

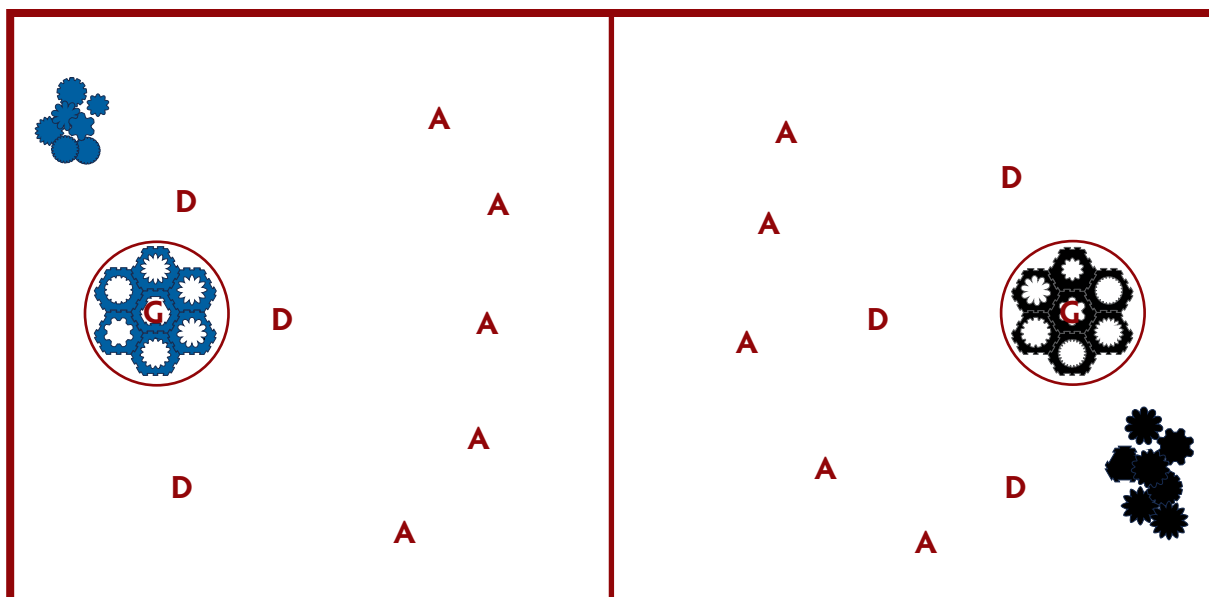
RUSH



SUPPLIES 14 Rings and inserts

OBJECTIVE Fill one set of rings with inserts first.

- Place 10+ more blue rings on one side of gym court (you can play outside as well) and 10+ blue inserts on the other side of the court.
- Place 10+ black rings on one side of gym court and 10+ black inserts on the other side .
- Blue and black players race across the court and place the inserts into their rings.
- Once a blue attacker with an insert crosses mid court, a black defender can tag the blue player. If tagged, the blue attacker must run back to the base line and restart. If the blue attacker is able to dodge and get past the defenders and the goalie and touch the blue rings (the safety zone), the blue attacker is then free to place the insert into the ring and then run back to fetch another blue piece.
- Only one attacker can be on the safety zone at a time. If the attacker is slow to find the related ring for the insert, then other attacker teammates must wait.
- Attacker may cross the mid point without an insert, but they may not be within 2 feet from the safety zone (rings).
- Attacker with an insert may throw to another attacker. If fumbled or intercepted, the insert is sent back to the attacker's baseline.
- Game period is 15 min. Within 15 minutes, first team places inserts within rings wins. If after 15 min, most inserts filled within rings, wins.



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