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# **Activity Instructions**

# **Equipment List**

- 24 StickIt<sup>™</sup> Pinnies (12 Red, 12 Blue)
- 6 Sets Rainbow<sup>®</sup> StickIt<sup>™</sup> Balls

Note: It is advised that players with long hair tie back hair prior to game play.

## 1. StickIt<sup>™</sup> Speedball

Objective. Be the player with the most points at the end of a predetermined amount of time.

Number of Players. Up to 24 players.

#### Setup.

- Use the play area available; a basketball court indoors or a soccer field outdoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Scatter the balls randomly around play area.
- Each player receives 1 pinnie.

#### Game Play.

- All players scatter in the play area.
- At the signal, players rush to collect balls and stick them to the back of his/her pinnie.
- After collecting all balls from the play area, players try to steal balls from other players' pinnies and stick them to his/her own.
- Play continues for a predetermined amount of time.

Scoring. Each ball stuck to the back of a player's pinnie earns 1 point. The player with the most points, wins.

### Options.

- For a greater challenge, the instructor may announce "red" or "blue" during play. The players wearing the announced pinnie color freezes in place for 3 seconds.
- Award point values to different colored balls.
  - Red & Green Balls = 1 point.
  - Orange & Blue Balls = 2 points.
  - Yellow & Purple Balls = 3 points.
- For less of a challenge, create a safety zone where players can pause for 3 seconds before continuing play. Only one player can be in the safety zone at a time.



#### 2. Less is Best

**Objective.** Be the team with the least points at the end of a predetermined amount of time.

Number of Players. Up to 24 players.

#### Setup.

- Use the play area available; a basketball court indoors or a soccer field outdoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Divide players into 6 equal teams.
- Each player receives 1 pinnie with 1 ball stuck to the back.

#### Game Play.

- All players scatter in the play area.
- At the signal, players remove the ball from his/her back and quickly place it on an opponent's back. The player can also toss the ball to a teammate who will place the balls on an opponent's back.
- Players can remove only 1 ball from their back at a time.
- Play continues for a predetermined amount of time.

Scoring. Each ball stuck to the back of a pinnie earns 1 point. The team with the least points, wins.

#### Options.

- For less of a challenge, eliminate tossing the balls between teammates.
- For more of a challenge, players stick the balls to the pinnie by throwing them at the Velcro® on the back of their
  opponent's pinnies.
- Play for multiple rounds.

#### 3. Rainbow Racing StickIt™

**Objective.** Be the team with the most points at the end of a predetermined amount of time.

Number of Players. Up to 24 players.

#### Setup.

- Use the play area available; a basketball court indoors or a soccer field outdoors is recommended. Adjust the boundaries
  and size of the play area according to the age/ability of players.
- Divide players into 2 equal teams. Designate each team a color (red or blue).
- Players each receive 1 pinnie in their team's color.
- Scatter the balls randomly around play area.

#### Game Play.

- All players scatter in the play area.
- At the signal, players rush to collect balls and stick them to the back of his/her pinnie.
- After collecting all balls from the play area, players try to steal balls from other players' pinnies and stick them to his/her
  own in attempt to get a full Rainbow® Set of balls.
- Once a player has a full Rainbow<sup>®</sup> Set of balls on his/her pinnie, the balls cannot be removed.
- Players may toss the balls that are still in play to teammates.
- Play continues for a predetermined amount of time.

**Scoring.** Each player with a full Rainbow® Set of balls stuck to the back of his/her pinnie receives 1 point. The team with the most points, wins.

#### Options.

- Award different point values. The team with the most points at the end of the round, wins.
  - o 1 full Rainbow® Set = 10 points.
  - o 1 ball stuck to the back of a pinnie = 1 point.
- For more of a challenge, eliminate the ability to toss balls to teammates.
- Play for multiple rounds.