

# **Playground Rules and Procedures**

At Barnett Elementary recess playtimes are focused on safety first as well as having fun, getting exercise, learning new games, and practicing good sportsmanship. Keeping score is not emphasized during these short play breaks.

We would like to thank all adults at school and at home for support in reinforcing these rules on our campus. As we all know, consistency is important for children so the following rules for playground behavior and games will be discussed and reinforced in the classroom and by campus supervisors. Parent support is very much appreciated.

Our goal: to model, teach, and practice safety, respect, and responsibility on our school campus and during any school sponsored activity..

## **General Playground Rules**

- Be respectful. Be responsible. Be safe.
- Follow directions the first time given.
- Student conflicts may be resolved in the following ways:
  - Walk
  - Talk
  - Rock, paper, scissors (1, 2, show on 3)
  - First in line is the judge as specified in game rules
  - Ask for the help of a campus safety officer
- Report to a Campus Safety officer on duty if another student bothers you.
- No “do-overs.”
- Students must walk to the playground and on the blacktop.
- All students must report to the playground before going anywhere else at recess. If a student needs to leave the playground for any reason, he/she must first get a pass from the Campus Supervisor.
- Passes are needed from the classroom teacher for a student to leave the lunch or playground area to go to the classroom. Students may not go to classrooms to drop off belongings or visit other classrooms.
- All snacks and drinks will be eaten in designated areas on the wall or the bleachers.
- Use equipment safely.
- Be respectful and include other students in games.
- Students may not “close” a game unless the maximum number of players has been reached as defined in the game rules.
- Stop play at the sound of the freeze whistle. Return all sports equipment when directed by CSOs after the first whistle blows. At the second whistle, all students walk to line up.

- Play approved games, including *Peaceful Playgrounds* games according to the rules as discussed in class and PE (i.e. tetherball, basketball, wall ball, soccer, kickball, hopscotch, jump rope, etc.) Play structure equipment is also available.
- If a ball goes over the fence or into the creekbed area, students must inform a campus supervisor. No students are to leave the playground area to retrieve a ball without permission of a CSO or teacher.
- “Fouls” are defined for all games and indicate a player is out or is removed from the game
- Personal belongings from home are not allowed on the playground. (i.e. cell phones, toys, games, trading cards, sports equipment, electronic games/ equipment-- iPads, Nooks, Kindles, etc.) Books and schoolwork are permitted.
- Use appropriate language (no name-calling, or profanity, etc.).
- Refrain from throwing rocks, sand or any other object not intended for throwing.
- Balls are not to be thrown against school walls.
- No kicking of the balls on the blacktop.
- No play fighting or fighting.
- Tag or other chasing games are not allowed.
- No gymnastics.
- No crossing of the bridge or going into the creek bed for any reason.
- No climbing fences, gates, backstops or trees, no sitting or playing on or around railings or bike racks. No climbing on the roof at any time.
- No games of Dodgeball, Nationball, Warball, etc. are allowed at any time.
- Not following playground or game rules may result in the following consequences:
  - A warning from the campus supervisor
  - Removal from an activity or game
  - A time-out in an area designated by the campus supervisor
  - A yellow card to the teacher
  - A red card to the principal
  - Loss of recess time

## **Use of Playground Equipment**

### **Swings**

- Children will count to 100 on a person swinging who must give the swing to the next student, who is the counter.
- Only one person may occupy a swing.
- Students are to wait for their turns at a safe distance from the swings.
- Students should sit appropriately on the swings at all times, facing forward, and holding on with both hands.
- If you are seated on a swing but not swinging, and someone is waiting, you must get off the swing.

A foul means a warning and/or removal from the swings.

Fouls on the swings:  
Jumping out of the swings.  
Running underneath the swings.  
Twisting the swings to make them tight.  
Climbing on swings.  
Pushing others on the swings.

### **Jump rope:**

- Designated areas for jump roping: Upper playground area in front of K shed, Lower playground on the blacktop closest to the bus loop.
- Jump ropes are to be used for jumping only, no tethering or tying another person (playing horses, for example)
- No overhead “helicopter” swinging of the ropes.
- The rope may be swung close to the ground, in a circle for group jumping.

### **Horizontal ladder**

- Hands must be on the bars at all times and must be the last part of the body in contact with the bars before release.
- Students may not sit, stand, or hang upside down on any bars.
- Running in and out of the bar area is dangerous and is not allowed.
- Students need to wait in a line for a turn on the bars.
- Students must cross in one direction while playing on the crossing bars. Students must wait for the person ahead of them to get completely across before starting.

