

**CHAPTER 5**

**PO 205 – PARTICIPATE IN RECREATIONAL SPORTS**





## COMMON TRAINING INSTRUCTIONAL GUIDE




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### EO M205.01 – PARTICIPATE IN ORGANIZED RECREATIONAL TEAM SPORTS

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Total Time:

3 x 90 min

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### PREPARATION

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#### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Determine the sport to be played and the best environment in which to play. Consider the age, skill level, and physical condition of the participants as these factors will play a role in preventing injuries.

Ensure a first aid station is set up and sports equipment is available.

#### PRE-LESSON ASSIGNMENT

N/A.

#### APPROACH

An interactive lecture was chosen for TP1 to illustrate the application of rules, principles, or concepts of the specific sport to be played.

A practical activity was chosen for TP2 to TP4 as it allows cadets to participate in sports activities in a safe and controlled environment. This activity contributes to the development of sports skills in a fun and challenging setting.

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### INTRODUCTION

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#### REVIEW

N/A.

#### OBJECTIVES

By the end of this lesson the cadet shall have participated in an organized recreational team sport.

#### IMPORTANCE

It is important for cadets to participate in organized recreational team sports because it is an activity that promotes a healthy lifestyle, while meeting one of the aims of the Cadet Program.

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**Teaching Point 1****Introduce Cadets to a Specific Sport's Rules and Regulations**

Time: 10 min

Method: Interactive Lecture

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**HOW TO PLAY THE SPORT**

The CCO's list of approved sports is located at [Annex A](#). Once the specific sport is chosen, refer to [Annex B](#) for an overview of how to play.

**RULES AND REGULATIONS**

Refer to [Annex B](#) for an overview of the chosen sport's rules and regulations.

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**CONFIRMATION OF TEACHING POINT 1**

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**QUESTIONS**

- Q1. How many members are there on a team?
- Q2. What are the rules to be followed while playing?
- Q3. How do you score points?

**ANTICIPATED ANSWERS**

- A1. Answer will depend on the sport chosen and can be found at [Annex B](#).
  - A2. Answer will depend on the sport chosen and can be found at [Annex B](#).
  - A3. Answer will depend on the sport chosen and can be found at [Annex B](#).
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**Teaching Point 2****Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 10 min

Method: Practical Activity

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The following information will be explained to the cadets during the warm-up activity.

**PURPOSE OF A WARM-UP**

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

## GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the sports activity.

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## ACTIVITY

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### OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

### RESOURCES

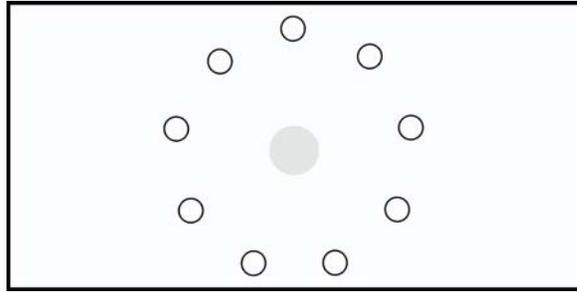
N/A.

### ACTIVITY LAYOUT

N/A.

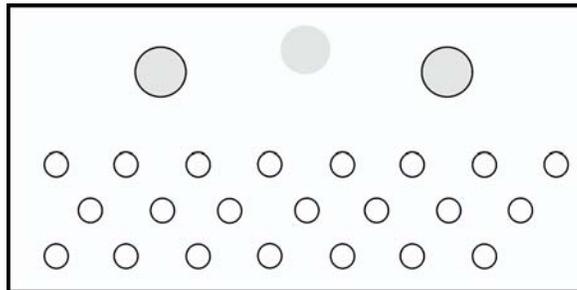
### ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in [Figures 5-1](#) and [5-2](#)).



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 5-1 Instructor in the Centre of a Warm-up Circle



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 5-2 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular exercises should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretches located at [Annex C](#).

**SAFETY**

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

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**CONFIRMATION OF TEACHING POINT 2**

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**QUESTIONS**

- Q1. What is the purpose of performing a warm-up before participating in physical activities?
- Q2. How long should each stretch be held?
- Q3. Why is it important to stretch?

**ANTICIPATED ANSWERS**

- A1. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.
- A2. Approximately 10 to 30 seconds.
- A3. It helps relax the muscles and increase flexibility.

**Teaching Point 3****Supervise the Cadets' Participation in a Given Sports Activity**

Time: 50 min

Method: Practical Activity

**ACTIVITY****OBJECTIVE**

The objective of this activity is to provide cadets with the opportunity to participate in an organized recreational team sport.

**RESOURCES**

- Sports/safety equipment required for the chosen sport,
- Whistle,
- Stopwatch, and
- First aid equipment.

**ACTIVITY LAYOUT**

- Set up the sporting venue prior to the commencement of the sport.
- Ensure a whistle, or other sound device, is available to stop play when necessary.

**ACTIVITY INSTRUCTIONS**

- Divide cadets into teams.
- Supervise the cadets' participation in the sport.
- The rules and regulations for the sport chosen are located at [Annex B](#).

**SAFETY**

- Ensure cadets are aware of the rules and regulations.
- Ensure constant supervision throughout the activity.
- Ensure a first aid station/kit is readily accessible.
- Ensure a first aider is identified at the start of the activity and is available at all times.

**CONFIRMATION OF TEACHING POINT 3**

The cadets' participation in the sports activity will serve as the confirmation of this TP.

**Teaching Point 4****Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 10 min

Method: Practical Activity



The following information will be explained to the cadets during the cool-down activity.

**PURPOSE OF A COOL-DOWN**

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the sports activity.

**ACTIVITY****OBJECTIVE**

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

**RESOURCES**

N/A.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in [Figures 5-1](#) and [5-2](#)).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

**SAFETY**

- Ensure there are at least two arm lengths between the cadets so they can move freely.

- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

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### CONFIRMATION OF TEACHING POINT 4

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#### QUESTIONS

- Q1. What is the purpose of a cool-down?
- Q2. How many times should each stretch be repeated?
- Q3. How much cool-down time should you allow for each hour of training?

