
FORWARD

YMCA Camp Widjiwagan strives to assist young men and women in developing camp skills and life skills. These skills are intended to strengthen confidence, forge friendships and sharpen character. We present this manual to those who seek growth and satisfaction from accepting new challenges, and we hope you will enjoy our card system which allows you to learn at your own pace.

INTRODUCTION

The Field Manual offers you the opportunity to become acquainted with new activities, develop your skills, and to earn cards in each area. It is designed to provide you with a general introduction to many of the most popular activities offered at camp. While you are not required to earn ranks, the award qualifications are designed to help you master fundamental skills. Naturally, the more advanced the card, the more difficult the requirements. Widjiwagan counselors and specialty staff will be happy to discuss with you realistic goals for your stay at camp and will provide the individual attention you will need to accomplish these goals. We hope that the materials in this manual will aid you, as campers, in succeeding at camp and attaining the highest possible rank in your areas of choice.

Revised 2010

EARNING DOG TAGS

Camp Widjiwagan Dog Tags are a way to award young men, women and counselors who have progressed through several ranks listed in this manual. Earning all 4 dog tags may take several summers because it requires you to achieve higher card levels.

Campers will be recognized daily for cards achieved, and awarded with the appropriately. Cards have point values as follows:

Red Card - 1 point

Green Card - 3 points

Blue Card - 2 points

Gold Card - 4 points

During family night at the end of every session, campers who have earned enough cards will be awarded dog tags and recognized for their accomplishments. Dog Tags are earned by totaling all the points you have earned since your first session at Camp Widjiwagan.

The camp office keeps a record of the points you have achieved and the points you have earned. You may request your point total any time. To earn a dog tag, you must reach the following benchmarks:

Red Dog Tag - 12 pts

Green Dog Tag - 72 pts

Blue Dog Tag - 36 pts

Gold Dog Tag - 120 pts

We hope you will take advantage of all that Camp Widjiwagan has to offer, stretching yourself beyond what you think you can do. The skills you will learn from the camp staff will provide you with a life of enjoyment.

EARNING Ranks

Campers also have the opportunity to earn ranks in different areas. These ranks are designed to give campers some direction as they strive to earn their dog tags. The list of ranks and cards needed to complete these ranks are listed below.

Central Lawn Activity Ranks

Tenderfoot

- _____ Earn a Red Card in Archery
- _____ Earn a Red Card in Art
- _____ Earn a Red Card in Basketball
- _____ Earn a Red Card in Camp Crafts
- _____ Earn a Red Card in Capture the Flag
- _____ Earn a Red Card in Fitness
- _____ Earn a Red Card in Fire Building
- _____ Earn a Red Card in High Ropes
- _____ Earn a Red Card in Newspaper
- _____ Earn a Red Card in Orienteering
- _____ Earn a Red Card in Outdoor Living Skills
- _____ Earn a Red Card in Teambuilding
- _____ Earn a Red Card in Dance
- _____ Earn a Red Card in Cheerleading

Brave

Earn all of the cards for Tenderfoot at the Blue Card Level.

Warrior

Earn all of the cards for Tenderfoot at the Green Card Level.

Chief

Earn all of the cards for Tenderfoot at the Gold Card Level.

Sports Field Activity Ranks

Playmaker

- _____ Earn a Red Card in Drama
- _____ Earn a Red Card in Flag Football
- _____ Earn a Red Card in Golf
- _____ Earn a Red Card in Horseback Riding
- _____ Earn a Red Card in Kickball
- _____ Earn a Red Card in Lacrosse
- _____ Earn a Red Card in Volleyball
- _____ Earn a Red Card in Team Handball
- _____ Earn a Red Card in Tennis
- _____ Earn a Red Card in Ultimate Frisbee
- _____ Earn a Red Card in Soccer
- _____ Earn a Red Card in Softball

Pro

Earn all of the cards for Playmaker at the Blue Card Level.

Master

Earn all of the cards for Playmaker at the Green Card Level.

All-Star

Earn all of the cards for Playmaker at the Gold Card Level.

Aquatic Activity Ranks

First Mate

- _____ Earn a Red Card in Canoeing
- _____ Earn a Red Card in Kayak
- _____ Earn a Red Card in Motor boating
- _____ Earn a Red Card in Wakeboard
- _____ Earn a Red Card in Water Skiing
- _____ Earn a Red Card in Sailing
- _____ Earn a Red Card in Swimming

Lieutenant

Earn all of the cards for *First Mate* at the *Blue Card Level*.

Captain

Earn all of the cards for *First Mate* at the *Green Card Level*.

Admiral

Earn all of the cards for *First Mate* at the *Gold Card Level*.

Additional Ranks

Ojibwa

Earn Rank of Tenderfoot, Playmaker, and First Mate.

Widjiwagan

Earn Rank of Brave, Pro, and Lieutenant

Mufasa

Earn Rank of Warrior, Master, and Captain.

Scoop

Earn Rank of Chief, All-Star, and Admiral.

ARCHERY

Red Card -

- _____ Know the parts of the bow.
- _____ Know the parts of the arrow.
- _____ Know the safety rules.
- _____ Know the range commands.
- _____ Demonstrate proper shooting stance.
- _____ Demonstrate holding of the bow and nocking the arrow and release.
- _____ Shoot one arrow that hits the target at 10 yards.
- _____ Demonstrate the proper way to retrieve arrows and remove arrows from the target.

Blue Card -

- _____ Know the history of Archery
- _____ Know the point value of each target color and be able to count own score.
- _____ Score 40 points at 10-yard target with 20 arrows.

Green Card -

- _____ Score 75 points on 10 yard target with 15 arrows.
- _____ Score 50 points on a 15 yard target with 20 arrows.
- _____ Help other shooters and keep score.

Gold Card -

- _____ Acquire your rainbow on a 15-yard target
- _____ Score 100 points at 15 yards with 25 arrows

ART

Red Card-

_____ Know the Elements: Line, Shape, Color, Texture, Space, Value.

_____ Prepare one original piece.

Blue Card-

_____ Know the Principles: Balance, Unity, Contrast, Pattern, Emphasis, Movement, Rhythm.

_____ Know what realism is and sketch 5 simple drawings.

_____ Pick one out for a painting (approved by your Counselor).

Green Card-

_____ Prepare a Realistic Still- Life Drawing.

_____ Demonstrate knowledge of Perspective (1 and 2 point).

_____ Find a well respected painting of your choice and recreate it in any way you wish to the best of your ability (upon counselor approval).

Gold Card-

_____ Use all Elements & Principles in a Painting or Drawing of your choice and explain what you used where to your counselor.

_____ Create 3 additional projects (one drawing, one painting, one 3-D) of your choice using anything you have learned previously.

BASKETBALL

Red Card-

- _____ Demonstrate knowledge of the basic rules.
- _____ Demonstrate the proper technique for holding the basketball
- _____ Demonstrate dribbling the ball with dominate hand.
- _____ Demonstrate the proper execution of the chest, bounce, and overhead pass.
- _____ Demonstrate the proper execution of the triple threat position and defensive positioning.

Blue Card-

- _____ Demonstrate the correct fundamentals of shooting a lay-up from the strong side
- _____ Demonstrate the proper shooting technique for a jump shot and free throw.
- _____ Demonstrate the correct rebounding procedure including boxing out and passing to an outlet man.
- _____ Execute a crossover and spin dribble.
- _____ Demonstrate dribbling the ball with the non-dominate hand.

BASKETBALL (cont.)

Green Card

- _____ Properly shoot an opposite hand lay-up
- _____ Perform fast break techniques and understand the offensive and defensive formations of a fast break.
- _____ Demonstrate proficiency in all phases of defensive positioning zone and man to man.
- _____ Execute 5 out of 10 Free throws
- _____ Assist a counselor with instruction of the Red Card requirements to other campers.
- _____ Play in an officially sanctioned Camp Widji game.

Gold Card-

- _____ Understand the different zone defenses.
- _____ Understand the usage of and correctly demonstrate, a pick and roll, give and go, back door, and how to get open without the ball.
- _____ Execute 8 of 10 free throws, 6 of 10 thee point shots, and shooting under defensive pressures with instructor.
- _____ Understand the definitions and sport rules of basketball
- _____ Know the official signals and rules of Basketball.
- _____ Referee a game.
- _____ Assist a counselor with instruction of the Blue Card requirements to other campers.

CAMP CRAFTS

Red Card-

- _____ Complete two projects
#1 _____ #2 _____
- _____ Clean up one time
#1 _____

Blue Card-

- _____ Assist during class
- _____ Complete 3 additional projects
#1 _____ #2 _____ #3 _____
- _____ Clean up 2 additional times
#1 _____ #2 _____

Green Card-

- _____ Help teach class using a counselor's idea.
- _____ Complete 3 additional projects
#1 _____ #2 _____ #3 _____
- _____ Clean up 3 additional times
#1 _____ #2 _____ #3 _____

Gold Card-

- _____ Teach class using your own idea.
- _____ Complete 3 additional projects
#1 _____ #2 _____ #3 _____
- _____ Clean up 3 additional times
#1 _____ #2 _____ #3 _____

CANOEING

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Demonstrate the proper entry and exit from a boat.
- _____ Demonstrate the proper launching technique.
- _____ Properly select and hold the paddle.
- _____ Know and demonstrate the Forward and Backward strokes.

Blue Card-

- _____ Know the following nomenclature:
Canoe: Bow, Stern, Keel, Gunwales, Thwart, Deck
Paddle: Grip, Shaft, Throat, Blade, Tip
- _____ Demonstrate the J stroke.
- _____ Demonstrate the Draw stroke.
- _____ Demonstrate the Pushaway stroke.
- _____ Perform a figure eight around two sets of floats
- _____ Describe the safety rules.

CANOEING (cont.)

Green Card-

- _____ Demonstrate the Pry stroke.
- _____ Execute using the J stroke forward in a straight line.
- _____ Demonstrate the Forward and Reverse Sweep Strokes
- _____ With a partner, maneuver a course determined by an instructor with ease.
- _____ Demonstrate the proper method of canoe self-rescue.

Gold Card-

- _____ Demonstrate a deep-water entry.
- _____ Demonstrate a Pivot Turn.
- _____ Demonstrate Sideslipping.
- _____ Demonstrate a canoe over canoe rescue.

CAPTURE THE FLAG

Red Card-

_____ Explain the rules of the game in detail.

_____ Play in one game

Blue Card-

_____ Describe what the proper clothing attire would be for this activity.

_____ Play in an additional game.

Green Card-

_____ Design, on paper, your own capture the flag playing field using as much detail and provide significant landmarks for reference

_____ Completely lead a game from beginning to end.

Gold Card-

_____ Play a game of capture the flag on the course that you or one of your tribe members has designed. While doing so, exemplify the rules set forth in the red card requirements.

CHEERLEADING

Red Card-

- _____ Learn and perform 1 complete cheer with the group.
- _____ Learn 4 jumps, and perform 2.
- _____ Perform 2 chants with the group.
- _____ Do a cartwheel.

Blue Card-

- _____ Make up movements to a cheer using given words.
- _____ Participate in three stunts (with a counselor as a spotter).
- _____ Perform 3 jumps

Green Card-

- _____ Make up movements to a cheer using given words and put 2 jumps in an additional cheer.
- _____ Perform a dance with the group.

Gold Card-

- _____ Make up words and movements to a cheer and teach it to the group.
- _____ Perform this cheer at chapel with a group.
- _____ Perform a solo dance in front of the group.
- _____ Choreograph 3 eight counts of a dance.

DANCE

Red Card-

- _____ Participate in 3 sets of warm-ups, stretches and cool-downs.
- _____ Learn an 8 count combination.
- _____ Perform this combination with a group.
- _____ Attend a RED CARD class.

Blue Card-

- _____ Choreograph two 16 count combinations.
- _____ Demonstrate proper knowledge of:
 Short Combinations, Traveling Combinations,
 Jazz Squares, Pivot Turns, Ball Changes
- _____ Learn and participate in a 2 minute routine with the group.
- _____ Perform for the class alone.