### **Horizontal Bars**

- Hands must be on the bars at all times and must be the last part of the body in contact with the bars before release.
- Students may not sit, stand, or hang upside down on any bars.
- No more than one student on a bar at one time.
- Running in and out of the bar area is dangerous and is not allowed.
- Students need to wait in a line for a turn on the bars.

### **Jungle Gym**

- Always follow the rule of three, hold on with at least two legs and one hand or two hands and one leg.
- Never touch others on the jungle gym.
- No playing under the jungle gym. Exit quickly from underneath.

### **Safety Precautions**

- The play apparatus areas are NO RUNNING zones.
- No balls, jump ropes, etc. in the play apparatus areas.
- Students may not jump off of any equipment.
- Do not touch any student performing on the bars.

## Game Rules

### **TETHERBALL**

#### **GOOD FOR**

Hand-eye coordination

#### **OBJECT**

As the ball travels, each player tries to hit the ball in an effort to wind the rope around the pole. The game is won by the player who first winds the rope completely around the pole or by forfeit because of a foul committed by his/her opponent.

#### **EQUIPMENT**

Tetherball pole, tetherball

#### **PROCEDURE**

- 1) Players stand on opposite sides of the circle. They may not step into opponent's side of the court.
- 2) First two players use rock, paper, scissors (once) to decide who serves. After the first game, winner serves.
- 3) The server starts the game by hitting the ball out of his hand in one direction toward the opposing court. The opponent may strike the ball at any time it passes through his/her court
- 4) Server must wait for opponent to hit the ball once before server can hit again.
- 5) Tetherball is a striking game—emphasis is on using one hand hits. (open or closed) Two handed hits are okay, but students are not allowed to push the ball.
- 6) First person waiting in line is the judge and decides all close plays
- 7) When a player commits a foul, that player is “out,” exits the game, and goes to the end of the line. Play stops immediately after a foul has been committed.

#### **Fouls:**

- Touching the pole
- Touching the rope
- Hitting with any part of the body besides the hand or forearms
- Holding, stopping or catching the ball other than when serving
- Crossing into the other player's half of the court
- Double hits

## **WALL BALL**

### **GOOD FOR**

Hand-eye coordination

### **OBJECT**

To remain in play by successfully returning the ball to the wall.

### **EQUIPMENT**

Red utility ball and a wall ball court

### **PROCEDURE**

- 1) Four players on the court at one time.
- 2) The server starts the game by hitting the ball in a downward motion so it bounces on the ground and then hits the wall. The server has 2 serves to serve correctly or he/she is out.
- 3) The next receiving player may hit the ball before it bounces, allow the ball to bounce once before hitting it, or pass under the ball without letting it touch his/her body (under doggies).
- 4) After a player hits the ball, it must bounce first before hitting the wall.
- 5) The ball may be hit with an open or closed hand(s) but may not be thrown.
- 6) Play continues with each player taking turns, in sequence.
- 7) A player who commits a foul is out and the next person in line enters the game.
- 8) The first person in the waiting line is the judge and decides all close plays.

### **Fouls:**

- The ball doesn't bounce before hitting the wall
- The ball bounces more than once
- The ball is stopped or caught
- A player plays out of sequence
- The ball touches the body when a player passes under it
- The ball hits a player anywhere on the body except the hand for a return play
- The ball lands out of bounds
- Holding the ball except for a serve
- Throwing the ball
- Liners are out.

## **FOUR SQUARE**

### **GOOD FOR**

Hand-eye coordination

### **OBJECT**

To get to square A and remain there by eliminating opponents in squares B-D.

### **EQUIPMENT**

Utility ball or 10" playground ball and four square markings.

### **PROCEDURE**

- 1) The squares are lettered A, B, C, and D. The serve always comes from square A.
- 2) Players take positions in boxes A, B, C, D.
- 3) The ball is served by dropping it and serving it underhand from the bounce. If the serve hits a line, the server is out. To begin the game, the server hits the ball to any square B, C, or D.
- 4) The player receiving the ball must keep it in play by striking the ball after it has bounced once in his/her square. He may return the ball from outside of the perimeter. He directs it to another square with an open-handed hit (one or two hands).
- 5) Play continues until one player fails to return a hit or commits a foul. When someone fouls, the first child at the waiting line enters at box D. All children then advance to fill in the available square.
- 6) The first person in the waiting line is the judge and decides all close plays.