#### ANTICIPATED ANSWERS

- A1. A cool-down is composed of stretches and light cardiovascular exercises designed to:
- allow the body time to slowly recover from physical activity and to help prevent injury;
  - prepare the respiratory system to return to its normal state; and
  - stretch the muscles to help relax and restore them to their resting length.
- A2. Two to three times.
- A3. Ten minutes.

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### END OF LESSON CONFIRMATION

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The cadets' participation in recreational team sports will serve as the confirmation of this lesson.

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### CONCLUSION

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#### HOMEWORK/READING/PRACTICE

N/A.

#### METHOD OF EVALUATION

N/A.

#### CLOSING STATEMENT

Recreational team sports are fun activities that promote physical fitness, which is one of the aims of the Cadet Program.

#### INSTRUCTOR NOTES/REMARKS

Recreational sports can be carried out as nine periods during a supported day or over three sessions of three periods each.

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### REFERENCES

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- C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions*. Retrieved 26 October 2006, from <http://lin.ca/resource/html/dn3.htm#1>.

### **CANADIAN CADET ORGANIZATION LIST OF APPROVED SPORTS**

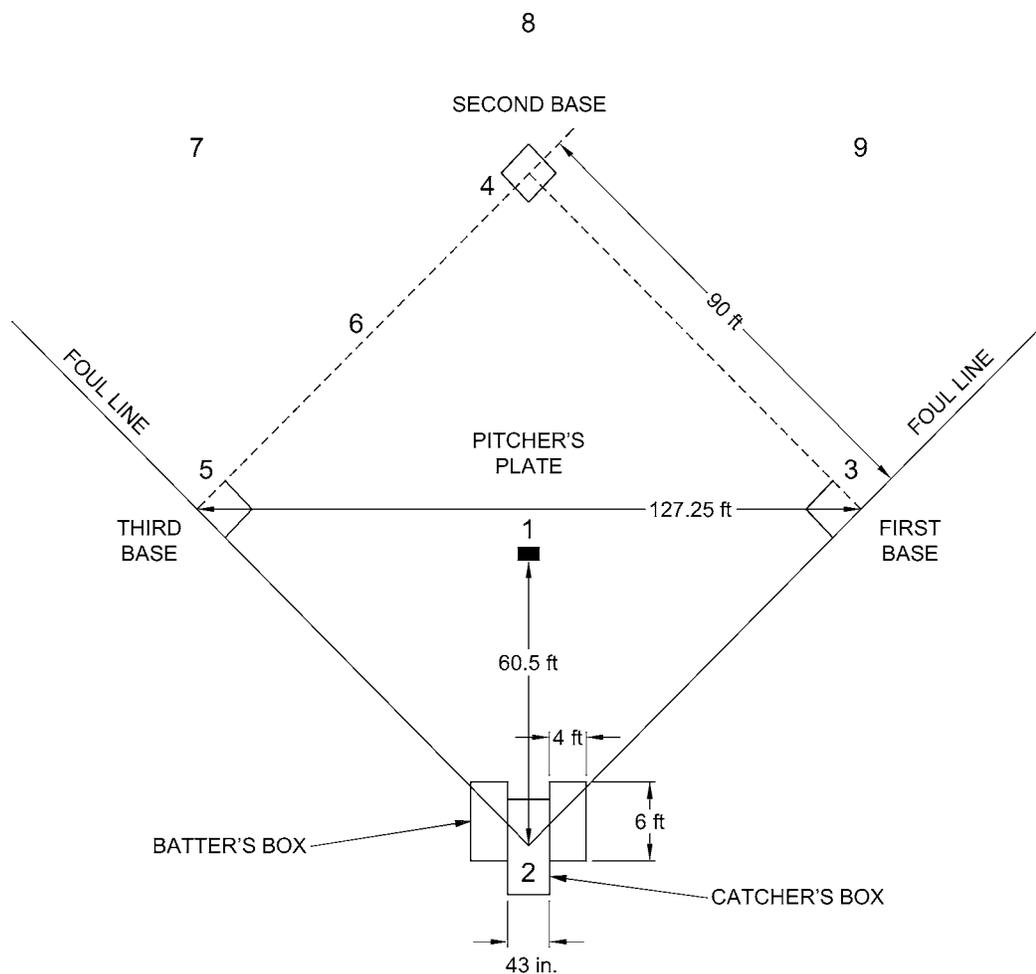
- Baseball,
- Basketball,
- Floor Hockey,
- Football (Flag/Touch),
- Lacrosse,
- Orienteering,
- Ringette,
- Soccer,
- Soccer Baseball,
- Softball,
- Ultimate Frisbee, and
- Volleyball.

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## RECREATIONAL SPORTS OVERVIEW

<b>BASEBALL</b>									
<b>Objective:</b> While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie, the game will continue for additional innings until a team, scoring an additional run, breaks the tie.									
<b>Scoring:</b> One point is awarded as a member completes a circuit around the bases.									
<b>Definitions:</b>									
Ball	A pitch that is outside the strike zone.								
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.								
Double Play	When two outs are made on the same play.								
Fair Ball	The ball when it is legally in play.								
Fly Ball	A ball batted high into the air.								
Fly-out	A fly ball that is caught before it touches the ground or the fence.								
Force Play	When a runner is forced to move to the next base because the batter becomes a runner.								
Foul Ball	A ball that is hit into foul territory (see <a href="#">Figure 5B-1</a> ).								
Foul Territory	The area outside the foul lines (see <a href="#">Figure 5B-1</a> ).								
Home Run	When a batter hits a fair ball over the fence, or circles all bases on a hit inside the fence without getting an out on their way around.								
Inning	Consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.								
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.								
	<table border="0"> <tr> <td style="padding-left: 20px;">Strikeout</td> <td>When a batter has three strikes.</td> </tr> <tr> <td style="padding-left: 20px;">Force-out</td> <td>When a fielder touches second base with the ball in their possession before the runner reaches second.</td> </tr> <tr> <td style="padding-left: 20px;">Tag-out</td> <td>When a fielder tags a runner with the ball when they are not on a base.</td> </tr> <tr> <td style="padding-left: 20px;">Fly-out</td> <td>When a fly ball is caught before it touches the ground or fence.</td> </tr> </table>	Strikeout	When a batter has three strikes.	Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.	Tag-out	When a fielder tags a runner with the ball when they are not on a base.	Fly-out	When a fly ball is caught before it touches the ground or fence.
Strikeout	When a batter has three strikes.								
Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.								
Tag-out	When a fielder tags a runner with the ball when they are not on a base.								
Fly-out	When a fly ball is caught before it touches the ground or fence.								
Strike	A pitch, in the strike zone, at which the batter does not swing, at which the batter swings and misses, or that the batter hits into foul territory during their first two hits. A foul ball on the third is not considered a strike.								
Strike Zone	The area over the home plate, between the batter's knees and the midpoint between the top of their shoulders and the top of their pants.								

