



4-H
SPORTS
HANDBOOK



4-H SPORTS HANDBOOK

All 4-H'ers are eligible to participate in the 4-H sports project.

If a 4-H'er enrolls in the sports project, that 4-H'er must complete certain requirements in order to receive credit for their 4-H record.

- Requirements:
1. Present demonstrations or talk on some aspect of a sport.
 2. Participate in different sports activities with family and/or friends.
 3. Complete a record sheet.
 4. Complete project division requirements and exhibit at county fair.

DEMONSTRATIONS

Giving a demonstration or talk on some aspect of sports is one way of generating interest in the 4-H -sports program. The following is a list of -suggested topics.

Sportsmanship	Team Work
How to Hold a Ball Bat	How to Cast a Fishing Line
How to Set Up a Volleyball Court (rules)	Rules for Riding Bicycles on the Road
Fishing Bait	Safety on the Ball Field
Water Safety	Conditioning Oneself for Sports
How to Care for Sports Equipment	Jogging
Buying Sports Equipment	Kind of Fish & Where to Find Them
How to Keep Score (in Bowling, Tennis, Badminton, Volleyball, etc.)	

OTHER SUGGESTIONS

You can make your 4-H club more interesting and fun for everyone by involving the total club in sports activities. As your club plans its yearly program, keep this in mind and encourage members to participate. As a 4-H member enrolled in the Sports project, you should be willing to help organize and lead these activities at club meetings.

There have been many requests for ideas and suggestions on how best to run a sports program. The following are some suggestions of activities your club may do. When planning activities, always consider the age of members, how many can participate and what equipment is available.

1. Make up interest cards to find out which sports your club members are interested in.
2. If your club is large enough to form teams, you may play softball, kickball, baseball, volleyball, basketball, soccer and other team sports.
3. Co-ed teams for older 4-H'ers could help draw more interest.
4. Swimming is always popular in summer.
5. Invite resource people from your community to present a demonstration at one of your meetings. This could help generate interest.
6. Badminton or table tennis is a good sport for holding club championships. You could challenge other clubs to a game.
7. If your club is too small to form teams, use "Lead-Up Games."
8. Bowling is another activity you can have by reserving lanes at a local bowling alley.
9. Plan an outing at a nearby park, using bicycles, jogging or hiking as transportation.
10. Have your club invite another 4-H club to one of its meetings and plan some special event.
11. Use 4-H members with special skills in certain sports to help organize some of the activities.

LEAD-UP ACTIVITIES FOR SPORTS

The following games are designed as lead-up activities for teaching skills that are needed in learning to play various sports. In addition, you can use these games in planning recreation for your local 4-H club meetings.

AROUND THE BASES -- Form two teams with six members on each team. Set up a ball diamond with four bases, 45 feet apart. The object is for a team to be the first to have everyone run the bases. The teams line up on the inside of the diamond at diagonally opposite bases. The first person makes one complete circuit of the bases and then touches off the second player, who does the same thing. The team finishing first is the winner.

BOMBARDMENT -- This game is designed to teach throwing, catching and hitting a fixed target. Play it with older members only.

Draw a dividing line through the middle of a field, 40 by 60 feet. Draw a boundary line across the field 5 to 10 feet from each end.

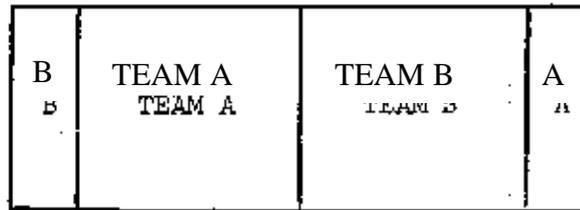
Divide into two teams. Team A places its players on one side of the dividing line and Team B, on the other side. From one to three players from each team, depending on the number playing, stand back of the boundary line in the opposing team's territory. They try to recover the balls that go out of bounds in the field behind the boundary lines and to toss them over the heads of their opponents to the players on their own team.

Give one team a volleyball or play ball. A player throws it at the players of the opposing team, trying to hit one of them. Players may protect themselves by dodging or by catching the ball. If a player tries to catch the ball and drops it, he is considered hit. When a player is hit, he takes his position back of the opposing team's boundary line and helps his teammates recover balls. Play continues for an agreed time or until one side has no more throwers.

No player may step over into the opponents'

Only one hit is allowed in throwing the ball. If a one player and bounces off him to hit another, only player hit is out.

With a large group, put two balls in play.



territory.

ball hits the first

CIRCLE BALL -- Number of players: 5 to 15. Players stand in a circle about 4 to 10 feet away from each other. They toss a ball -- any kind -- around the circle or across it. They make quick, short passes, pretending to throw in one direction and tossing in another, and throwing in a direction where they are not looking. Player must drop out after a miss. Or three misses may be required to put a player out.

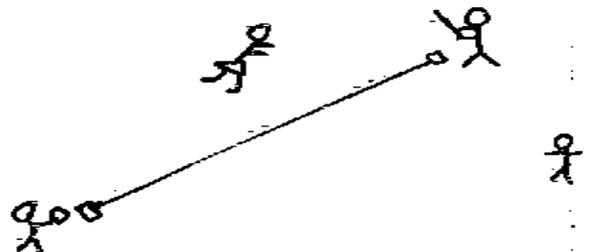
LONG BASE -- Divide players into 2 teams, one at bat and the other in the field. Play area has home plate, long base and pitcher's base. Fielding team has pitcher, catcher, long baseman and fielders.