Green Card-

- _____ Choreograph and perform a two minute solo routine to music. (approved by your counselor)
- _____ Demonstrate knowledge of leaps and advanced turns.
- _____ Lead 2 sets of warm-ups, stretches and cool downs.
- _____ Participation in a production at chapel or family night.

Gold Card-

- _____ Choreograph and perform a 3 minute Group Routine to music. (approved by your counselor)
- _____ Create a choreographer's book with notes from the process, log journal of rehearsal/ planning phase
- _____ Perform a 2-minute solo routine at chapel.

DRAMA

Red Card-

- _____ Lead a warm-up exercise.
- _____ Read as a character from a script.
- _____ Work in a group to develop an improvisational skit.
- _____ Show an example and explain:
 - Improvisation, Pantomime, Dialogue

Blue Card-

- _____ Lead an improvisation game.
- _____ Show proper knowledge of stage directions & basic stage commands.
- _____ Memorize and recite 15 lines of dialogue to the class.

Green Card-

- _____ Memorize & perform a monologue for the class (minimum 3 min.) utilizing props, stage directions, & stage commands (i.e. "opening up" to the audience).
- _____ Show counselor the script, including the written in notes, commands, and directions.
- _____ Have a part in one production.

Gold Card-

- _____ Write and direct a one-act production.
- _____ Show Director's Book with commands, Directions, Actors notes, rehearsal schedule, log book of time put in, and copy of script.

FITNESS

Red Card-

- _____ Perform a 12 minute walk.
- _____ Run one time around the Central Lawn
- _____ Perform 10 push-ups.
- _____ Perform 15 sit-ups.
- _____ Give 5 "Eat this, not that" examples to your counselor.
- _____ Explain to a counselor the importance of a healthy diet.
- _____ Explain to a counselor the importance of drinking water.

Blue Card-

- _____ Run 4 laps around the Central Lawn.
- _____ Perform 25 step-ups/down with the left leg leading.
- _____ Perform 25 step-ups/downs with the right leg leading.
- _____ Jump rope or Hula Hoop for 3 minutes.
- _____ Perform 30 sit-ups without stopping.
- _____ List 2 (each) physical, personal and social benefits of fitness.

FITNESS (cont.)

Green Card-

- _____ Run 6 laps around the Central Lawn.
- _____ Jump-rope 40 consecutive jumps without a miss or Hula hoop for 5 minutes.
- _____ Perform 15 push-ups without stopping.
- _____ Perform 2 pull-ups or flex arm hang for 30 seconds.
- _____ List 2 new (each) physical, personal and social benefits of fitness.

Gold Card-

- _____ Run 8 laps around the Central Lawn.
- _____ Perform 30 lunges on each leg
- _____ Perform 50 sit-ups
- _____ Jump-rope 60 consecutive times without a miss or Hula Hoop for 8 minutes
- _____ List 2 new (each) physical, personal and social benefits of fitness.

FIRE BUILDING

Red Card

- _____ Explain fire safety rules.
- _____ Demonstrate safety around a fire
- _____ Explain how to safely put out a fire.

Blue Card

- _____ Describe the difference between tinder, kindling and fuel.
- _____ Explain the significance of "dead, down and dry" and why green wood will not burn.
- _____ Demonstrate the log cabin fire structure.
- _____ Explain three things a fire needs in order to burn.

Green Card

- _____ Explain Leave No Trace campfire guidelines
- _____ Demonstrate the teepee and lean-to fire structures
- _____ Build a fire with no help (but close supervision,) light it, and properly put it out.

Gold Card

- _____ Build a fire with no help (but close supervision,) light it with no more than 2 matches, and properly put it out.
- _____ Assist a counselor in teaching a fire building class.

FLAG FOOTBALL

Red Card-

- _____ Demonstrate knowledge of the rules of the game.
- _____ Demonstrate the ability to catch 3 of 5 footballs.
- _____ Demonstrate and understand blocking and flag pulling.
- _____ Play in a game.

Blue Card-

- _____ Understand the different offensive and defensive positions.
- _____ Demonstrate the ability to run different receiving routes.
- _____ Catch 3 of 5 footballs while running a route
- _____ Catch a 20 yard pass.

Green Card-

- _____ Demonstrate the knowledge of a zone and man to man defensive coverage.
- _____ Demonstrate proper technique when defending a pass.
- _____ Demonstrate the ability to catch 3 of 5 footballs while running a route of 15 yards or more.
- _____ Punt the ball 20 yards.
- _____ Demonstrate ability to "check down" while playing quarterback.

Gold Card

- _____ Complete 3 of 5 passes to a receiver while running a route
- _____ Complete 2 of 5 passes to a receiver while running a route of 15+ yards.
- _____ Kick from a tee 30 yards.
- _____ Design and quarterback an original play.

GOLF

Red Card-

- _____ Attend a session of golf terms, rules and etiquette.
- _____ Attend a clinic on the basics of the swing.
- _____ Sink 3 of 5 putts from 5 feet.
- _____ Explain basic knowledge of golf.

Blue Card-

- _____ Demonstrate use of 7 of 9 irons.
- _____ Sink 5 of 5 putts from 5 feet.
- _____ Putt one round of balls at the putting green.
- _____ Discuss how to keep score.

Green Card-

- _____ Attend a clinic on the use of the driver and fairway woods.
- _____ Ability to pick proper clubs for given yardage.
- _____ Sink 3 of 10 putts from 10 feet.

Gold Card-

- _____ Attend a clinic on chipping and shots from special lies.
- _____ Be able to analyze a golf swing and give instruction.
- _____ Bring a complete score card from a 9 hole round of golf.
- _____ Sink 2 of 3 putts from 10 feet.

HIGH ROPES

Red Card-

- _____ Know safety rules and commands.
- _____ Be able to properly put on harness and helmet.
- _____ Climb to the karma seat on the Alpine Tower.

Blue Card-

- _____ Climb to the top of the Alpine Tower on one side.
- _____ Backup belay.
- _____ Tie a figure eight on a bite.

Green Card-

- _____ Climb to the top of the Alpine Tower on two sides.
- _____ Climb to the top of Mt. Widji.
- _____ Know the belay commands and techniques, and be able to demonstrate them.
- _____ Tie a bowline on a bite.

Gold Card-

- _____ Be able to set up one side of the Alpine Tower.
- _____ Climb to the top of the tower on all three sides.
- _____ Pass written belayer skills test.
- _____ Complete all 8 elements on the High Ropes Course.
- _____ Attempt a jump on the Pamper Pole.

HORSEBACK RIDING

Red Card-

- _____ Know the barn and riding safety rules.
- _____ Know the names of the brushes.
- _____ Know the order of the brushes.
- _____ Groom a horse using all of these brushes.
- _____ Demonstrate how to pick the front feet.
- _____ Safely and correctly halter and lead a horse.
- _____ Know the basic parts of the horse.

Blue Card-

- _____ Demonstrate the ability to adjust and tighten a girth properly.
- _____ Mount and dismount a horse without excessive help (boost or step up is acceptable.)
- _____ Ride centered at a walk around the arena without stopping.
- _____ Demonstrate the ability to guide and maintain good basic positioning.
- _____ Know and define horse colors.
- _____ Know the basic parts of the western saddle.

HORSEBACK RIDING (cont.)

Green Card-

- _____ Tie a quick release knot and demonstrate knowledge of how long to tie a lead rope.
- _____ Demonstrate good control at a canter.
- _____ Be able to fully tack and untack a horse with minimal help.
- _____ Trot horse once around arena without breaking down without good basic positioning.
- _____ Know body parts of the horse in depth.

Gold Card-

- _____ Demonstrate in-depth knowledge of the parts of a western saddle and bridle..
- _____ Canter the horse around the arena once without breaking down and with good basic positioning.
- _____ Be able to demonstrate good transitions from a walk to a trot and trot to a walk.

KAYAK

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Know the parts of the kayak and paddle.
- _____ Describe the safety rules.
- _____ Demonstrate proper entry and exit of kayak
- _____ Paddle in a straight line for 100 yards.

Blue Card-

- _____ Demonstrate the Draw stroke.
- _____ Demonstrate the Pushaway stroke.
- _____ Perform a figure eight around two sets of floats
- _____ Maneuver a course determined by an instructor with ease

Green Card-

- _____ Demonstrate the Forward and Reverse Sweep Strokes
- _____ Demonstrate the proper method of canoe self-rescue.
- _____ Paddle backwards in a straight line for 100 yards.
- _____ Maneueaur through a weave course
- _____ Demonstrate the proper method of self-rescue.
- _____ Assist in teaching a Red Card Class

Gold Card-

- _____ Demonstrate a deep-water entry.
- _____ Demonstrate a Pivot Turn.
- _____ Complete a weave course backwards and forward.
- _____ Demonstrate a kayak over kayak rescue.
- _____ Assist in teaching a Blue Card Class.

KICKBALL

Red Card-

- _____ Demonstrate knowledge of basic rules and strategies.
- _____ Show proper kicking technique, stance, & alignment to kick.
- _____ Play a game.

Blue Card-

- _____ Demonstrate proper base running technique.
- _____ Determine where the play is to be made prior to the kicker kicking the ball.
- _____ Demonstrate the ability to adjust field position according to the kicker's alignment in the box.
- _____ Demonstrate the ability to kick a ground ball or fly ball.

Green Ribbon-

- _____ Demonstrate ability to use a cutoff man in order to relay from the outfield to home plate.
- _____ Show ability to throw from first to third base.
- _____ Demonstrate the ability to tag up.
- _____ Ability to field rolling, bouncing, and fly balls.

Gold Ribbon-

- _____ Demonstrate accurate kicking to a designated area 3 out of 5 times.
- _____ Demonstrate the ability to kick to all parts of the field based on defensive alignment.
- _____ Demonstrate the knowledge of specific strengths needed for each position on the field.
- _____ Demonstrate the ability to execute a double play.

LACROSSE

Red Card-

- _____ Attend a RED Card Class.
- _____ Properly Execute 5 catches & passes from a standing still position.
- _____ Show basic cradling and picking up a ground ball on the run.
- _____ Demonstrate basic knowledge of rules.
- _____ Play a game
- _____ Know the basic history of the game.

Blue Card-

- _____ Execute 5 basic moving catches and passes.
- _____ Demonstrate one-handed cradling with each hand.
- _____ Show proper defensive positioning.
- _____ Make 10 shots from different areas of the field on the open net.
- _____ Demonstrate proper substitution and transition techniques.

LACROSSE (cont.)

Green Card-

- _____ Demonstrate proper goalie strategy.
- _____ Set up and run 4 plays on offense
- _____ Show ability to clear the ball from the inline to the half-line accurately and unguarded
- _____ Demonstrate proper "Ball- Position Calling" during game-play.
- _____ Demonstrate behind the back passes and shots.
- _____ Show ability to set picks.
- _____ Score 5 of 10 goals on a guarded net.

Gold Card-

- _____ Properly execute a "One- Timer".
- _____ Teach and lead 5 drills.
- _____ Show ability to set up and offense and lead plays.
- _____ Demonstrate shooting and hitting corners, bounce shots.
- _____ Lead a man-down defense.
- _____ Throw a ball goal to goal with a defense stick
- _____ Properly execute: All cradling, shooting, positioning, and strategies during game-play.

MOTORBOATING

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Know and discuss the "Rules of the Road"
- _____ Know all of the Marina Rules
- _____ Demonstrate the proper entry and exit from a boat.
- _____ Demonstrate the proper launching technique.
- _____ Know the "Features of the boat"
- _____ Be enrolled in a TN Safe Boaters Class.**If eligible**

Blue Card-

- _____ Know the jon boat starting procedures.
- _____ Maneuver the boat forward, through turns and backing
- _____ Know the proper fueling procedures for the jon boat.
- _____ Practice parallel docking and tying off.
- _____ Practice anchoring.
- _____ Practice a man overboard drill

Green Card-

- _____ Locate and explain the capacity plate on 4 other motorboats.
- _____ Attempting a towing practice between jon boats.
- _____ Attend a PWC Orientation.
- _____ Complete PWC operating course with an instructor.