<b>BASEBALL</b>	
Walk	A batter is awarded first base if four “balls” are pitched to the batter during one time up to bat.
<b>Number of Players:</b> Nine players per team.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"><li>• Bases (four),</li><li>• Bats (two),</li><li>• Batter’s helmets (two),</li><li>• Baseball (extras should be on hand),</li><li>• Various gloves, and</li><li>• Baseball/Softball field.</li></ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>• The game consists of nine innings, with three outs per inning (for each team). Innings may be reduced due to time constraints.</li><li>• One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, and right fielder (see <a href="#">Figure 5B-1</a>).</li><li>• The other team bats first in the top half of the inning, according to the batting order for their players.</li><li>• The pitcher attempts to get the batter out, preventing him or her from reaching first base and the subsequent bases.</li><li>• A batter is out if they receive a strikeout, force-out, tag-out, or fly-out.</li><li>• The batter’s objective is to get around the bases before the ball reaches the base. The batter has to attempt to get to first base before the ball reaches the base. While the ball is in play the batter can attempt to reach subsequent bases. Once their play is over the next batter is up.</li><li>• A team scores a run when a player has safely touched all three bases and has made it back to home base, or hits the ball over the fence resulting in a home run.</li></ul>	
Further details on the sport of baseball can be found in Thomas Hanlon, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 25 to 35.	



**LEGEND**

- 1. Pitcher
- 2. Catcher
- 3. First Baseman
- 4. Second Baseman
- 5. Third Baseman
- 6. Shortstop
- 7. Left Fielder
- 8. Centre Fielder
- 9. Right Fielder

*Thomas Hanlon, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc. (p. 31)*

Figure 5B-1 Baseball Diamond

## BASKETBALL

**Objective:** Teams attempt to score as many points as possible by passing the basketball through the opposing teams' basket. The team with the highest score at the end of the game is the winner.

### Scoring:

Field Goal	A basket worth two points if scored inside the three-point line and three points if scored from outside the line (see <a href="#">Figure 5B-2</a> ).
Free Throw	A basket worth one point.

### Definitions:

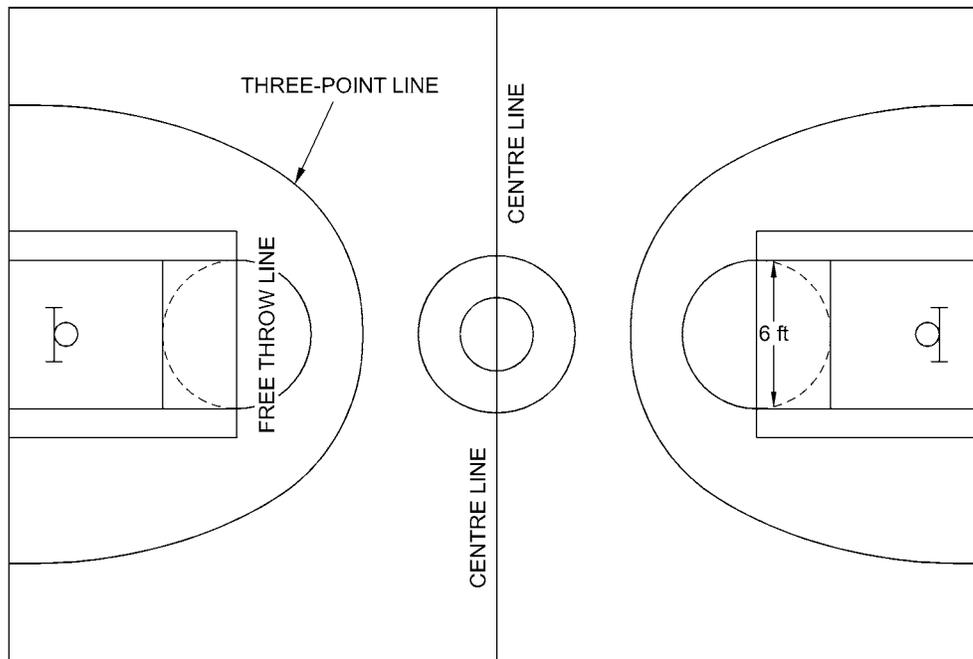
Dribble	Dribbling consists of bouncing the ball on the floor, using only one hand at a time. This can be done while moving on the court or while the player is stationary. Once a player stops dribbling and holds the ball, they cannot dribble again until another player touches the ball.
Double Dribble	Dribbling with both hands at once is a violation that results in a turnover.
Field Goal	A two or three-point basket.
Foul	<p>A foul is awarded to a player or coach for misconduct and includes the following:</p> <ul style="list-style-type: none"><li>• Away from the ball: Committed by a player in a play not involving the player with the ball.</li><li>• Blocking and charging: Blocking is illegal contact by a defender, impeding the progress of an offensive player. Charging is illegal contact by an offensive player, pushing or moving into the defender's torso.</li><li>• Delay of game: When a player prevents the ball from being promptly put into play.</li><li>• Double personal: Occurs when two opposing players commit personal fouls at the same time.</li><li>• Double technical: When two opposing players commit technical fouls at the same time.</li><li>• Elbow: When a player elbows a member of the opposing team.</li><li>• Excessive timeout: When a team calls a timeout when they have no timeouts left, they are granted a technical foul, but the timeout is allowed.</li><li>• Face guarding: When a defender places a hand in the face or eyes of an opponent they are guarding from the rear, if the opponent does not have the ball.</li><li>• Fighting and flagrant fouls.</li><li>• Hand checking: When a defender uses their hands to check the progress of offensive players when those players are in front of them.</li><li>• Hanging on the rim: When a player hangs off the rim of the basket, unless it is to protect themselves or another player.</li><li>• Offensive: If a defender has established legal position in a dribbler's path, the dribbler cannot make contact with the opponent.</li><li>• Personal: A wide variety of contact fouls including holding, pushing, charging, tripping, and illegally interfering with a player's progress.</li></ul>

