

# FOUR SQUARE RULES

## THE OBJECT:

The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until a player makes an error and is eliminated. Eliminated players leave the court, all players advance to fill the empty squares, and a new player joins at the lowest ranked square

## THE BALL:

Kickball will be used for competition.

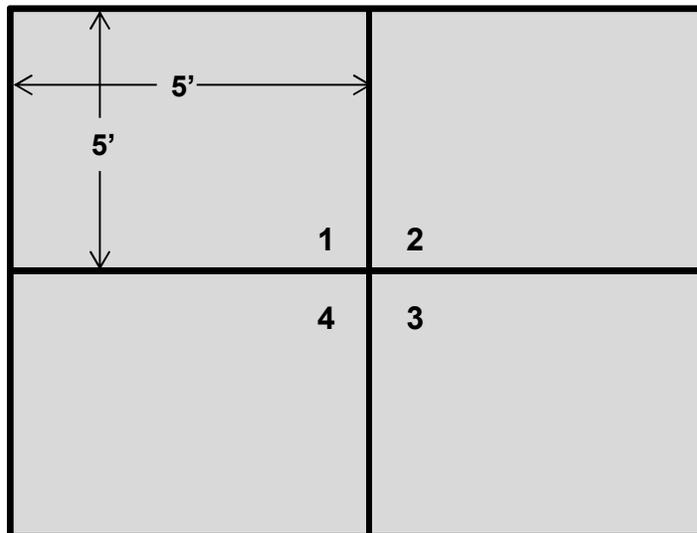
## THE COURT:

The squares are ranked from highest to lowest. We will use numbers 1 through 4 with the highest and lowest squares are diagonal from each other.

There are two sets of lines on the court. "Outside lines" are the outermost edges of the entire court, while "inside lines" refer to the line dividing individual squares of the court that cross in the center.

- **Outside lines are in-bounds.** If a player bounces the ball onto any outside line, it is still in play. However, if the ball bounces outside of the outside line, it is out of bounds and the player that last hit it is eliminated.
- **Inside lines are out-of-bounds.** If a player hits a ball onto any inside line then that player is out. This applies to ALL inside lines, not just the lines that border one player's square. If a ball touches an inside line, the player that hit is last is eliminated.

Players are not required to stay in their portion of the court. They may stand, walk, or run anywhere on the court, though it is best to stay in a position to protect their own square.



**SERVING THE BALL:**

The ball is always served from box #1 square to box #3 square. Squares 1 and 3 are positioned diagonally across the court. The server must drop the ball and serve after the bounce. The ball must be allowed to bounce once in the receiving square, and then the receiving player must hit the ball into another square. After the receiver touches the ball, the ball is in play.

Serves are meant to place the ball fairly into play to any square.

**POSSESSION AND POACHING:**

The normal order of play is defined in two stages for each time the ball is hit by a player.

- Once the ball bounces in a square, ONLY the owner of that square can hit the ball into another square.
- Anyone hitting the ball is subject to all other rules.

If a ball has bounced in a square and a different player hits the ball before the owner of the square hits it first, the other player is considered out. This is called Poaching.

**INTERFERENCE:**

If the ball is touched by another object which is not in one of the four players or the floor, this is called interference. The round is started again. Players waiting in line may not touch the ball when in play.

**PLAYERS ARE ELIMINATED FOR:**

1. Failing to hit the ball into another square.
2. Allowing the ball to bounce more than once in their own square.
3. Hitting the ball out of bounds or onto an inside line.
4. Hitting the ball incorrectly such as holding, catching or carrying.
5. Hitting the ball with a part of the body that is not a hand.
6. Hitting the ball out of turn.
7. Hitting the ball more than once.

Each time a player is eliminated, that player leaves the court and all players advance to the higher numbered square squares. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait for their next turn to join in the lowest square. Each player will be given three chances to re-enter the competition.

**HOW TO SCORE:**

We will keep track of each time a person serves the ball from Four Square and give one point for each serve. The person with the most serves wins.

# JUMP ROPE

**THE OBJECT:**

To see how many jumps one can make in 45 seconds. The player will be furnished a jump rope. Shoes are optional. The judges will blow a whistle to start the 45 second count and blow the whistle at the end of the 45 seconds. The athletes will use a two foot bounce where both feet hit the ground simultaneously, and the judge will count every time both feet touch the ground following the rotations of the rope passing under the feet. If both feet do not touch the ground simultaneously the jump will not be counted. The top four jumpers will be awarded at the award's program.