Gold Card-

- _____ Attend a Ski Boat Orientation.
- _____ Complete Ski boat operating course with an instructor.
- _____ Complete a PWC trailering class.

NEWSPAPER

Red Card-

- _____ Take a story topic from your counselor and write an article in a group of three (minimum of 150 words).
- _____ Be able to explain the difference between several types of articles (Topic, Q & A, Review, etc.).
- _____ Make a list of 5 topics that could be used as articles. (on your own)

Blue Card-

- _____ Using a topic approved by your counselor, write an article on your own (minimum of 200 words) using illustrations or pictures.
- _____ Have one article published in the *Widji Wagan*.

Green Card-

- _____ Using your own ideas, create a theme paper (sports, living, business, etc.) write a series of five 50-word articles of your own choice focused on your created theme.
- _____ Have one additional article published in the *Widji Wagan*.

Gold Card-

- _____ Assist in publishing the Camp Newspaper, including at least one previously written article and one new article written about a topic of your choice with a minimum of 50 words.
- _____ Assist in layout, editing, printing and distribution of the *Widji Wagan*.
- _____ Act as editor for 2 articles submitted to the *Widji Wagan*.

ORIENTEERING

Red Card-

- _____ Explain what orienteering is.
- _____ Explain how a compass works.
- _____ Show how to take a compass to bearing and follow it.

Blue Card-

- _____ Know how to read a course map and explain what the colors and patterns mean.
- _____ Explain how a topographic map shows terrain features.
- _____ Show how to orient a map using a compass

Green Card-

- _____ Explain the meaning of declination
- _____ Complete a basic compass course
- _____ Explain how to navigate over long distances and around large objects

Gold Card-

- _____ Complete an advanced compass course
- _____ Draw an accurate topographic map of camp showing elevation, shoreline, buildings ,roads and trails.

OUTDOOR LIVING SKILLS

Red Card-

- _____ Explain the basics of Leave No Trace
- _____ Identify 3 local trees by leaves/bark
- _____ Identify poison ivy.

Blue Card-

- _____ Participate in one counselor led hike at camp.
- _____ List 7 principles of Leave No Trace
- _____ Identify 5 additional local trees.
- _____ Identify 5 local birds by sight or sound
- _____ Identify 2 fish found in Percy Priest Lake.

Green Card-

- _____ Build a twiggy fire and roast a marshmallow.
- _____ Find a good campsite and set up a tent with a buddy.
- _____ Learn about at least 3 methods of water purification and explain its importance.

Gold Card-

- _____ Write a plan for conservation project for camp.
- _____ Have your plan approved by the camp directors.
- _____ Carry out your plan.

SAILING

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Know general Hunter or Aqua Finn nomenclature
 - Boom, tiller, dagger board, mast, sheet, rudder and mainsail.
- _____ Rig either small boat (with assistance), get underway from the slip and return in a seaman like manner.
- _____ Furl and secure (with assistance) according to the camp procedure.
- _____ Determine wind direction.
- _____ Tie a figure eight, square knot and sheet bend
- _____ Discuss how to recover after a capsize.
- _____ Know basic safety procedures including hand and horn signals.
- _____ Know how to prevent a boat from capsizing.

SAILING (cont.)

Blue Card-

- _____ Know advanced parts of the Hunter or Aqua Finn.
 - Hull, deck, coming, cockpit, bow handle, sheet cam cleat, sheet block, bridle, etc...
- _____ Rig an Excite or Aqua Finn (without assistance), get underway from the slip and return in a seaman like manner.
- _____ Furl and secure (without assistance) according to the camp procedure.
- _____ Demonstrate basic sailing maneuvers (point up, jibe, tack/come about, stays/irons, capsized drill).
- _____ Sail a triangle course.
- _____ Tie a clove hitch & bowline.
- _____ Get out of Irons.

Green Card-

- _____ Demonstrate proper language of sailing.
- _____ Complete a legal regatta start.
- _____ Participate in a regatta.
- _____ Sail figure 8 course.
- _____ Demonstrate knowledge of man overboard procedures.
- _____ Rig and Furl a Hunter 140 twice.
- _____ Show proficiency of the Red and Blue card standards for the Hunter 140.
- _____ Pass a written test of parts of the Hunter Excite and sailing nomenclature.

SAILING (cont.)

Gold Card-

- _____ Demonstrate basic sailing maneuvers on command. (point up, jibe, tack/come about, stays/irons, capsize drill).
- _____ Under direction from the sailing staff, successfully skipper a Hunter 140, leading other boats in "follow the leader" around a preset course without capsizing.
- _____ Demonstrate capsize recovery by yourself
- _____ Discuss solutions to common Hunter sailboat problems.
- _____ Spend 30 minutes assisting with general sailboat maintenance.
- _____ Pass a written test of parts of the Hunter 140 and Catalina.
- _____ Show proficiency of the Red and Blue Card Standards for the Catalina.
- _____ Train another camper in the Red card skills (Camper must receive their red card)
- _____ Be certified by the Sailing Chief as cooperative, safe and competent ins a seamanlike manner and in the use and care of all of camp's sailboats.

SOCCER

Red Card-

- _____ Familiarity with the general playing rules.
- _____ Demonstrate how to dribble with the inside of both your left and right feet.
- _____ Demonstrate a throw in.
- _____ Pass with accuracy.
- _____ Demonstrate defensive positioning and footwork.
- _____ Demonstrate the ability to shoot with your favorable foot.

Blue Card-

- _____ Show proper instep passing with both feet, and thigh to foot trapping on both sides of the body.
- _____ Execute accurate placement of 4 out of 6 shots on goal.
- _____ Properly demonstrate the chip pass (both corner and field kick).
- _____ Ability to head balls back to the coach.
- _____ Be able to shoot with "opposite" foot.
- _____ Be able to describe the off-sides rule.

SOCCER (cont.)

Green Card-

- _____ Demonstrate proper chest traps
- _____ Demonstrate the ability to chip a stationary ball over an opponent's head to the instructor
- _____ Head balls thrown by an instructor into designated areas in the goal
- _____ Demonstrate the proper method of dribbling with the instep and the outside of the foot.
- _____ Understand the following situations:
 - _____ Corner Kick _____ Goal Kick
 - _____ Indirect Kick _____ Direct Kick
 - _____ Penalty Kick _____ Drop Ball

Gold Card-

- _____ Juggle the ball with proficiency
- _____ Score 70% of penalty kicks with the instructor in goal
- _____ Demonstrate the proper technique in shooting a moving ball.
- _____ Execute properly several give and go situations (one touch)
- _____ Play in the Widji Cup.

SOFTBALL

Red Card-

- _____ Demonstrate the basic technique of hitting and throwing.
- _____ Demonstrate proper technique for catching a ground ball from the infield and outfield positions.
- _____ Discuss the safety rules with counselors.

Blue Card-

- _____ Demonstrate proper base running technique.
- _____ Be able to determine where the play is to be made prior to the batter hitting the ball
- _____ Have an understanding of the definitions and rules
- _____ Play in a complete 6 inning game
- _____ Demonstrate the ability to tag up and steal bases

SOFTBALL (cont.)

Green Card-

- _____ Show ability to execute a double play and ability to use a cutoff man to relay from outfield to home
- _____ Show ability to throw from 1st to 3rd base
- _____ Ability to hit ground ball or fly ball as needed
- _____ Show the ability to adjust field position according to the batter's alignment in the box
- _____ Know how to keep a scorebook

Gold Card

- _____ Demonstrate accurate pitching 3 out of 5 attempts in the strike zone.
- _____ Demonstrate ability to hit to all fields based on defensive Alignment.
- _____ Demonstrate and knowledge of specific strengths needed for each position on the field.
- _____ Understand the umpires' signals and duties.

STREET HOCKEY

Red Card-

- _____ Perform a Wrist Shot, Snap Shot and Slap Shot.
- _____ Shoot and score from 5 ft, 10 ft and 20 ft on an open net.
- _____ Demonstrate knowledge of the rules and equipment of the game.
- _____ Participate in a game.

Blue Card-

- _____ Show proper defensive positioning strategies.
- _____ Make 7 of 10 shots on an open net from 20 feet.
- _____ Make one shot from the blue line.
- _____ Explain substitution rules.
- _____ Name all positions.
- _____ Play in an additional game.

Green Card-

- _____ Demonstrate proper goaltending strategies
- _____ Explain Icing.
- _____ Explain the offsides rule.
- _____ Teach a stick handling class.

Gold Card-

- _____ Teach 3 drills.
- _____ Lead your team into an offensive and a defensive formation during game-play.
- _____ During game-play demonstrate the following: proper shooting using 3 different types of shots and proper personal defensive positioning.

SWIMMING

Red Card-

- _____ Know the swimming safety rules
- _____ Know how to select a properly fitting lifejacket.
- _____ Describe why it is important to always swim with a lifeguard on duty.
- _____ Explain Camp Widjiwagan's Buddy Check system, and why this is important.

Blue Card-

- _____ Demonstrate front crawl and side strokes.
- _____ Demonstrate reaching and throwing assists.
- _____ Demonstrate rhythmic breathing, front glide, and back float.
- _____ Test into a green swim band.

Green Card-

- _____ Demonstrate the back crawl and breaststroke.
- _____ Tread water for one minute in deep water.

Gold Card-

- _____ Demonstrate the butterfly stroke.
- _____ Tread water for two minutes without hands.

TEAMBUILDING

Red Card-

- _____ Participate and complete 2 ground initiatives
- _____ Explain the three E's (Equipment, Element, and Environment).

Blue Card-

- _____ Participate and complete 3 ground initiatives
- _____ Assist the facilitator in debriefing 1 of these activities.

Green Card-

- _____ Set up and introduce 3 ground initiatives led by a facilitator.
- _____ Facilitate and debrief one activity with the assistance of a facilitator.
- _____ Show proper backup belay technique.

Gold Card-

- _____ Facilitate 2 entire ground initiatives including the set up and debriefing of the initiative.

TEAM HANDBALL

Red Card-

- _____ Demonstrate basic knowledge of the rules of the game
- _____ Make 5 goals on an open net from the 9 meter line
- _____ Play in a game

Blue Card-

- _____ Properly execute 5 drills.
- _____ Demonstrate proper goalkeeping strategy.
- _____ Demonstrate proper jump shot.
- _____ Play in another game.

Green Card-

- _____ Demonstrate advanced knowledge of the rules of the game
- _____ Teach and lead 5 drills
- _____ Make 5 out of 10 goals on a guarded net from the 7 meter line
- _____ Demonstrate proper defensive strategy

Gold Card-

- _____ Demonstrate proper over-head pass, jump shot, goalkeeping strategy, and defensive strategy during game-play.

TENNIS

Red Card-

- _____ Know the basic nomenclature of the court and the racket.
- _____ Understand the rules of scoring.
- _____ Demonstrate the proper forehand and backhand grips
- _____ Demonstrate knowledge of and practice rules of etiquette.

Blue Card-

- _____ Demonstrate the ability to consistently hit a forehand and Backhand.
- _____ Know how to hit an overhead serve.
- _____ Spend 15 minutes doing individual work with a partner.
- _____ Play in one singles match consisting of 3 games.

Green Card-

- _____ Demonstrate the ability to hit a lob shot
- _____ Demonstrate the ability to hit a drop shot
- _____ Demonstrate the ability to hit an approach shot
- _____ Correctly serve 8 out of 10 balls
- _____ Play in one doubles match consisting of 3 games.

Gold Card

- _____ Demonstrate the ability to consistently hit crosscourt and down the line ground strokes.
- _____ Demonstrate good net playing ability.
- _____ Teach one Hacker class.
- _____ Play a 6 game set with a counselor.
- _____ Play a 6 game set of doubles.

ULTIMATE FRISBEE

Red Card-

- _____ Demonstrate knowledge of the rules.
- _____ Demonstrate a proper backhand throw.
- _____ Demonstrate a proper forearm throw.
- _____ Participate in a game.

Blue Card-

- _____ Demonstrate: a proper 3-step run up
- _____ Demonstrate the "Hammer Throw."
- _____ Demonstrate how to dump the disc.
- _____ Show man-on-man defense
- _____ Demonstrate 2 of 5 two handed catches.
- _____ Play another game.

