

## **“Ufta Ball” Rules**

Ufta-Ball is a modified kickball game where all students are involved, everyone kicks, everyone runs the bases, and no ball is thrown at a student. Students work on kicking and throwing skills, how to run the bases, strategy and teamwork.

**Equipment needed:** 1 playground or gator ball, 3 yellow hoops, 2 blue hoops, 1 home plate or poly spot.

1. Two teams like kickball (except this game doesn't involve throwing the ball at the runner at any point)
2. One batting (kicking) team/ One outfield team
3. 3 yellow hoops make up 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> base and use a home plate.
4. 2 blue hoops, 1 placed between 1<sup>st</sup> and 2<sup>nd</sup> base and 1 placed between 3<sup>rd</sup> and home base both of them on outside of running path though (see attached picture)
5. Outfield team provides a pitcher to slow roll the ball and one person in each blue “ufta” hoop
6. After the kick it is the outfield's job to get the ball to one person in a ufta hoop (whichever one is closer). Once the ball gets into the hands of an “ufta” player they yell “ufta” and the play stops and the kicker stops running.
7. The kicking team scores points for home runs and the fielding team scores a point for every time a runner is caught off base when a person says “ufta”. For example a person is running to second but doesn't quite make it before an ufta player gets the ball then the fielders get a point. That runner caught would return to the previous base (no outs) (Scoring Optional)
8. Ufta players must have one foot in the hoop at all times. If they leave the hoop with both feet it is an automatic one base advancement for all runners.
9. Unlike kickball, Kickers/Runners don't have to advance bases if they don't think they can make it in time. As many people as they want can be on a base at a time (one foot must be inside hoop)
10. There are no outs. If a ball is caught it is an automatic ufta but the runner gets automatic first base. After each person on the team has kicked on time switch places.

P= Pitcher  
O= Outfield team  
X= Kicking/Batting Team  
H= Homebase  
U= Ufta Player

