



Procedure: Divide the troop into two teams, or use patrols. One team is positioned on each half of a soccer field. Have each team choose a goalie, who stands in the penalty area.

Rules:

1. Play begins when anyone throws the Frisbee high into the air.
2. After catching or picking up the Frisbee, a player may run toward the opponents' goal. If he is tagged with two hands above the waist, the player tagged must stop and drop or throw the Frisbee within 3 seconds.
3. A throw at the goal may be made from anywhere on the field except within the penalty area. The only person allowed in this area is the goalie. The goalie may leave or enter the penalty area at any time.
4. If two or more players grab the Frisbee at the same time, a "jump" ball is called. A leader stops the play and throws the Frisbee into the air.
5. The only penalty is for excessive roughness. First infraction results in a 2-minute penalty: one player is removed from the field. The second infraction means removal from the game. Body contact is inevitable, but purposeful roughness is unnecessary.

Aerobic Tag

An active game that requires little explanation, constant movement, any size group, and provides a nostalgic return to a "when-I-was-growing-up" game that is playfully competitive.

Equipment: Frisbee, hula hoop, bean bag, or similar object; a watch with a second hand.

Object: For a team (any size) to maintain possession of the object of play (Frisbee, hula hoop, bean bag, etc.) for 30, 45, or 60 seconds (depending on the size of the playing area and the age/ability of the group).

Procedure: The object of play is thrown randomly into the air and onto the field by the timekeeper. A player grabs it, and by using speed, guile, and teammates, attempts to keep it away from the opposing team.

If the person who has possession is tagged with two hands by an opponent, he must stop running and get rid of the object immediately. If a member of the same team catches or picks up the object, time continues for that team. If a member of the other team takes possession, the timekeeper yells "change" and begins timing once again from zero.

Considerations: Make up penalties, if necessary, for infractions such as unnecessary roughness or holding onto the object too long after having been tagged.

Limit the playing area or the game may end up in the next town.

This is a fine game for cold weather since it doesn't take long for the players to get warm if the action is spirited. But if the temperature is much below 30 degrees, some kinds of flying saucers become brittle and crack or shatter. If the temperature is low, have several Frisbees on hand or an alternative activity in mind.