Green Card-

- _____ Demonstrate: the "Air Bounce."
- _____ Demonstrate the remaining 3 two-handed catches
- _____ Demonstrate the techniques of the zone defense.
- _____ Show proper "cutting" methods.
- _____ Play in another game.

Gold Card

- _____ In a game situation show all you have learned
- _____ Lead your team in defensive styles and formations.
- _____ Successfully lay out and catch a disc.
- _____ Properly show 3 other different types of throws
- _____ Teach a Red Card Class.

VOLLEYBALL

Red Card-

- _____ Know the basic nomenclature of the volleyball court.
- _____ Execute a bump in a partner drill.
- _____ Execute a set in a partner drill.
- _____ Execute an underhand serve.
- _____ Know the general rules of the game.

Blue Card-

- _____ Demonstrate a dig.
- _____ Execute 8 of 10 bumps across the net.
- _____ Execute 8 of 10 sets across the net.
- _____ Execute 8 of 10 underhand serves across the net.
- _____ Explain rotation.
- _____ Play in a game.

VOLLEYBALL (cont.)

Green Card-

- _____ Demonstrate proper approach to spike the ball and execute the spike movement.
- _____ Demonstrate proper blocking technique.
- _____ Execute 8 of 10 bumps to a target.
- _____ Execute 8 of 10 sets to a target
- _____ Execute 8 of 10 overhand serves across the net.
- _____ Play in a match (best of 3 games).

Gold Card-

- _____ Execute 8 of 10 diving saves and digs.
- _____ Execute 8 of 10 overhand serves to a designated spot.
- _____ Execute 8 of 10 spikes into the court.
- _____ Execute 8 of 10 blocks.
- _____ Play in a two-person match (best of 3 games).
- _____ Referee a volleyball game.

WAKE BOARD

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Demonstrate the ability to put on a board without help.
- _____ Knowledge of safety rules and commands.
- _____ Knowledge of hand signals.
- _____ Know technique of wakeboarding and attempt 3 water starts.

Blue Ribbon-

- _____ Ability to wakeboard behind the boat for one minute.
- _____ Ability to cross the wake 3 times.

Green Card-

- _____ Ability to jump both wakes 3 times.
- _____ Ability to switch to "fakey" (180)

Gold Card-

- _____ Demonstrate the ability to execute three different grabs consistently.
- _____ Demonstrate one additional trick on a wakeboard.

WATER SKIING

Red Card-

- _____ Know how to select a properly fitting lifejacket.
- _____ Demonstrate the ability to adjust skis in the water.
- _____ Demonstrate the ability to put on skis without assistance in the water.
- _____ Knowledge of safety rules and commands.
- _____ Knowledge of hand signals.
- _____ Able to ski for one minute without falling.

Blue Card-

- _____ Ability to ski or wakeboard behind the boat for three minutes.
- _____ Demonstrate ability to cross wake and return twice
- _____ Know technique of slalom and attempt 3 water starts.

Green Card-

- _____ Demonstrate ability to stay up on a slalom and to cross wake with ease.
- _____ Assist in teaching another camper to ski, wakeboard or slalom.
- _____ Able to complete a 2 handed cut close to the water (slalom).

Gold Card-

- _____ Ability to ski, wakeboard and slalom.
- _____ Demonstrate one trick on a wakeboard.
- _____ Demonstrate six one handed turns on slalom ski.

YOGA

Red Card-

- _____ Perform warm-up stretching exercises
- _____ Childs Pose - 1 minute
- _____ Lotus Pose - 1 minute
- _____ Cobra Pose (each side) - 30 seconds
- _____ Cat Tilt Pose -30 seconds

Blue Card-

- _____ Chair Pose - 30 seconds
- _____ Seated Twist Pose (each side) - 30 seconds
- _____ Uttanasana Pose - 30 seconds
- _____ Downward Facing Dog Pose - 30 seconds

Green Card-

- _____ Lead warm up stretching exercises
- _____ Tree Pose (each leg) - 30 seconds
- _____ Triangle Pose (each side) - 30 seconds
- _____ Upward Bow - 30 seconds

Gold Card-

- _____ Teach and Lead exercises for Red Card
- _____ Hold Half Moon Pose - 30 seconds
- _____ Hold Plough Pose - 30 seconds
- _____ Hold Headstand Pose (each side) - 30 seconds

Archery Appendix

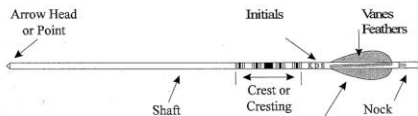
1. Stance- Stand with both (straddle) feet parallel to the firing line. Balance your weight evenly between both feet. Stand up straight as if a string were pulling your head straight up to the sky.
2. Nock: Each arrow has three fletchings (feathers) and a nock; the nock is the plastic piece which holds the arrow onto the bow string. There will always be two fletchings of one color and one fletching that is an odd color (index fletching.) The odd color is lined up with the nock so that will always face wither directly away from the bow or directly toward the bow when the arrow is nocked to the string. The index fletching should always face away from the bow; if the index fletching is facing toward the bow it will hit the bow when it is released and the arrow will not fly straight.
3. Set: Set the bow in your hand so that the grip rests comfortably in the palm; hold the grip gently. If an archer squeezes the grip, there will be too much tension in their hand and they will not be able to hold the bow still enough to aim properly.
4. Pre-Draw: Before drawing the string back, fully extend the bow arm. Stretch the bow arm out from the body as far as it can go. Unless the arm is fully extended the bow cannot transfer all of its energy into the bow.
5. Draw: After the bow arm is fully extended, the string can be drawn back. Draw back the string, not the arrow. If the arrow is drawn back the nock can be damaged and the and the shot will be less accurate.

-
6. **Anchor:** It is important to anchor after the draw. This means pulling the string back to the same spot every shot. The string should come back as far as the chin. If you have difficulty pulling the string back to your chin, ask a counselor to find a bow that you can pull back easily.
 7. **Aim:** After the string is anchored, aim by moving the bow arm. Raise, lower, or move the bow arm side to side, but keep the anchor point the same. Aim by finding a reference point where you can place the tip of the arrow when standing at full draw. Remember, correct aim will not help unless the other parts of your form are also correct.
 8. **Release:** Don't think of releasing the bow string; think of letting the string slip off your fingers. The release is not an action; it is a non-action. No muscles or fingers should move, and your fingers should relax and let the tension in them disappear.
 9. **Follow Through:** After the release it is important to hold your form. Moving may disrupt the flight of the arrow. A good archer can hold their form until they hear the arrow hit the target. This way they know the arrow has cleared the bow.

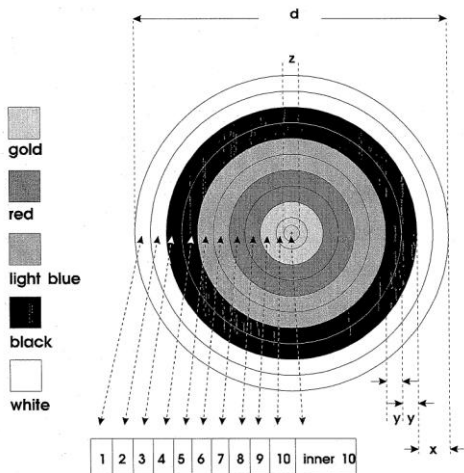
Range Commands:

1. Straddle the line
2. Nock your arrow
3. Ready of the firing range
4. Release when ready
5. Range clear/Hang up your bows
6. Collect your arrows

1. **ARROW**
article 7.3.1.7

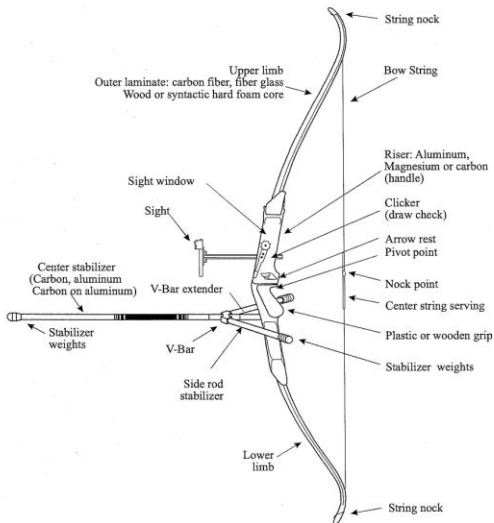


2. **OUTDOOR TARGET FACE**

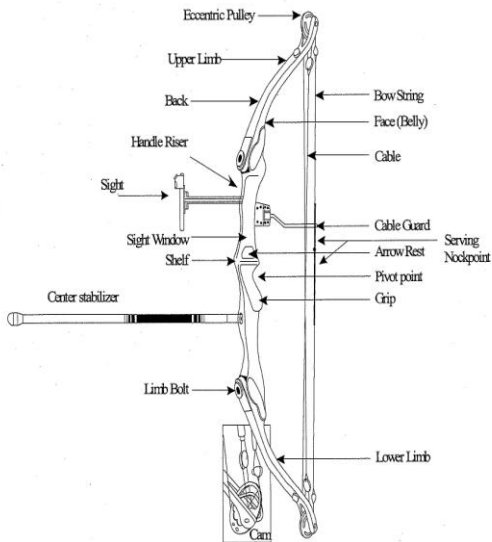


3. RECURVE BOW

article 7.3.1



2. COMPOUND BOW
article 7.3.3



Basketball Appendix

1. **Alternating Possession:** A method of putting a dead ball into play. The ball is awarded to each team on an alternating basis throughout the game.
2. **Back Court:** the half of the court containing the basket a team is defending, including the division line itself.
3. **Blocking:** Personal contact by a defender player that impedes the progress of an opponent who has the ball.
4. **Charging:** Personal contact by an offensive player, with the ball, against a defensive player in a set position.
5. **(In) Control:** A player is in control when he is holding a live ball or dribbling it. A team is in control when a player of the team is in control or while a live ball is being passed between teammates.
6. **Double Foul:** When two opponents commit personal fouls against each other at approximately the same time.
7. **Free Throw:** The opportunity given a player to score one point by an unhindered shot from the free-throw line.
8. **Front Court:** The part of the court from a team's end line to the near edge of the division line including its basket and inbound portions of its backboard.
9. **Give and Go:** A play in which the offensive player makes a pass to a teammate, and then cuts toward the basket for a return pass.
10. **Holding:** Personal contact with an opponent who interferes with his freedom of movement.
11. **Mid-Court:** The part of the front court from the division line to an imaginary parallel line 3 feet above the top of the free throw circle.
12. **Multiple Foul:** A situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time.
13. **Personal Foul:** A player foul which involves contact with an opponent.

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- 14. Screening:** An offensive player's attempt to protect a teammate's play by shutting off an opponent's approach without personal contact.
 - 15. Technical Foul:** An action by a non-player (coach) or player which does not involve contact with an opponent, or a player foul which does involve contact with an opponent, in an unsportsmanlike manner.
 - 16. Throw-In:** A manner of putting a ball into play after it has gone out of bounds. The player has 5 seconds to do this.
 - 17. Trailer:** A person that follows behind a dribbling teammate.

Rules of Substitution

1. Report to the Scorer
2. Give name and number
3. Wait for the official to bring you in – usually during a dead ball situation

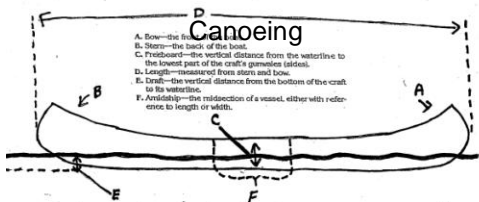
Time Keeper Rules

Start Clock:

1. When the ball is legally tapped on a jump ball.
2. When the ball is touched in bounds on a throw in.
3. When the ball is touched after a missed free-throw and the ball is to remain live.