<b>BASKETBALL</b>	
	<ul style="list-style-type: none"> <li>• Player-control: Charging, which is when the dribbler commits an offensive by charging into a defender who has established legal position.</li> <li>• Technical: Can be on a player, coach, etc. and does not involve contact with the opponent while the ball is alive. Some include profanity, delay of game, excessive time outs, unsportsmanlike conduct, and hanging on the rim.</li> <li>• Unsportsmanlike conduct: Includes actions such as disrespectfully addressing an official; trying to influence an official's decision; arguing with an official; taunting an opponent; etc.</li> </ul>
Free Throw	A shot given to a player from the free throw line as a result of a foul. This shot is worth one point.
Rebound	When a player controls possession of a missed shot, either by a teammate or an opponent.
Pass	The movement of the ball by a player to another player by throwing, batting, or rolling the ball.
Pivot	When a player holding the ball pivots with one foot kept at a point of contact with the floor, while stepping in other directions with the other foot.
Sideline Pass	When a player throws the ball in from the sidelines of the court.
Travelling	When a player advances on the court with the ball without dribbling it.
Violations	When a player breaks a rule without contact. These include: backcourt, basket interference and goaltending, double dribble, faking a free throw, kicking or hitting the ball, out of bounds, shot clock, travelling, and throw-in.
<b>Number of Players:</b> Five players per team on the court at a time.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"> <li>• Basketball,</li> <li>• Gymnasium/outdoor court, and</li> <li>• Nets (two).</li> </ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"> <li>• The game consists of two 20-minute halves.</li> <li>• Teams will consist of a point guard, an off guard/shooting guard, a small forward, a power forward, and a centre/post.</li> <li>• The game begins with what is known as a "jump ball". A player from each team will meet face to face at the centre of the court. When the official tosses the ball straight up between them, both players will attempt to catch or hit the ball to a teammate.</li> <li>• Once the game has begun, the player in possession of the ball must dribble at all times in order to continue to move forward along the court. The player may pass the ball at any time to a teammate.</li> <li>• If a player in possession of the ball stops, they may only pivot on the spot or take a maximum of three steps and then pass or shoot the ball towards the basket.</li> </ul>	

### BASKETBALL

- If a team scores, the opposing team will gain possession of the ball. The opposing team throws the ball inbounds to put the ball back into play. On this throw-in, the thrower cannot step on or over the line while still in possession of the ball.
- During the game, if the ball is tossed out of bounds or a person is fouled, the opposite team will gain the ball where a free throw will be awarded or a sideline pass will take place.

Further details on the sport of basketball can be found in Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 37 to 46.



Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc. (p. 41)

Figure 5B-2 Basketball Court

## FLOOR HOCKEY

**Objective:** Teams attempt to score as many points as possible by passing the ball through the opposing team's net. The team with the highest score at the end of the game is the winner.

**Scoring:** A player passing the ball off their stick into the net, scores a goal.

### Definitions:

Face-off	When two players meet to try to gain possession of the ball when the referee drops it.
Goal	A point/goal is scored when a player gets the ball across the goal line.
Rebound	A puck that bounces off the goalkeeper or the goal post.
Save	When the goalkeeper prevents a goal from being scored.

**Number of Players:** Six players per team on the floor at one time.

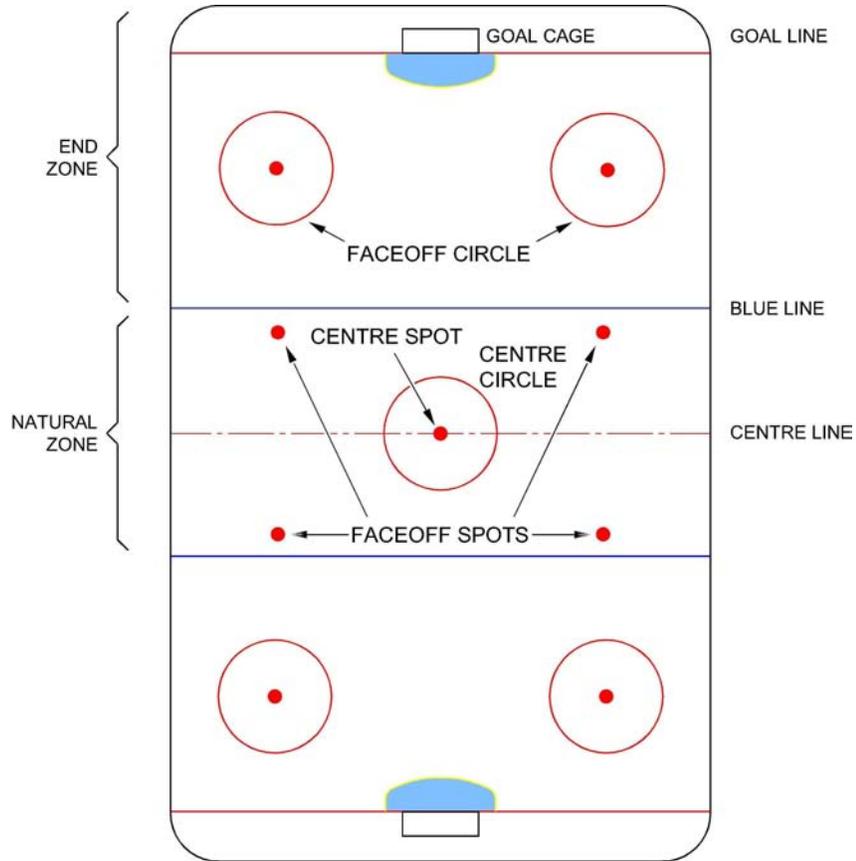
### Equipment Required:

- Hockey ball,
- Hockey sticks for the number of players,
- Goalie sticks (two),
- Goalie equipment, and
- Hockey nets (two).

