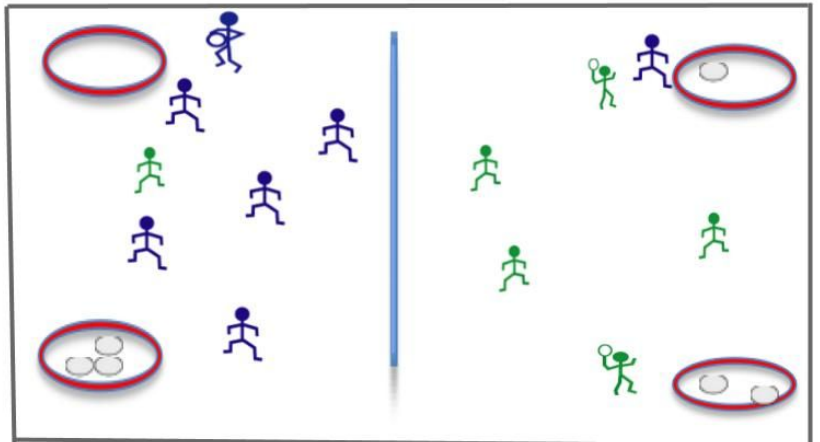


GALAXY WARS

Objective: Land more discs in your opponent's hoops

Rules:

- Regular Ultimate rules (no traveling, fouls, stall counts etc.)
- Once you get close to your opponent's hoop/goal, try to land the disc inside the hoop (must STAY in the hoop to count)
- Once all the discs have been scored, you count the points for each team and start again



Adaptations:

1. Add more hoops/discs
2. 4 corner (4 teams/divide field into quarters)
3. No defence to half (free passes to half)
4. Change the stall count (5,7,10)
5. Have to pass in a particular order
6. Everyone has to touch the disc before you can score
7. Everyone has to score at least one for your team to win

Equipment:

- Hula hoops/cones (for 4-6 goals)
- Pinnies for teams
- 6 or more discs

Level: Young kids really love this game because it is fast paced and there are multiple discs so more kids are involved. Adapting the rules (no defence to half) ensures they have more success. Older players will enjoy the game too if you adjust the rules (defence anywhere and reduce the stall count etc.)

Safety Considerations:

- Talk to players about making soft and smaller passes (no long throws into a pile of people)
- Discuss being 'heads up' and communicating (if you add multiple discs)