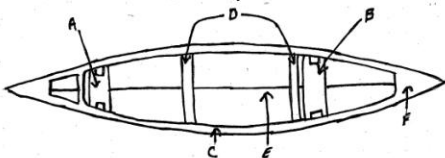
Stop Clock:

1. When the time expires at the end of a period.
2. Anytime the official blows his whistle.



Canoeing

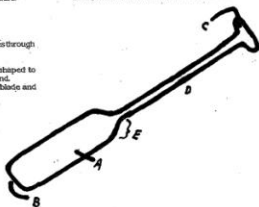
- A. Bow—the front of the boat.
- B. Stern—the back of the boat.
- C. Freeboard—the vertical distance from the waterline to the lowest part of the craft's gunwales (sides).
- D. Length—measured from stern and bow.
- E. Draft—the vertical distance from the bottom of the craft to its waterline.
- F. Amidship—the midsection of a vessel, either with reference to length or width.



- A. Stern seat—seat near the rear of the craft.
- B. Bow seat—seat near the front of the craft.
- C. Gunwale—the upper edge of a boat's side (pronounced "gunwah")
- D. Thwart—cross braces from gunwale to gunwale.

- E. Centerline—a real or imaginary line in the middle of the canoe running lengthwise representing the area where weight is evenly distributed or balanced.
- F. Deck—small, triangular pieces found above bow and stern, sometimes covering flotation material.

- A. Blade—the flat section of a paddle which moves through the water.
- B. Tip—the bottom of the paddle's blade.
- C. Grip—the end opposite the blade and tip shaped to comfortably and securely fit the paddler's hand.
- D. Shaft—the portion of a paddle between the blade and the grip.
- E. Throat—the section between the blade and the shaft.



Capture the Flag Rules

Each team has its own territory in which its players are free to move as they please, but on which opponents enter at their peril. The territories are separated by a boundary line. Any player crossing this line may be captured by the enemy.

The teams assemble close together at a starting point near the center of the line, each team in its own territory. On a signal the teams proceed to set their flags at any point within 200 steps of the starting point. The flags must be visible, although it is permissible to place them as inconspicuously as possible.

After three minutes another signal is given for start of game. The object now is to enter the enemy's territory, capture the flag, and carry it across the line into home territory without being caught. Players may be posted to guard the flag, but not get nearer than 50 feet to it, unless an enemy player goes within the 50-foot circle. They may then follow him.

Any player found in the enemy's territory may be captured by grasping him long enough for the captor to say "Caught!" three times. When a player is captured he must go with captor to the "guard house" - a tree or rock from the boundary line.

A prisoner may be released by a friend touching him, provided the prisoner at that time is touching the guard house with a hand or a foot, whereupon both return to their own territory. If the rescuer is caught by the guards before he touches the prisoner, he, too, must go to the guard house. A rescuer can rescue only one prisoner at a time.

If the flag is successfully captured, it must be carried across the line into home territory. If the raider is caught before he reaches home, the flag is set up again at the point where it was rescued and the game as before. If neither side captures the enemy's flag within the time agreed up on (say, 1/2 hour) the game is won by the team with the most prisoners.

Other Ideas

Hidden Flag

Allow each team to hide their flag out of sight. Before starting the game allow a scout from each team to be shown where the flag is. He must describe accurately, to his team, where the flag is. This requires that the scout be very observant.

Get Out of Jail Free

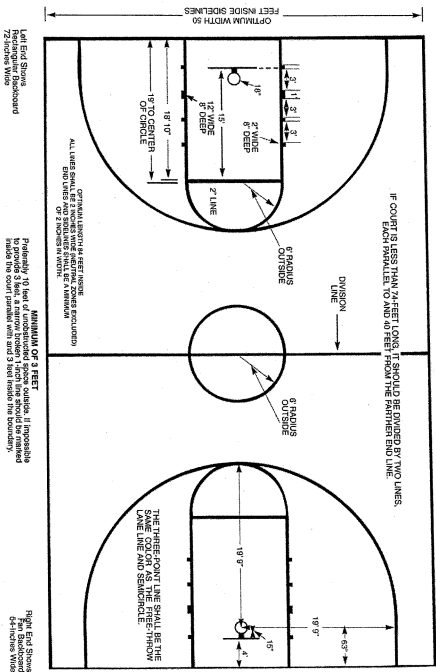
All team members caught in the jail can be set free when a single teammate touches the jail. BUT, they do not have free passage back to their territory.

Jail Break

If the game begins to stall, allow the judges to yell "Jail Break." At this moment all players in both jails are free to escape.

BASKETBALL COURT DIAGRAM

(See Rule 1-13 for location and size of optional coaching box)



Flag Football Definitions and Rules

- 1. At the snap:** 4 of the 8 offensive players must be on the line. (5 yard penalty)
- 2. Backfield:** At least one yard behind the line of scrimmage.
- 3. Ball Carrier:** Shall not deliberately drive or run unto a defensive player, nor straight arm, nor protecting the flag. (10 yard penalty)
- 4. Blockers:** Neither the blockers or the rushers may use their hands , or have any contact, when rushing the quarterback. (10 yard penalty)
- 5. Dead Ball:** The ball becomes dead when: (a) the ball carrier's flag becomes detached (b) when any part of the ball carrier's body other than the hands and feet touch the ground (c) an incomplete pass (d) a fumble (e) when the ball goes out of bounds. *In all cases where a play is in progress and a ball carrier loses a flag either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, he still is eligible to catch a legal forward pass, but cannot advance the ball and the ball is dead where the ball is caught.*
- 6. Declared Scrimmage Kick:** There is no rushing the kicker when a team announces a declared kick to the referee before the ready-for-play. After announcement a team must kick. Both teams must keep 4 players on the line of scrimmage until the kick is made. A declared kick may be used for the try and is worth one point (10 yard penalty).
- 7. Defensive Player:** Shall not hold, grasp or obstruct forward progress of ball carrier when in the act of removing the flag. (10 yard penalty)
- 8. Down-** when the ball becomes dead. Four downs (or tries) are allowed to score a touch down, or cross the centerline. On the fourth down if the offensive team doesn't score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage.
- 10. Defense-** the team that does not have possession of the ball
- 11. End zone-** the area between the goal line and the end line where touchdowns occur
- 12. First down-** the first of four attempts to move the football forward into the opponent's next zone or to end zone.

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- 13. Flags:** Players must wear 2 same length flags attached to a belt at the waist.
- 14. Forward Pass:** All players are eligible receivers. A team may make multiple forward passes behind the neutral zone. No pass interference rule if pass stays in or behind the neutral zone.
- 15. Fumble-** the ball carrier drops the ball while in their possession. Fumbles become dead balls and does not change possession.
- 16. Handoff-** an exchange of the football from the quarterback to a teammate. Only one off during a series of downs
- 17. Interception-** when the defense catches a ball that was meant to be caught by the offensive Team.
- 18. Kickoff:** Must be a place kick or a drop kick. Ball is kicked from the 20 yard line in a 4 zone field and from the 40 yard line in a 5 zone field.
- 19. Kickoff Recovery:** An untouched free kick must travel 20 yards before the kicking team can legally recover unless touched by the receiving team.
- 20. Line of Scrimmage-** Imaginary line drawn from the forward tip of the football to the side Line.
- 21. Line to gain:** The line to gain in any series is the zone in advance of the ball. A new series is awarded to a team when the legally advance to the next zone.
- 22. Line Set:** Line set must be called by the official once each team has 4 offensive players set on the offensive line of scrimmage. Snapping the ball prior to the official calling line set will result in a penalty (5 yards).
- 23. Offense-** the team that has possession of the football
- 24. Offside-** Movement across the line of scrimmage before the football is snapped
- 26. Safety-** removing the flag of the other team behind their own goal line with the ball
- 28. Touchdown-** an offensive player having possession of the football in the opponent's end Zone
- 29. Zones:** A zone is 20 yards wide. Four or five zones constitute the playing area plus 10 yard end zones.
- 30. Scoring:** Touch down = 6 points, Conversion at the 3 yard line = 1 point, Conversion at the 7 yard line = 2 points, Safety = 2 points.
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Golf Terminology

Addressing the Ball - Taking a stance and grounding the club

Away - Ball furthest from the hole

Birdie - One stroke under the designated par of a hole

Bogey - Usually one stroke over the designated par of a hole

Divot - Turf displaced by player's club when making a swing

Dog-leg - A hole in which the route of play angles to the right or left before reaching the putting surface

Eagle - Two strokes under par for a hole

Fairway - Closely mowed route of play between teeing area and putting green

Fore - A warning cry to any person in the way of play

Green - The putting surface

Handicap - A deduction from a player's gross score devised to match his score against par to equate differential abilities to other players

Hazard - A term used to designate bunkers(sand traps or water areas

Hook - A stroke made by a right-handed player which curves the ball to the left of the target

Match play - Type of competition in which each hole is a separate contest

Par - A numerical standard of scoring excellence hole based on yardage and two putts per green

Stroke play - Competition based on total number of strokes taken

Basic Golf Rules

1. When driving from the tee you must tee up between the markers and not more than two club lengths behind the markers never in front
2. If the ball falls off the tee before you take a forward swing you may replace it without penalty
3. If you swing and miss after addressing the ball it counts one stroke
4. If you top the ball and knocked it off the tee- it counts as a stroke and must play it where it lies.
5. You may not improve your lie by moving, breaking, or bending growing vegetation
6. You may move loose ,natural impediments (tree branches, fallen leaves or stones)

-
7. If you play the wrong ball, except in a hazard you lose the hole in match play or are penalized two strokes in stroke play
 8. When the ball must be dropped you must face the hole, stand erect, and drop the ball behind you over your shoulder
 9. In match play, an opponent must take a penalty stroke if he moves a player's ball. In both match and stroke play the player must replace the player must place the ball on the spot from which it was moved
 10. In stroke play there is no penalty if a player's ball moves an opponent ball the ball moved must be replaced. When both balls lie on the putting green the player whose ball strikes the other player's ball must take a two stroke penalty

Golf Etiquette

- 1) When you reach the green leave your bag off the green
- 2) In stroke play, if your ball hits a pin that has been removed you have to take a two-stroke penalty and you must then play the ball as it lies
- 3) If leaves or other loose impediments lie on the green you may remove them without penalty. If your ball moves after a loose impediment has been touched, it shall be replaced without penalty.
- 4) You must not touch the ground in your line of putt except that you may (a) repair a ball mark or an old plug (b) Lift the ball for cleaning (c) Remove a loose impediment
- 5) In match play if your opponent's ball lies within your line of putt you may ask to have it picked up and marked
- 6) If your ball knocks your opponent's ball into the cup he is considered to have holed out on his previous stroke.
- 7) In stroke play when both ball lie on the putting green if your ball strikes a fellow-competitor's ball you must take a penalty of two strokes and the other player's ball must be returned to its original position.
- 8) On the putting green you may lift and clean your ball without penalty
- 9) When finished putting player should immediately leave the green.
- 10) The most players to play a hole at one time is a foursome
- 11) Bare patches, scrapes, roads, tracks and paths are not hazards.

Basic Lacrosse Rules

Men's lacrosse is a contact game played by ten players: a goalkeeper, three defensemen, three midfielders and three attackmen. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

1. Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.
2. Generally, high school games are 48 minutes long, with 12 minute quarters. Each team is given a two minute break between the first and second quarters, and the third and fourth quarters. Half-time is ten minutes long.
3. Teams change sides between periods. Each team is permitted two time-outs each half. The team winning the coin toss chooses the end of the field it wants to defend first.
4. Men's lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the goal line.
5. Center face-offs are also used after a goal and at the start of each quarter.
6. Players may run with the ball in the crosse, pass and catch the ball. Only the goalkeeper may touch the ball with his hands.
7. A player may gain possession of the ball by dislodging it from an opponent's crosse with a stick check, which includes the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.

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8. Body checking is permitted if the opponent has the ball. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crosse may also be stick checked if it is within five yards of a loose ball or ball in the air.
 9. If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful shot on goal, the player nearest to the ball when and where it goes out of bounds is awarded possession.
 10. An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball

Lacrosse Field Positions

ATTACK: The attackman's responsibility is to score goals. He generally restricts his play to the offensive end.

MIDFIELD: The midfielder's responsibility is to cover the entire field playing both offense and defense.