### Basic Rules:

- A game consists of three 20-minute periods.
- Teams will consist of a goalkeeper, three forwards—centre, left wing, and right wing—and two defencemen.
- A game begins with a faceoff between two opposing players where an official drops the ball at the centre of the playing field/gymnasium.
- Players advance with the ball while stickhandling the ball or passing it to fellow teammates. The ball must be in motion at all times.
- Every time a goal is scored, the players return to the initial set-up for a faceoff at the centre of the area of play.
- If an attacker in the team's attacking zone causes the play to stop, a face-off will occur at the nearest face-off spot in the neutral zone (the central portion between the blue lines).
- If a defender in the team's defensive zone causes the play to stop, a face-off occurs at the point of stoppage.

Further details on the sport of hockey can be found in Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 159 to 168. These rules then must be adapted for floor hockey.



*Thomas Hanlon, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc. (p. 162)*

Figure 5B-3 Hockey Set-up

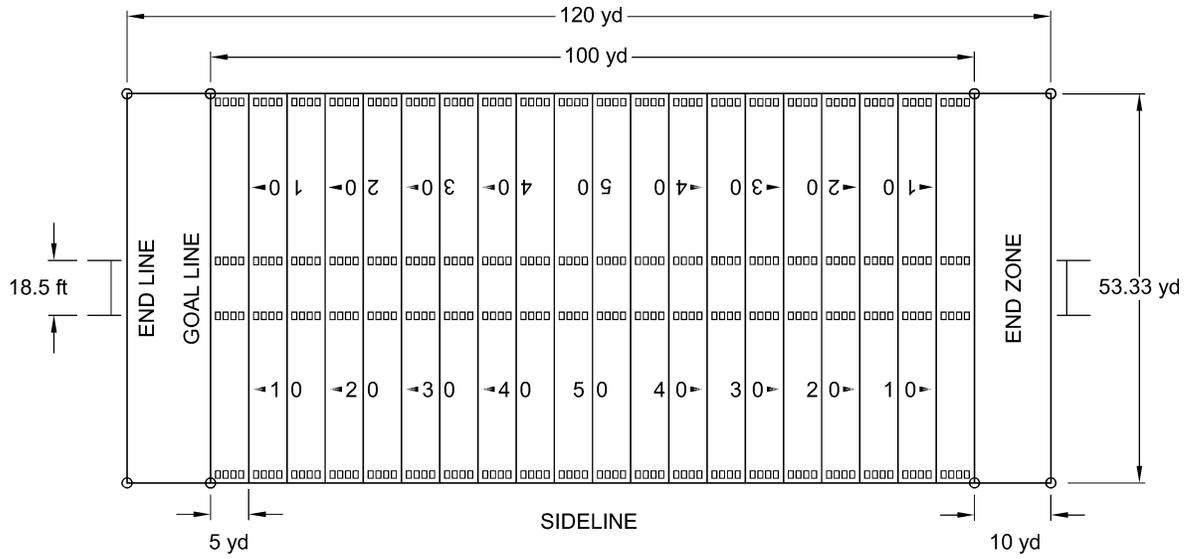
<b>FOOTBALL (FLAG/TOUCH)</b>	
<b>Objective:</b> Teams attempt to score as many points as possible through touchdowns. The team with the highest score at the end of the game is the winner.	
<b>Scoring:</b>	
Touchdown	A touchdown is worth six points and is scored when a player carries the ball into the opponent's end zone or catches the ball in the opponent's end zone before it touches the ground. After a touchdown has been scored, the scoring team can make a one-point convert attempt from the 5-yard line (approximately 4-1/2 metres/15 feet) or a two-point convert attempt from the 10-yard line (approximately 11 metres/36 feet).
Safety	An interception return to the opponent's end zone, on any extra-point play by the defence, will result in the defence scoring two points, plus they will gain possession for the next series at their own 5-yard (4-1/2 metres/15 feet) line.
Rouge	A team is awarded one point when they legally kick the ball into the opponent's end zone and the ball is not brought out of the end. To score off a kick off, the ball must land in the field of play or in the end zone before it goes out of bounds.
<b>Definitions:</b>	
Convert	A pass or a run attempt; no kicking allowed.
Dead Ball	When the ball is no longer in play and the play is over.
First Down	Is a new set of three downs. Each team, when they are the offence, get three downs in which to make a play.
Forward Pass	When the ball is intentionally thrown or handed towards the opponent's goal line.
Fumble	When a player loses possession of the ball while the play is still in progress.
Punt	When the ball is deliberately dropped and then kicked with the foot or leg before the ball touches the ground.
Scrimmage Line	The line where the players line up for the snap.
Snap	When a player designated as the centre passes the ball between the legs to the quarterback.
Touchback	Occurs when the ball is dead on or behind a team's own goal line, provided the ball's force came from an opponent and it is not a touchdown.
<b>Number of Players:</b> Seven players per team on the field at one time for touch football. Eight players per team on the field at one time for flag football.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"> <li>• Football,</li> <li>• Flags/ribbons,</li> <li>• Field, and</li> <li>• Safety/protective equipment.</li> </ul>	

