.

The ball must be served from the right back position, behind the end line, touching the net is allowed

A ball landing on a boundary line is "in"

The ball may only be played three times by a team trying to hit the ball over the net

A person cannot hit the ball two times in a row

A player cannot touch the net during play

The serve may skim the net and still count as a "good" serve

The ball hitting the wall is a dead ball

The ball that hits the ceiling and falls back onto the same side can be played if any of the three hits are left

The ball that hits the ceiling and falls on the opposite side of the net is a dead ball.