DEFENSE: The defenseman's responsibility is to defend the goal. He generally restricts his play to the defensive end of the field.

GOAL: The goalie's responsibility is to protect the goal and stop the opposing team from scoring

Lacrosse Fouls

Personal Fouls

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **TRIPPING:** Occurs when a player obstructs his opponent at or below the waist with the crosse, hands, arms, feet or legs.

-
- **CROSS CHECKING:** Occurs when a player uses the handle of his crosse to make contact with an opponent.
 - **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
UNNECESSARY ROUGHNESS: Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
 - **ILLEGAL CROSSE:** Occurs when a player uses a crosse that does not conform to required specifications. A crosse may be found illegal if the pocket is too deep or if the crosse was altered to gain an advantage.
ILLEGAL BODY CHECKING: Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crosse.
ILLEGAL GLOVES: Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Technical Fouls

The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

1. **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crosse.

2. **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.

3. **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.

4. **PUSHING:** Occurs when a player thrusts or shoves a player from behind.

5. **SCREENING:** Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.

6. **STALLING:** Occurs when a team intentionally holds the ball. without conducting normal offensive play, with the intent of running times off the clock.

7. **WARDING OFF:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check

Outdoor Living Skills

7 Principles of Leave No Trace

Plan Ahead and Prepare

Know the regulations and special concerns for the area you'll visit.

Prepare for extreme weather, hazards, and emergencies.

Schedule your trip to avoid times of high use.

Visit in small groups when possible. Consider splitting larger groups into smaller groups.

Repackage food to minimize waste.

Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.

Protect riparian areas by camping at least 200 feet from lakes and streams.

Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

Concentrate use on existing trails and campsites.

Walk single file in the middle of the trail, even when wet or muddy.

Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

Disperse use to prevent the creation of campsites and trails.

Avoid places where impacts are just beginning.

Dispose of Waste Properly

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.

Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.

Pack out toilet paper and hygiene products.

To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.

Leave rocks, plants and other natural objects as you find them.

Avoid introducing or transporting non-native species.

Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.

Where fires are permitted, use established fire rings, fire pans, or mound fires.

Keep fires small. Only use sticks from the ground that can be broken by hand.

Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

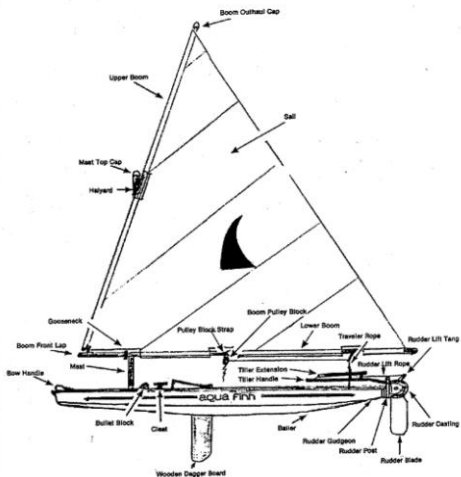
Observe wildlife from a distance. Do not follow or approach them.
Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
Protect wildlife and your food by storing rations and trash securely.
Control pets at all times, or leave them at home.
Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience.
Be courteous. Yield to other users on the trail.
Step to the downhill side of the trail when encountering pack stock.
Take breaks and camp away from trails and other visitors.
Let nature's sounds prevail. Avoid loud voices and noises

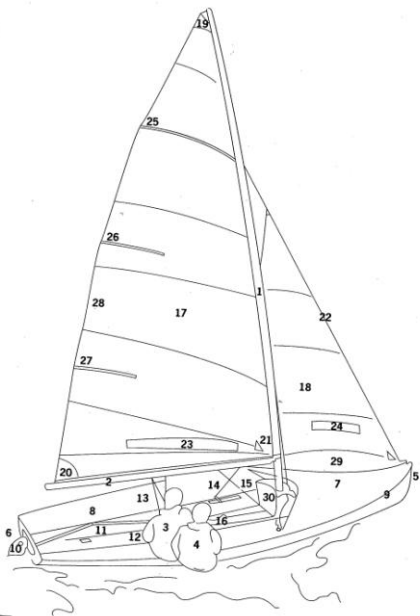
Aqua Finn Parts Schematic

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Close Window

Hunter Sailboats



Hunter Excite

1. Mast
2. Boom
3. Helmsman
4. Crew
5. Bow
6. Stern
7. Foredeck
8. Side deck
9. Gunwhale
10. Rudder
11. Tiller
12. Tiller extension

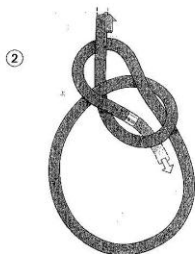
Hunter 140

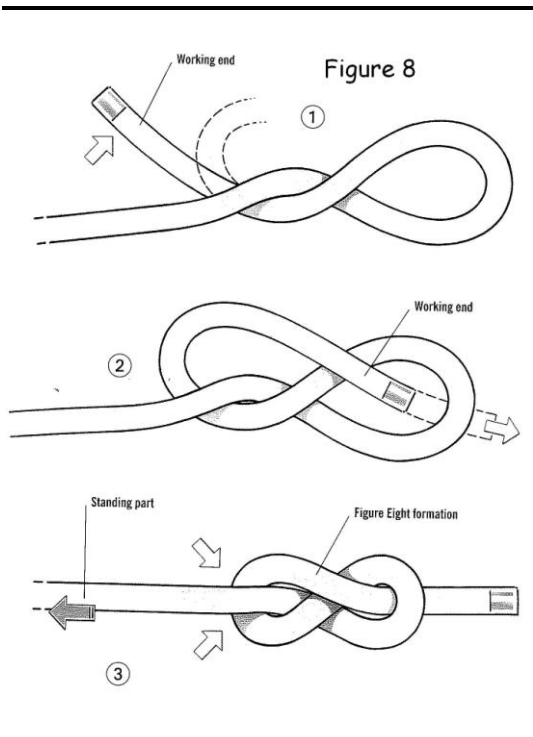
1. Mast
2. Boom
3. Helmsman
4. Crew
5. Bow
6. Stern
7. Foredeck
8. Side deck
9. Gunwhale
10. Rudder
11. Tiller
12. Tiller extension
13. Mainsheet
14. Jib sheet

13. Mainsheet
15. Boom Vang
16. Centreboard Case
17. Mainsail
19. Mainsail head
20. Mainsail clew
21. Mainsail tack
23. Mainsail window
25. Top batten
26. Middle batten
27. Bottom batten
28. Mainsail leech

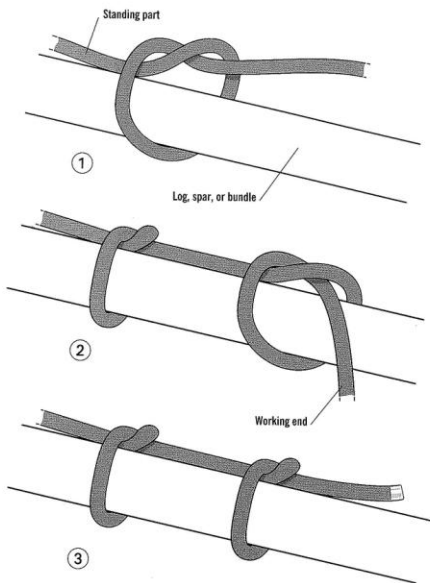
15. Boom Vang
16. Centreboard Case
17. Mainsail
18. Jib
19. Mainsail head
20. Mainsail clew
21. Mainsail tack
22. Jib luff
23. Mainsail window
25. Top batten
26. Middle batten
27. Bottom batten
28. Mainsail leech
29. Jib Foot

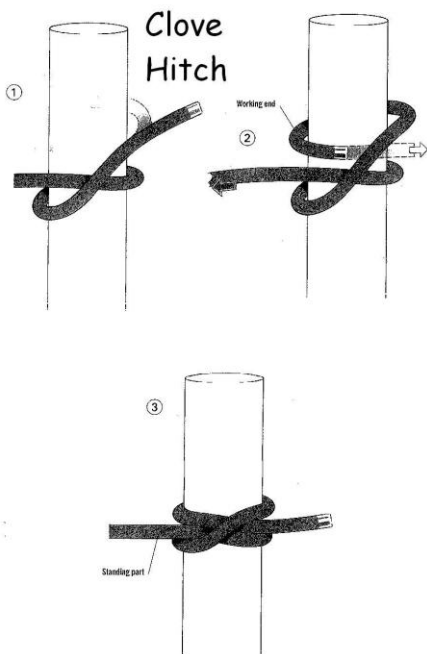
Bowline



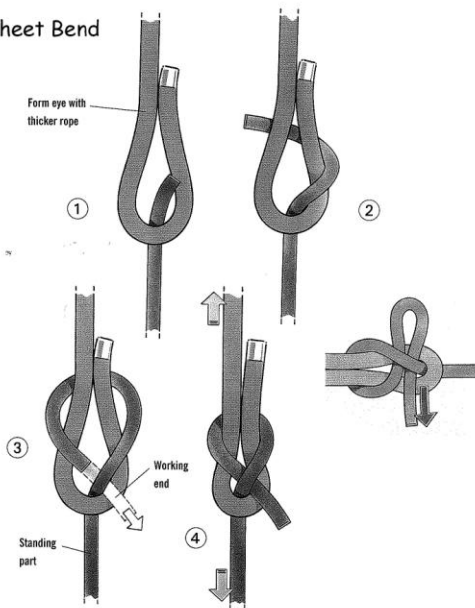


Marline Hitch





Sheet Bend



Square Knot

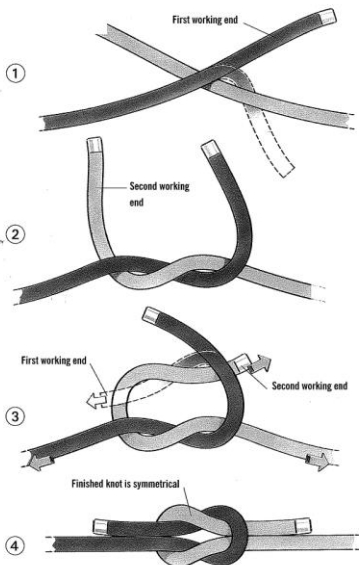
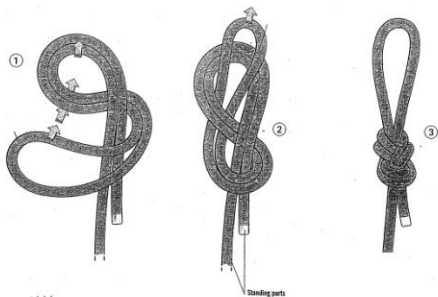
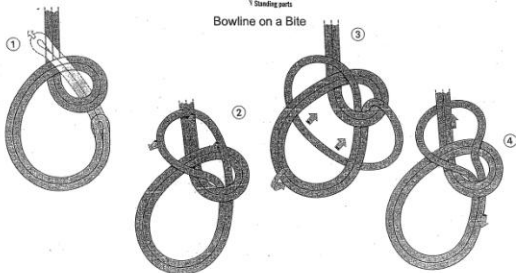


Figure Eight on a Bite



Bowline on a Bite



Soccer Rules and Definitions

Scoring: A goal is scored when the whole ball passes over the goal line between the uprights and under the crossbar. Any part of the body except the hands and arms can be used to propel the ball into the goal. Each goal counts one point regardless of how it is scored.

Players- Eleven players of a team are on the field at a time. The offense consists of five players: (1) center, (2) insides and (2) wingers. Two halfbacks operate at mid-field between the forwards and the defensive. Half backs both attack and defend depending upon the situation. Three fullbacks and a goalkeeper make up the defensive unit. The goalkeeper is the only man who can use his hands and may do so only in the penalty area.

Time: In association and collegiate soccer there are two 45 minute halves. There are no team timeouts in soccer, but the referee may call time for an injury. Substitutions are made quickly on throw-ins, corner kicks and goal kicks.

Foul: An indirect free kick is awarded for non-personal fouls such as dangerous play, a goal keeper taking too many steps with the ball and offsides.