## FOOTBALL (FLAG/TOUCH)

### Basic Rules:

- The game consists of four 15- to 18-minute quarters.
- Whichever team takes first possession of the ball is the offence. The other team becomes the defence.
- The offence has three downs to obtain 10 yards, keep possession of the ball, and attempt to score. If they do not gain 10 yards and a first down, possession of the ball changes and that team then becomes the offence.
- To begin the game, a team will kick off from their own 45-yard line (or on a non-regulation field, ten yards back from the centre line). The remaining players of the team must stay behind the kick off line until the ball has been kicked.
- At the kick off, all players of the receiving team must be at least 20 yards away from the kick off line.
- To begin a series of three downs, the ball will be placed on the ground at the point where the ball carrier was touched after the kick off. All members of the offensive team will line up on or behind the line of scrimmage. A player designated as the centre will begin the play by snapping the ball between the legs to the quarterback who must receive the ball from a minimum of five yards behind the line of scrimmage.
- The defensive players must be at least one yard from the line of scrimmage on the opposite side during the snap.
- All players on the offence, with the exception of the centre, can be in motion prior to the snap. They may not cross the line of scrimmage until after the snap.
- In touch football, play is terminated when a defender touches the ball carrier with the hand. In flag football, play is terminated when a defender removes the ball carrier's flag.
- The defensive team will have one player during scrimmage play, called the rusher, who will pursue the quarterback after the ball is snapped. The rusher must be at least five yards away from the line of scrimmage at the time the ball is snapped and cannot be lined up directly with the centre of the opposing team.
- No player is permitted to block or obstruct the rusher in the direct path to the quarterback.
- Teams are only permitted one forward pass on each scrimmage play. Forward passes are not permitted on kick offs or after punts.
- The team that plays defence at the beginning of the first half receives possession at the start of the second half.
- If a team fails to make it across midfield within three plays, possession of the ball changes.
- Once a ball is punted, the team gives up possession of the ball.
- There are no fumbles in touch football.
- Must be played as **non-contact**. Blocking and tackling are not allowed.

Further details on the sport of football can be found in Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 125 to 136. These rules must be adapted for flag/touch football. Some of these modifications can be found on pp. 132 to 133. Further rules may be found in the National Football Federation's Touch Football Rule Book.



Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc. (p. 129)

Figure 5B-4 Football Field

## LACROSSE

**Objective:** Teams attempt to score as many points as possible by passing the ball into the opposing team's goal. The team with the highest score at the end of the game is the winner.

**Scoring:** A goal is scored when the ball passes completely over the goal line, between the posts, and under the cross bar of the opponent's goal.

### Definitions:

Blocking	Occurs when one player moves into the path of an opponent with the ball without giving the opponent a chance to stop or change direction without contact.
Critical Scoring Area	An area at each end of the field, where the attacking team shoots for a goal.
Deputy	A player on the defensive goalkeeper's team who may enter the goal circle when his or her team is in possession of the ball and the goalkeeper is out of the goal circle.
Draw	With two opposing players toeing the centreline, holding their crosses in the air, parallel to the centreline. The umpire places the ball between the players and when they call ready the players pull their sticks up and away, lifting the ball into the air. All other players must be outside the centre circle for the draw.
Free Space to Goal	The path to the goal within the critical scoring area.
Marking	Guarding an opponent within a stick's length.
Penalty Lane	The path to the goal that is cleared when a free position is awarded to the attacking team within the critical scoring area in front of the goal line.
Pick	A technique used by a player without the ball to force an opponent to take a different direction. The player must give the opponent time to see the pick and react to it.
Throw	Two players of opposing teams stand one metre (3-1/3 feet) apart; the umpire stands four to eight metres (13 to 26 feet) away, and throws the ball into the air and the players take it as they move toward the field. No other player can be within four metres (13 feet) of the players taking the throw.

**Number of Players:** Twelve players per team on the field at one time.

### Equipment Required:

- Ball,
- Field crosses for the number of players,
- Goalkeeper's crosse (two),
- Goalkeeper's helmet, face mask, and throat and chest protector (two of each), and
- Mouth guards for the number of players.

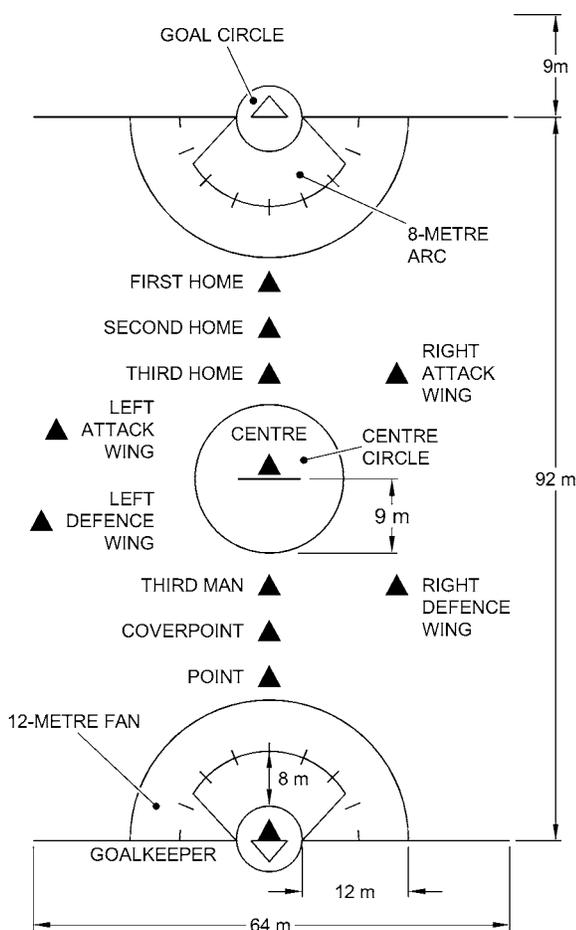
### Basic Rules:

- The game consists of two 30-minute halves.

## LACROSSE

- The team consists of a goalkeeper, point, coverpoint, third man, left defence wing, right defence wing, left attack wing, right attack wing, third home, second home, first home, and centre, as per [Figure 5B-5](#).
- The game begins with a draw.
- The team in possession of the ball attempts to score goals by advancing the ball down the field. This is done by carrying, throwing, rolling, or batting the ball.
- If the ball goes out of bounds, it is given to the closest player. If two players of opposing teams are an equal distance from the ball, the game is continued with a throw.
- Only one player can be in the goal circle at a time. This can only be the goalkeeper or the deputy.
- Within the goal circle, the goalkeeper must clear the ball within 10 seconds. This can be done with the goalkeeper's crosse, hands, or body.
- After each goal, the ball is put back into play with a draw.