### **FOULS**

- Failure to hit a ball that bounces into one's box.
- Playing a ball that has bounced into someone else's box.
- Hitting the ball out-of-bounds or onto a line.
- Hitting the ball into one's own box.
- Holding the ball, catching or carrying a return volley.
- Liners are out.

### **Kickball (upper playground only)**

Kickball is played with a soccer ball on a field with four bases arranged on the corners of a diamond shaped infield. The rules and player positions for kickball are closely related to those of baseball/softball. There is an infield and an outfield. The infield contains the positions that involve the bases, while the outfield is mainly designated to catching or retrieving the ball when it is kicked out of the infield. Actual playing positions vary depending on the number of children playing. If there are only a few children playing, the positions are usually spread out. If there are a good number of players, ideally, the children position themselves to cover the infield and the remaining students play the outfield. The pitcher rolls a kickable ball towards the catcher a maximum of four times, including foul balls (a ball is foul if kicked outside of the baseline from home base to first and third base). The kicker kicks the ball with their foot, then runs to first base, becoming a runner.

A runner is **out** if any of the following conditions are met:

- The ball is caught on the fly from the kick, without hitting the ground first (a fly out).
- In the case of a fly out, any runner already on base who attempts to run, must return to the base he/she was on before the ball was kicked. If the ball is returned to the base before the runner returns, the runner is out.
- A fielding player with the ball touches the base ahead of a runner who is forced to go to that base because of an advancing runner behind him. (a force out)
- A fielding player touches the runner directly with the ball while holding it (a tag out). NO THROWING THE BALL AT THE RUNNER!

Team selection: players select a card (red or black) from the campus supervisor in order to be assigned to a team.

Red team kicks first and lines up behind the backstop.

Kicking order must be boy/girl/boy/girl until one group runs out

Kicking order stays the same throughout the game.

No minimum number of students, but there is a maximum of 10 players on each team.

### **Basketball**

Traditional rules and scoring points will be used.

Games other than traditional basketball, such as Around the World may be played when agreed upon by the players.

One basketball court may be used for a full court game. The other court is to be used for half court.

One or two players may not hold courts when a group wants to play. Those single players may join the group or forfeit the court.

14 players maximum on a court at one time.

Places may not be held.

Students should not make contact with the rim or net, no hanging from the rim.

No half court shots.

## **Football**

Football may be used in designated areas on the playground only, and **only** for playing catch. A maximum of six people may play catch at one time.

FOOTBALL games (flag, two hand touch, 3 flies up) are considered PE activities to be played at PE times, monitored by the classroom teacher.

## **Soccer (upper playground only)**

Boundaries will be defined by cones.

Team selection: decided by players. If there are disagreements, Campus Supervisors will intervene to facilitate team selection, i.e. assigning to a team, or numbering off.

12 players per team maximum

No drop kicking of the ball. Ball must be kicked on the ground only.

No touching of the ball with hands unless you are goalie or throwing in from the sidelines.

Kicking the ball only, no head bumps.

Slide kicking and high kicks are unsafe and not allowed.

## **Four corner swap**

Four players stand on each of the corners of the square.

The person who is "it" stands in the middle of the square.

The person in the middle calls "SWAP" and the players must move to a new corner.

Everyone has to leave their corner to a new corner.

The "it" person must try to occupy an open corner before a player reaches it.

The player left without a corner after the swap is out and must go to the end of the waiting line.

First person in line then enters the game and is "it".

## **Dodgeball**

The National Association of Sport and Physical Education

According to The National Association of Sport and Physical Education, dodgeball is not an appropriate activity for K-12 school physical education or recess programs. The purpose of physical education is to provide students with:

1) The knowledge, skills, and confidence needed to be physically active for a lifetime.

2) A daily dose of physical activity for health benefits and

3) Positive experiences so that kids want to be physically active outside of physical education class and throughout their lifetime.



### **Lunch area behavior:**

Sit at your assigned table.

Voice levels 1-3, quiet conversation

Stay seated at all times.

Your job is to eat your lunch.

Raise your hand to get up for any reason (throw away trash, use restroom, go to snack bar, etc).

Save your trash to be thrown away when you are excused from the tables.

Keep your table and the area around your table clean.

A whistle means to get quiet and listen for directions.

Lunch tubs and carts go to areas designated by teachers.

If you're going to the lower playground, walk down the ramp, up the stairs.

Dismissal to playground—line up, all go together.