Offside: The offside rule prevents players from being “basket hangers” or “sleepers” as in basketball. A player in his opponent’s end of the field must have two opponents between himself and the goal line at the time the ball is played to them.

Corner Kick: If the defense kicks the ball over the end line they are defending, a corner kick is awarded to the offense. A corner kick is a kick made by the attacking team from the corner arc.

Goal Kick: If the offense kicks the ball over the end line they are attacking, a goal kick is awarded to the defense. A goal kick is an indirect kick taken by the defense from the goal line.

Free Kick: A place-kick which puts the ball in play from a designated spot on the ground after the ball has become dead from a reason other than going out of bounds. The ball must move at least two feet, when it becomes alive.

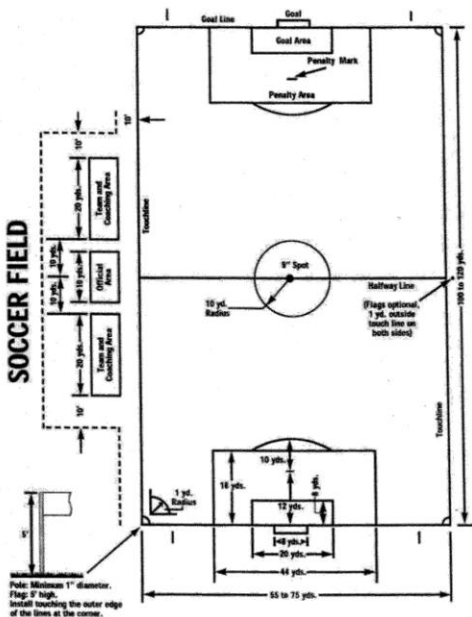
Drop Ball: Where the ball is put into play by the referee by being dropped between two opponents. The ball becomes live when it touches the ground.

Direct Kick: A free place-kick which can score directly from the kicker's foot.

Indirect Kick: A free place-kick which will not score a goal unless touched or played by one other player before going into the goal.

Throw In: When the ball goes over the touch or side line, a throw in is awarded to the opposing team of the player who last touched the ball.

SOCCER FIELD



Softball Appendix

- There are 9 players on a softball team.
- The playing field is divided into the infield and outfield
- The lines between the bases are 60' apart and when joined they form a "diamond", inside the baseline is known as the infield
- Outside the baseline but inside the playing field is called the outfield.
- Any ball going outside the 1st or 3rd base line is a foul ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out)
- An official game is 7 innings (an inning is when both teams have had their turn to bat)
- The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
- Batters must follow the same order throughout the whole game
- The batter is out if and when: (a) three strikes have been called, (b) a fly ball is caught or (c) the batter does not stand in the batter's box.
- Runners must touch each base in order
- Runners may overrun 1st base only, all other bases the runner may be tagged and called out if they are off the base.
- Runners can not lead off a base, they must be on base until the ball has left the pitcher's hand
- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
- One base runner can not pass another base runner that is ahead of them.
- Stealing a base is not permitted
- A runner is out if: (a) they are tagged with the ball before reaching a base, (b) the ball gets to 1st base before the runner or (c) they run more than 3 feet out of the base line to avoid being tagged.

Softball Terms

- 1. Ball-** a legally pitched ball that does not enter the strike zone (four balls equals a walk)
- 2. Base on Balls** – A batter advances to first base when four pitches are judged to be balls.
- 3. Bunt** – A legally tipped ball that is tapped within the infield.
- 4. Earned Run** – Any runs scored that are not due to an error by a player.
- 5. Error** – A mistake that prolongs the life of a base runner or batter or permits a runner to advance a base.
- 6. Grounder-** A ball that is hit on the ground
- 7. Fair Ball** – A hit ball that touches within the first and third baselines anywhere on the field or passes over the outfield fence within this territory.
- 8. Fielder's Choice** – When a defensive player elects to retire a base runner rather than a batsman or on a batted ball.
- 9. Foul Ball** – A hit ball that touches outside of the first and third baselines or any unofficial object not part of the game in this area.
- 10. Foul Tip** – A hit ball which goes directly from the bat, not higher than the batter's head.
- 11. Force Out-** when the runner has to advance to the next base to make room for the following base runner.
- 12. Fly ball-** ball hit up in the air to the outfield.
- 13. On deck-** the next batter.
- 14. Passed Ball** – When a catcher fails to catch a pitch and a base runner is permitted to advance.
- 15. Pop up-** ball hit up in the air to the infield.
- 16. Strike-** term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.
- 17. Strike zone-** the ball passes the batter over the plate between their chest and knees.
- 18. Wild Pitch** - A legal pitch so wide that the pitcher cannot handle it.

SOFTBALL STRATEGIES AND TERMS

Infield Fly – A fair fly ball (not including line drives) which can be caught by an infielder when 1st and 2nd or 1st, 2nd, and 3rd bases are occupied. This is called by the umpire and the batter is out immediately. The fielders do not have to catch the ball for the batter to be called out on this rule.

Sacrifice Fly – With less than 2 outs a batter scores a runner by hitting a fair fly ball which is caught.

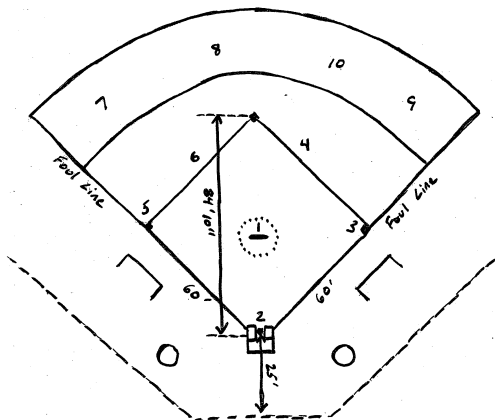
Hit and Run – The runners start for the next base as soon as the bat contacts with the ball to make it more difficult to retire the advancing base runners.

Squeeze Play – With a runner on third base, the runner starts for home on the pitch and the batter bunts the ball to the ground.

DIFFERENCES BETWEEN SLOW PITCH AND FAST PITCH SOFTBALL

1. No base stealing is permitted.
 2. The base runner cannot leave his base until the pitched ball has crossed the plate.
 3. Bunting is not allowed.
 4. The pitcher must throw the ball at a moderate speed, below the hip, with an arch of 3 to 10 feet.
-
4. Teams shall be made of 10 players.

Softball Field Diagram



1. Pitcher
2. Catcher
3. First Base
4. Second Base
5. Third Base
6. Short Stop
7. Left Field
8. Left Center Field
(Center Field Baseball)
9. Right Field
10. Right Center

Street Hockey Rules

1. **THE OBJECT OF THE GAME:** Shoot the puck into the other team's net. Not as simple as it sounds. Street hockey requires stamina, stickhandling skill, and pinpoint passing between teammates.

2. **TEAM PLAYERS:** To play street hockey, you must have 12 players in the game at any given time (6 per team). The positions are 3 Forwards, 2 Defensemen and 1 Goalie. Since running is such a big part of the game, you'll need a lot of players to stay fresh. There are 3 forwards on a line: center (C), right wing (RW) and left wing (LW).

(C) Center - The center usually leads the forward line when attacking the opponent's goal to score. The center also sets up plays for his teammates to score goals in the opposing zone and take most of the face-offs.

(RW)(LW)Right Wing/Left Wing - The "wingers" play on the right or left side of the center. They cover their areas as the forward line enters and plays in the opposing zone. If you are a winger, you should always be looking for an open space, either ahead of the center to receive a pass or behind the center to send a pass.

(D)Defenders - The defenders usually play behind the forward line so that they can keep the ball in play in the opposing zone. This way, they can more easily defend their own goal when the play returns to their zone. There are two defenders, right defense and left defense.

(G)Goalie - The goalie's job is to stay in or near his goal area ("the crease") and stop the other team from scoring. A goalie does this by stopping the puck from entering the goal. He or she can kick it, catch it, grab it or bat it out of the way - just don't let it go past the goal line. The goalie usually plays the entire game and rarely moves away from his "crease."

3. **THE CLOCK:** You play for three 15-minute periods. The clock should continue to run even if play stops (this is called running time). There is a 3 to 5 minute break between each period.

4. **LINE CHANGES:** Line changes should be made every 2-3 minutes. Players can change lines voluntarily (on-the-fly), or coaches or officials can call for a line change between plays. Both teams must change lines in the same manner (on-the-fly or coach/referee changes) for the entire game.

5. **STARTING PLAY:** Time to FACE-OFF! Basically, there are three types of Face-Offs:

1. **Standard Face-Off:** Opposing centers face each other with their sticks one foot apart on the ground. Be ready because the ref is going to drop the puck and then it's HOCKEY TIME!

2. **Stick-To-Stick Face-Off:** Opposing centers face each other, sticks on the ground, the puck in between them. Tap the ground and then your opponent's stick three times (ground-stick, ground-stick, ground-stick), then go for the puck, because it's HOCKEY TIME!

3. **In-Bounding Face-Off:** When the puck goes out-of-bounds, the last team to touch it loses possession. Players on the defending team must stand at least 10 feet from the spot where the puck went out-of-bounds, then the inbounding team puts the puck back into play. The inbounding player must make a pass before a shot on goal is taken.

11. **STOPPING PLAY:** Play stops after a goal, when the puck goes out of bounds, or when a penalty or infraction is called. When the referee blows the whistle, that means play stops.

Street Hockey Penalties

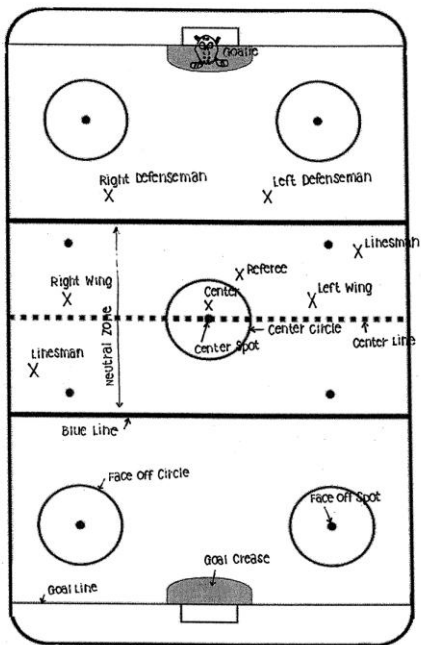
STREET HOCKEY - Penalties are strictly forbidden. PENALTIES ARE STRICTLY FORBIDDEN. Got it? Any player whose intentional actions result in a penalty will be pulled from the game and will not be allowed to return to the game. Period. The safety of all players is Priority Number One. If a penalty occurs unintentionally, the player committing the penalty will be pulled from the game to sit out for two minutes. A substitute will be brought in to play for the penalized player.

1. **HIGH STICKING** - Keep your stick **DOWN**. A player who carries his stick above the waist is a penalty waiting to happen. If your stick goes above your waist, you will sit down.
2. **CHECKING** - Body checks are illegal in street hockey. Do not use your body to force another player into a wall or barrier or out-of-bounds.
3. **INTERFERENCE** - You may **NOT** interfere with another player who does not have the puck.
4. **CHARGING** - Similar to checking - you can't run or jump or fling yourself into an opponent.
5. **ELBOWING** - **NO** throwing elbows.
6. **SLASHING** - **NO** striking or slashing at an opponent with your stick.
7. **BUTT ENDING** - **NO** jabbing an opponent with the but end of the shaft of your stick.
8. **FIGHTING** - You know what it is. **DON'T** do it.
9. **TRIPPING** - Knocking your opponent's feet out from under them with your feet, that's called tripping. Knocking your opponent's feet out from under them with your stick is still called tripping. And it's a penalty.
10. **HOLDING** - You may **NOT** interfere with your opponent's progress with your hands.
11. **HOOKING** - You may **NOT** interfere with your opponent's progress with your stick.
12. **CROSS-CHECKING** - If you hold your stick with both hands and slam

the shaft of it into your opponents, that's cross-checking... Now, go sit down and watch the rest of the game from the bench

Hockey Terms

1. ASSIST: The pass or passes which lead to the scoring of a goal. Up to two player assists can be awarded per goal. And by the way, an assist is worth the same as a goal!
2. BISCUIT: A nickname for the puck. "Pass me the biscuit."
3. BREAKAWAY: When a player with the puck clears past the opposition and moves in for an open shot on goal.
4. CLEAR THE PUCK: Sending the puck out of the defensive zone.
5. DEKE/DEKING: A fake made by the puck carrier to get around an opponent. "He dekes right and then moves left past the opposing player."
6. FEEDING: Passing the puck to a teammate. "Feed me!"
7. FIVE HOLE: When a goalie stands in the net, there are 4 natural open "holes" (upper left and right corner and lower left and right corner). The 5th hole (five hole) is the space between the goalie's legs.
8. HAT TRICK: Three goals scored by one player in a single game.
9. ONE-TIMER: When a player immediately shoots the puck upon receiving a pass without stick-handling first. "He one-timed it into the net."
10. ROOFED/TOP SHELF: To shoot the puck into the top part of the net for a goal. "He roofed it." "He scored top shelf."
11. TARGET: A term sometimes used to describe the goalie.
12. TWIG: A hockey stick. Most hockey sticks are made from wood.
13. TWO-ON-ONE: When two players on the offense move forward toward the goal against only one defensive player (also two-on-two, three-on-one, three-on-two).