Further details on the sport of lacrosse can be found in Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 179 to 186.

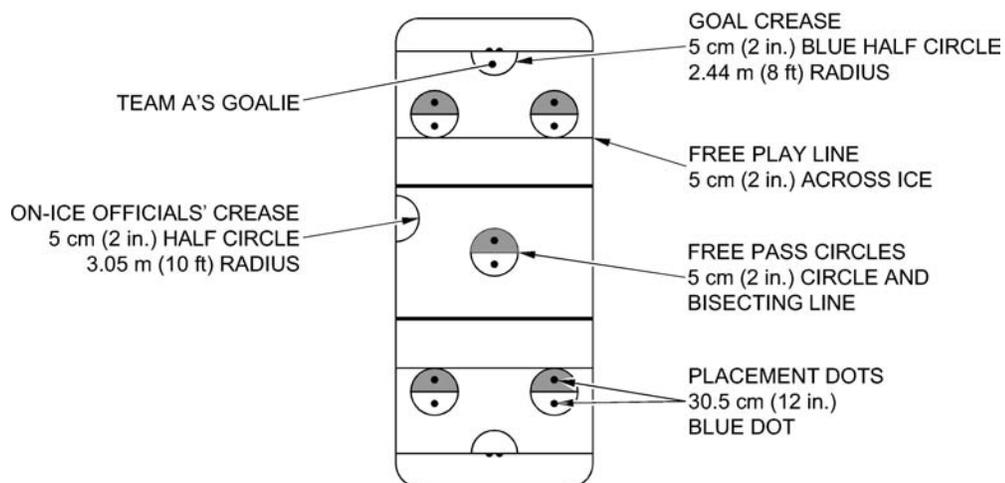


Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc. (p. 182)

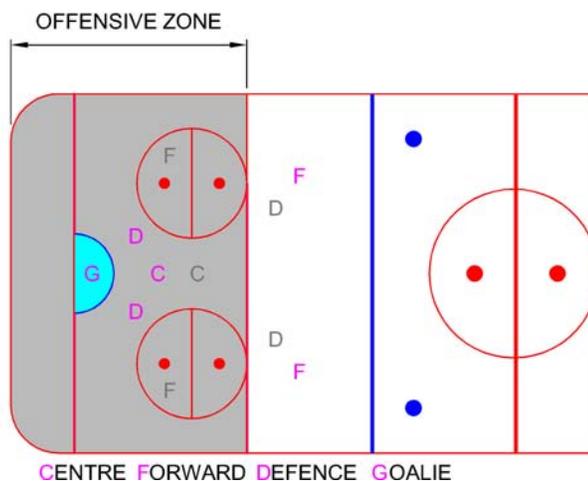
Figure 5B-5 Lacrosse Field

<b>RINGETTE (OFF ICE VERSION)</b>
<b>Objective:</b> Teams attempt to score as many points as possible by getting the ring in the opposing team's net. The team with the highest score at the end of the game is the winner.
<b>Scoring:</b> One point for every time a player gets the ring in the opposing team's net.
<b>Definitions:</b> N/A.
<b>Number of Players:</b> Six players per team on the floor at one time.
<b>Equipment Required:</b>
<ul style="list-style-type: none"><li>• Nets (two),</li><li>• Safety equipment,</li><li>• Rubber ring,</li><li>• Straight sticks for number of players,</li><li>• Goalkeeper's sticks (two), and</li><li>• Goalkeeper's masks (two).</li></ul>
<b>Basic Rules:</b>
<ul style="list-style-type: none"><li>• Play begins with the visiting team being given a free centre free pass circle (which is like a faceoff circle in hockey).</li><li>• Teams consist of a goalkeeper, two defencemen, and three forwards.</li><li>• The ring is passed up the playing field in order to get the ring in the opposing team's net.</li><li>• Free passes are used in ringette to restart play. The ring is placed in the free pass circle for this and one player gets to take possession, having five seconds to pass the ring to a teammate. Shots on goal are allowed from the free pass.</li><li>• The stick is placed inside the ring to play.</li><li>• If the ring is within the goal crease the only player who is allowed to touch it is the goalie. The goalie will pick up the ring and throw it like a Frisbee to a teammate but it cannot be thrown beyond the blue line. The goalkeeper can also hit the ring with their stick or foot to move it out of the goal crease.</li></ul>
Further details on the sport of ringette can be found at <a href="http://www.ringette.ca">www.ringette.ca</a>

**TEAM A'S DEEP DEFENSIVE ZONE**



**TEAM A'S DEEP OFFENSIVE ZONE**



"How Ringette Is Played", Ringette Canada. Retrieved 30 October 2006, from <http://www.ringette.ca/e/about/played.htm>

Figure 5B-6 Ringette Ice/Playing Field

## SOCCER

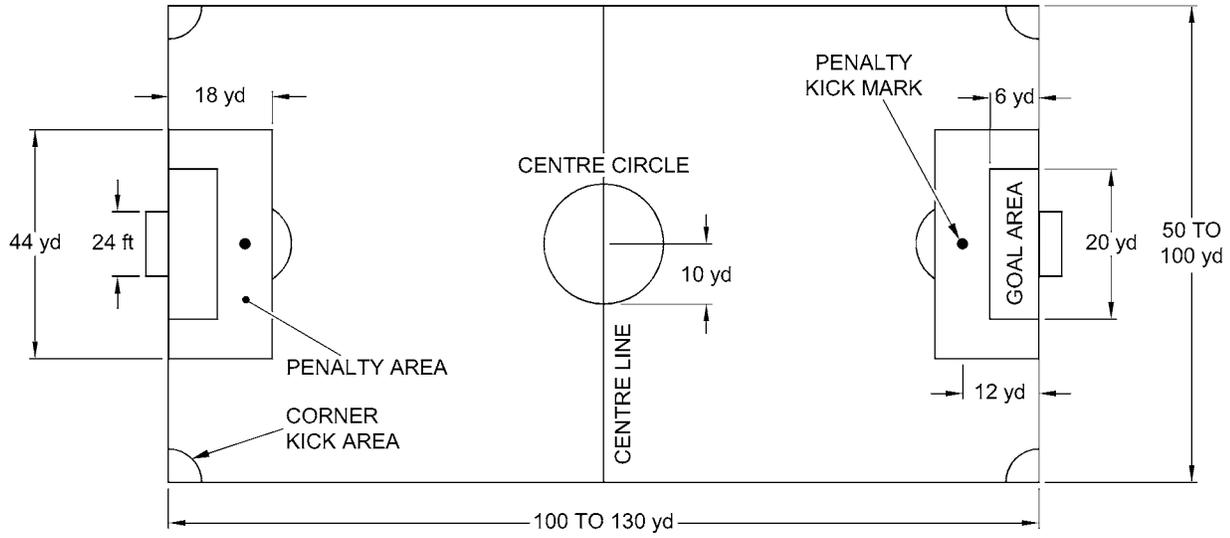
**Objective:** Teams attempt to score as many points as possible by getting the ball in the opposing team's net. The team with the highest score at the end of the game is the winner.