When batter hits the ball, he runs to long base and, if possible, returns home. If successful, he makes a point for his team. There are no fouls in this game; any hit is good.

Base runner may stay on long base if it is not safe to return home. Any number of runners may be on long base at the same time. Runners may not steal home; they may run only when a ball has been hit by the batter, unless it is a fly which is caught. In this case they may return to long base.

Batter is out if he or she:

1. Strikes out.
2. Bats a fly that is caught.
3. Is tagged off base by fielder with ball.
4. Steals a base.
5. Reaches long base after his ball does.
6. Throws his bat.



HIGH BALL -- Number of players: 2 to 20. Choose two teams. Teams stand facing each other, 15 to 30 feet apart.

One team throws; the other team catches. Each player on the throwing team takes his turn at throwing a baseball or softball as high as he can. Players may wear ball gloves, if desired. Each member of the catching team takes a turn at catching the ball as it comes down. Every ball missed counts a point for the throwers. Throws must be within reasonable reach of the catcher. After one round teams exchange places.

Variations:

1. The ball must be caught with one hand.
2. Use volleyball or basketball.

KEEP-IT BALL -- Divide into two teams. One team passes the ball (basketball, volleyball, play ball, tennis ball, baseball or softball) from one player to another. Players of the opposing team try to get the ball.

Variation: SCORE BALL -- Keep score. Each time a player catches the ball; it counts a point for his team. The ball may be bounced, rolled or thrown to a teammate. Play five-minute halves.

CATCH-IT BALL -- Number of players: 5 or more. Players line up facing a leader who stands 10 feet in front of them. He has a ball (baseball, volleyball, basketball, softball, beanbag).

The leader throws the ball to the first player in line, who throws it back. The leader then throws it to the next player, and so on until each player has caught and returned the ball. If a player misses, he goes to the foot of the line or drops out. If the leader misses, he must go to the foot of the line, and the first player in line becomes the new leader.

SOFTBALL RULES

1. The game will consist of seven innings and nine players to a team.
2. A run will not count on the third out when:
 - a. The batter is out before he reaches first base.
 - b. There is a force out at another base.
 - c. The runner left the base before the pitcher released the ball.
3. A new pitcher will not get over one minute or five pitches as practice.
4. If the pitched ball hits the batter, it constitutes a "walk."
5. If a bunt is foul, it is a strike. On the third strike, it is an OUT.
6. A foul tip will count as a strike.
7. The batter is OUT, if:
 - a. Infield fly -- base-runners on 1st and 2nd, or on 1st, 2nd and 3rd with less than two outs.
 - b. He interferes with the fielding of the ball.
8. Third strike rule. If the catcher does not catch the ball on the 3rd strike and 1st base is open, the batter is entitled to 1st base if he can get there before the ball is thrown to 1st base.
9. Base runners can't leave base until the ball leaves the pitcher's hand on a pitch and they are entitled to one base on an overthrow.
10. A base runner is OUT if he runs outside the 3-foot line between bases OR if he interferes with the fielding of a ball.
11. The base runner is OUT if:
 - a. The ball strikes a runner while off base and it has not touched or passed a fielder.
 - b. Interfered with a thrown ball.
 - c. Kicks the ball or in other ways tries to aid the ball in its path.
12. When it is not a force out, the runner must be tagged to be out.
13. It is illegal to catch the ball by throwing your mitt at it.
14. The batter is OUT if he throws his bat. Other players may run.
15. Strike zone -- between the armpits and top of knees of batter.
16. The first two foul balls that a batter hits are strike 1 and strike 2. The following foul balls do not affect the count.
17. The batter should stand in the batter's box while batting, BUT after each pitch that he does not swing at, the batter should step out of the box to allow any runs to come in and also to give the catcher enough room. If the batter is standing in the box, no runs can come in on a steal.
18. There will be no sliding.

VOLLEYBALL RULES - FOR OFFICIALS

1. Official runs the toss of the coin.
2. The serve must be from behind the base line.
3. One player may hit the ball only once in succession except if two hit at the same time.
4. Three (3) hits to a side.
5. Body Foul -- ball touching any part except hands and forearms.
6. No holding, lifting, pushing or scooping.
7. Net Foul -- touching net
 - reach over to play a ball (except follow through)
 - step all the way over the line.
8. Ball cannot touch the floor
9. Ball on a line is good.
10. One attempt to serve.
11. No assists.
12. Subs must report to official. During first dead ball official blows whistle and yells substitution.
13. Official gives a hand signal to resume play after time outs, substitutions and beginning of games.
14. Time outs called -- blow whistle on first dead ball and say time out, get the ball and hold until ready to play, remember whose serve it was.
15. A ball touching the net or ceiling on the serve is a foul.

Remember: Do not blow the whistle except for fouls, time outs, and substitutions.

Touching the net before the serve is permitted.

When a foul happens, point to the side that did not foul.

Put your arm up and wave once to resume play.

Do not be partial to any one team; pay attention only to the game, concentrate.

EXHIBIT REQUIREMENTS

See the current Fairbook and call the Extension Office if you have any questions!