



# KAMP KIWANIS GAGA BALL RULES



GaGa Ball is a form of dodge ball that's normally played in a 'Pit'. The game's roots originated in Israel. The word 'Ga' means Hit or Touch, so 'Ga-Ga' means Hit-Hit. There are several variations on exactly how the game is played, but we find these rules to be the most common and fair, while keeping the game competitive and fun:

1. To begin, everyone in the pit must be touching the wall. A referee tosses the ball in the centre of the pit. The ball must bounce twice on the ground. When the ball enters the pit, the players say 'GA' for the first 2 bounces, and 'GO' on the third bounce, after which the ball is in action.
  2. Slap-hit the ball with an open palm hand only (no fists), aiming it at another player at the knee or below. If the ball hits or touches a player at the knee or below, that player is out and must exit the pit. At any time, if a player makes any type of contact with the ball at the knee or below, that player is out. You may not kick the ball.
  3. Anytime the ball goes out of the pit, the last person the ball touched is out.
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# KAMP KIWANIS GAGA BALL RULES CONTINUED



4. You may only hit the ball 1 time until it either touches another player or the wall, then you are able to hit it again. You may bounce the ball against the wall to position it if necessary; and, you may move around anywhere inside the pit during the game.

5. The game ends when the last person is eliminated. Once the game is over, everyone else re-enters the pit to start a new game.

6. You can add variations to the game such as:

- Playing with more than one ball.
- Play in teams.
- Expand the 'hit' area to 'below the waist.'
- Catch the ball to eliminate the person that hit it.
- Speed up the end of the game by having the last few players be given a count-down for a tie game.
- Play rotation instead of elimination, allowing a certain number of players in the pit, and forming a line for the rest that want to play. Then, as one person gets out, the next person in line goes into the game. This way, everyone that wants to play can.
- Any other variation you can come up with!

7. MOVES NOT ALLOWED (or result in player being eliminated):

- Kicking ball (considered a hit below the knee)
- Holding the ball
- Permanently sitting on the wall (Using the walls to aid in jumping is legal as long as the player does not permanently sit on the ledge.)
- Jumping out of the pit

**Rules adapted from:**

<https://www.gagacenter.com>

<https://www.gagaballpits.com>

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