Team Handball

Number of Players- Teams shall consist of five (5) players. At least three (3) players must be on the court at all times.

Game Time- The game shall consist of two twenty-minute halves, running time. If a tie game, penalty throws will be taken to decide the outcome of the game.

Scoring- All goals will count one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has been thrown, carried or propelled by hand or arms of a member on the attacking team.

Substitution- Only the team that possesses the ball may call for substitution. However, should the offensive team elect to substitute; the defense will also be entitled to substitute. Substitutions will only be allowed on a dead ball situation.

Court- The most significant line on the court is the six-meter line, or the goal area, or the circle. Only the goalie is allowed inside the goal area. The only exception when another player is allowed in the goal area is when they take off from outside the goal area, and shoot the ball toward the goal before landing. To avoid interference with other players, the player must then exit the goal area as soon as possible. The nine-meter line, or the free-throw line, is used for minor penalties. The seven-meter line, or the penalty line, is used for major penalties. The goal line, even with the goal at each end of the court, serves as out of bounds. Only the goalie is allowed inside the goal area. If an offensive player is in the circle or on the line, the ball is given to the opponent. A goal does not count if the offensive player releases the ball before landing in the goal area. If the defense gains an advantage by being in the circle, a penalty throw is awarded. A ball inside the goal area belongs to the goalie. A ball in the air, however, is not considered to be in the goal area.

Starting The Game- Play is initiated by a throw-on at mid court. After each score, the opposing team will receive the ball at mid court.

Playing the Ball- A player is allowed to run three steps with the ball, or hold it for three seconds. A player is not allowed to play the ball with their legs below the knee. There is no limit on dribbling the ball. A double dribble, however, results in a free throw for the opponent. A player may not pass the ball in the air with the intention of catching it him or herself. This is an air dribble. Players are not permitted to dive on the floor to play the ball.

Defending The Opponent- Defensive players are allowed to use their body to obstruct an opponent either with or without the ball. Using the arms or legs to push, hold, trip or hit, however, is a violation. Offensive players are not allowed to charge into player, or a free throw is awarded.

Throw-ins and Corner Throws- A throw-in is awarded to an opponent when one team loses the ball out-of-bounds on a sideline. The defense must be three meters away when the ball is thrown in. The player must have both feet touching the court during the throw-in.

A corner throw is awarded to the offense when a defensive player is the last person to touch the ball as it goes out-of-bounds over the goal line (excluding the goalie).

Penalties- A free throw is given for the minor infringements of the rules. The free throw is taken immediately, without the referee handling the ball, from the place the violation occurred. The defense must remain three meters away. The thrower must have one foot continuously in contact with the court, and must make a throw or pass within three seconds. A goal may be scored directly from a free throw. If a minor foul occurs between the goal line and the free throw line, the free throw is taken from the free throw line just opposite from where the foul took place. A penalty throw is given for personal fouls of a more serious nature. The majority of penalty throws are given when an offensive player is fouled when shooting. A penalty throw is not awarded, however, unless the referee feels that the offense had a sure chance to score when fouled.

When the penalty throw is taken, one foot must remain in contact with the floor behind the seven-meter line until the ball is released. All the other players must stand beyond the nine-meter line and the opposing players must remain three meters from the thrower. Any player committing 5 fouls in a single game will foul out of the game.

Rules of Tennis Simplified

1. Opponents stand on opposite sides of the court. The player who delivers the ball to start the point is called the **server**. The player who stands opposite and cross-court from the server is the **receiver**.

2. The right to serve, receive, choose your side, or give the opponent these choices is **decided by a toss** of a coin or racquet. If the choice of service or receiver is chosen, the opponent chooses which side to start.

Rule 3. The server shall stand behind the baseline on the deuce court within the boundaries of the singles court when playing singles and within the doubles sideline when playing doubles. All even points are played from the deuce court (right side) and odd number points played from the advantage court (left side). The server shall not serve until the receiver is ready. Serves are made from the deuce court to the opponents service box on the deuce court. Advantage court to advantage box. If the server misses his target twice, he loses the point. If the ball hits the net and goes in the correct service box, another serve is granted. If the server steps on the baseline before contact is made, the serve is deemed a fault.

Rule 4. The receiver is deemed ready if an attempt is made to return the server's ball. The receiver can stand where he likes but must let the ball bounce in the service box. If the ball does not land in the service box, it is deemed a fault and a second serve is given. If the ball is hit by either opponent before the ball bounces, the server wins the point.

Rule 5. The server always calls his score first. If the server wins the first point, he gets a score of 15. Scoring is done like a clock. See example

below. Love means zero in tennis. The second point is called 30. The third point is called 45 (now-a-days known as 40) and game is won when the score goes back to love. If the score is 40-40, also known as **deuce**, one side must win by two points. **Advantage-In** means if the server wins the next point, he wins the game. **Advantage-Out** means the receiver has a chance to win the game on the next point.

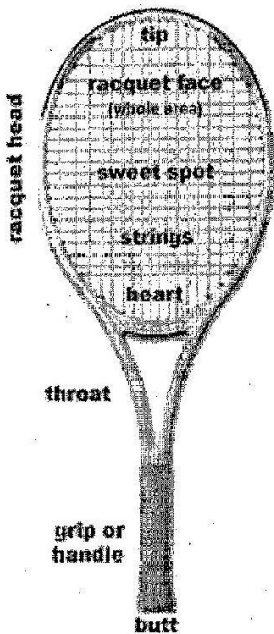
Rule 5. After the game, the opponents serve. Games equal 1. The first to win 6 games, by two, wins the set. The first to win 2 sets wins the match. If the score is 6-6, a tie-breaker is played. This is scored by one's. The first team to score 7 points winning by two wins the set. The tiebreaker continues until one side wins by two. Hence, Game-Set-Match.

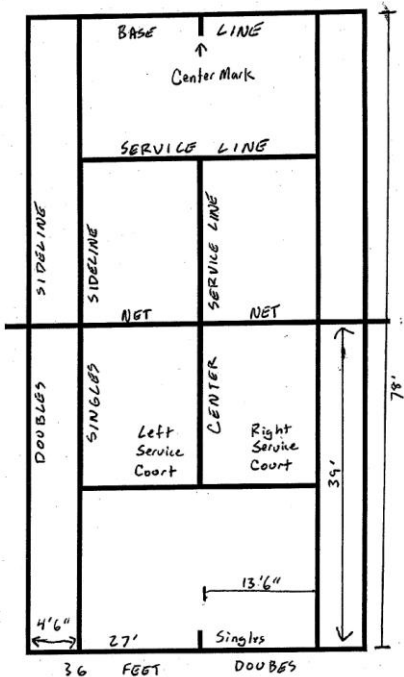
Rule 6. If the ball goes into the net, or outside the boundaries of the court, the player who hit that ball loses the point. If the ball hits the net during the point and goes into the opponents court, the ball is in play. A player loses the point if he touches the net, drops his racquet while hitting the ball, bounces the ball over the net, hits a part of the surroundings such as the roof, or a tree, the ball touches him or his partner, he deliberately tries to distract the opponent.

Rule 7. A **let** is called during the point if a ball rolls on the court or there is a distraction from someone besides the players on the court.

Rule 8. A ball that lands on the line is good.

Rule 9. If players serve out of turn or serve to the wrong person or court, the point or game will stand and order will be resumed following the point or game.





Ultimate Frisbee in 10 Simple Rules

The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.

Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.

Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.

Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

A Glossary of Ultimate Jargon

Air Bounce: a backhand or forehand throw that is aimed slightly downward, but is buoyed by a cushion of air.

Backhand: a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body.

Bid: an impressive (but failing) diving attempt to catch the frisbee. Often used in a positive way, ex. "Nice bid"

Blade: a forehand throw that goes high in the air and curves left; an extreme version of the reverse curve.

Chilly: slow it down, be patient, wait a moment for the game to get reorganized again.

Clog: to prevent good cuts by standing in the way of your teammates.

Corkscrew (see "hammer") like a hammer throw but the frisbee is held in a backhand grip rather than a forehand grip, so the frisbee flattens out and curves the opposite way from the hammer.

Cut: a run by a receiver to shake his defender.

D: defense

Deep: a receiver who cuts for hucks.

Disk in signals that the disk is in play.

Force guarding on only on one side of the thrower to make them throw to the other side. The direction you want them to throw is the direction of the force.

Forehand: a difficult but useful throw; thrower leads with middle finger along rim, with index finger supporting disc; looks similar to a sidearm pitch in baseball; also called a flick.

Hack: a foul.

Hammer: an overhead throw with a forehand grip in which the frisbee is released at an angle so that it flattens out and flies upside down.

Handler: one of a team's primary throwers.

High release: a backhand throw held and released over the thrower's head; very difficult to block.

Huck: a long throw; equivalent to a bomb in football.

Inside out: as a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.

Layout dive!!! "If you didn't catch it, you should have laid out"

Pick: an intentional or unintentional block (like basketball) where a player gets between you and the player you are covering

Pull: like a kickoff in football, the throw that begins the possession.

Reverse curve: as a backhand, a throw to the left that curves right; as a forehand, a throw to the right that curves left.

Scoober: a fast, difficult-to-intercept throw; similar to a hammer, a scoober is held overhead, but with a backhand grip.

Stack: offensive strategy in which all the players line up down the middle of the field and alternately make cuts to the side.

Stall count The defensive player counts up to 10 while defending the offensive player. The offensive player must throw the disc before the 't' of ten otherwise it's a turnover.

Swill: a bad throw.

Up! what you shout to alert players that the disk is in the air

Volleyball Basic Rules

THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side for point.
- (E) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- (F) Serve must be returned by a bump only. No setting or attacking a serve.

SCORING

Rally scoring will be used.

There will be a point scored on every score of the ball.

Offense will score on a defense miss or out of bounds hit.

Defense will score on an offensive miss, out of bounds hit, or serve into the net.

Game will be played to 25 pts.

Must win by 2 points.

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.
- (C) There shall be 4-6 players on each side.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit).
- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good.
- (E) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.

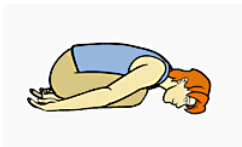
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- (F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- (G) A player must not block or attack a serve.
- (H) Switching positions will be allowed only between front line players. (After the serve only).

BASIC VIOLATIONS

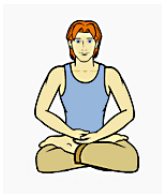
- (A) Stepping on or over the line on a serve.
- (B) Failure to serve the ball over the net successfully.
- (C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- (D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- (E) Reaching over the net, except under these conditions:
- 1 - When executing a follow-through.
 - 2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- (F) Reaches under the net (if it interferes with the ball or opposing player).
- (G) Failure to serve in the correct order.
- (H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

Yoga Appendix

Childs



Lotus



Cobra



Cat Tilt Pose



Sacred Twist



Chair Pose



Uttanasana



Downward Facing Dog

