

# GAGA BALL

The Mason City High School construction class completed the GaGa Ball Pit! Ga-Ga is a variant of dodgeball that is played with one ball. The game combines dodging, striking, running, and jumping, with the objective of being the last person standing. It is currently located at the Northwest corner of the alternative school parking lot. The rules of the game are included. We are currently using a soccer ball but you can also use a volleyball or rubber kickball. A rubber kickball is recommended for this activity because it is not as hard and bounces better.

A HUGE thank you to Mr. Evans and his construction class for building the pit! Also a HUGE thank you to Mason City Medical Alliance and Society for funding this project! It will be accessible and beneficial to all students in the district. Another great way to exercise and its blue zone friendly! LET'S PLAY BALL!

## Rules of the Game

1. Designate one non-player as the referee. The referee is the sole authority during play and is responsible for settling disputes and ensuring fair play.
  2. The referee begins play only after all players are standing in the gaga court and have indicated that they are ready to start the game.
  3. One player tosses the ball up in the air. Players yell "ga" on the first bounce and "ga" again on the second bounce, and the ball is then in play.
  4. Players hit the ball with their hands only, and may not carry or throw the ball – it must be hit with an open hand.
  5. Any player who is touched by the ball either directly or by a rebound off the wall is "out", then must step out of the pit.
  6. If the ball contacts a player or a player's clothing below the waist, that player is eliminated. If the ball contacts the player above the waist, the player is still in.
  7. If the ball goes out of the gaga court, the last player to touch the ball is eliminated.
  8. If a player catches the ball before it bounces, the player who had the last contact with the ball is eliminated.
  9. Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches).
  10. If there are only two players remaining, a player may hit the ball up to 3 times in a row. The ball is "rejuvenated" by contact with the wall, and the hit count resets.
  11. Some Ga-Ga games are designed to be team efforts, although the sport is traditionally a one-against-all competition. Teaming, or intentional passing of the ball to other players, is allowed only at the discretion of the referee and must be specified in advance of play.
- There are plenty of variations of the rules, and like 4-square, you can certainly make your own house rules! Have fun and be creative!