**Scoring:** One point is scored for every goal made into the opposing team's net which completely crosses the goal line.

**Definitions:**

Corner Kick	Awarded to the opposing team when players kick the ball over their own goal line. All opposing players must be at least 10 yards (9 metres/29-1/2 feet) from the ball for a corner kick.
Dribble	To move the ball with the feet in a continuous motion by passing the ball from one foot to the other.
Foul	Results in a direct or indirect free kick for the opposing team at the spot where the foul occurred. Fouls include: <ul style="list-style-type: none"><li>• kicking, tripping, or pushing;</li><li>• jumping into an opponent;</li><li>• violently or dangerously charging an opponent;</li><li>• striking an opponent with the hand, arm, or elbow;</li><li>• holding an opponent's body or clothing;</li><li>• playing the ball anywhere on the arm;</li><li>• offsides;</li><li>• obstructing an opponent by deliberately blocking their path;</li><li>• kicking too high, putting an opponent in danger;</li><li>• bending low, putting themselves in danger;</li><li>• unsportsmanlike conduct;</li><li>• charging an opponent when the ball is no more than one step away;</li><li>• charging into the goalkeeper while in the goal area, preventing them from playing the ball or retaining possession of the ball; and</li><li>• the goalkeeper taking more than four steps before releasing the ball.</li></ul>
Free Kick	Direct free kicks are awarded for fouls on a player; indirect free kicks are awarded for other violations made by the opposing team.
Goal Kick	Occurs when a player kicks the ball over the opposing team's goal line. The opposing team is awarded the goal kick. Opposing players must be outside the penalty box area; either the goalkeeper or another player may kick the ball. The ball must be kicked beyond the penalty box area to be put into play. The player who performs the goal kick cannot touch the ball again until another player has done so.
Heads the Ball	When a player hits the ball with their head.
Penalty Kick	Is awarded to a team when an opposing player commits an intentional foul. All players, except the kicker and the goalkeeper, must stand outside the penalty area, at least ten

<b>SOCCER</b>	
Throw-in	<p>yards (9 metres/29-1/2 feet) from the ball. The goalkeeper must stand on the goal line and not move their feet until the kick is made. If a goal is not scored and the ball goes out of bounds after being touched by the goalkeeper, the attacking team gets a corner kick.</p> <p>Is awarded to a team when the ball goes over the sideline and was last touched by an opponent. A player throws the ball in from over their head, keeping both feet on the ground while releasing the ball. At least part of each foot must be on or behind the sideline.</p>
<b>Number of Players:</b> Up to 11 players per team on the field at one time.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"><li>• Soccer ball,</li><li>• Nets (two), and</li><li>• Field or gymnasium.</li></ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>• The game consists of two 45-minute halves.</li><li>• Teams will consist of a goalkeeper, defenders, midfielders, and forwards, or strikers.</li><li>• The game begins with a kickoff at the centre of the playing field, where the ball is placed in a stationary position at the centre spot.</li><li>• All players must be on their team's half of the playing field before the kick off takes place. The player who kicks off may not touch the ball again until another player has.</li><li>• Players have to move the ball up the field with their feet, head, or chest. They may not touch the ball with their hands.</li><li>• The game continues in this manner, with players dribbling the ball and moving it toward the opposing teams goal in order to score.</li><li>• When a goal is scored the play begins again with the team losing the goal taking the kick off.</li><li>• A goal may not be scored directly off a kick off, goal kick, or throw-in.</li></ul>	
Further details on the sport of soccer can be found in Thomas Hanlon, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 237 to 245.	



Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc. (p. 241)

Figure 5B-7 Soccer Field

<b>SOCCER BASEBALL/KICKBALL</b>	
<b>Objective:</b> While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counter-clockwise direction) and steps on all three bases and the home plate.	
<b>Scoring:</b> One point is awarded as a member completes a circuit around the bases. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie the game will continue for additional innings until a team, scoring an additional run, breaks the tie.	
<b>Definitions:</b>	
Double Play	When two outs are made on the same play.
Double	A kick in which the batter safely runs to second base.
Fair Ball	The ball when it is legally in play.
Force Play	Occurs when a runner is forced to advance to the next base because the batter becomes a runner.
Foul Play	Any ball hit into foul territory.
Foul Territory	The area outside the foul lines.
Home Run	When a batter kicks a fair ball over the fence or circles all bases on a kick that was inside the fence.
Lead Off	When a runner leads off a base before the ball has left the pitcher's hand.
Legal Touch	When a defensive player tags a runner with the ball while the runner is not on a base. This results in an out.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
Strikeout	When a batter has three strikes.
Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.
Tag-out	When a fielder tags a runner with the ball when they are not on a base. This is also known as a legal touch.
Fly-out	When a fly ball is caught before it touches the ground or fence.
Steal	When a runner attempts to steal a base during a pitch to the kicker.
Tag-up Rule	If the ball is caught in the air after the kicker has kicked it, the kicker is out. Other players who are on bases must touch the base they were on after the ball is caught before they can run to the next base.
<b>Number of Players:</b> Eight players per team on the field at one time.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"> <li>• Soccer ball,</li> </ul>	

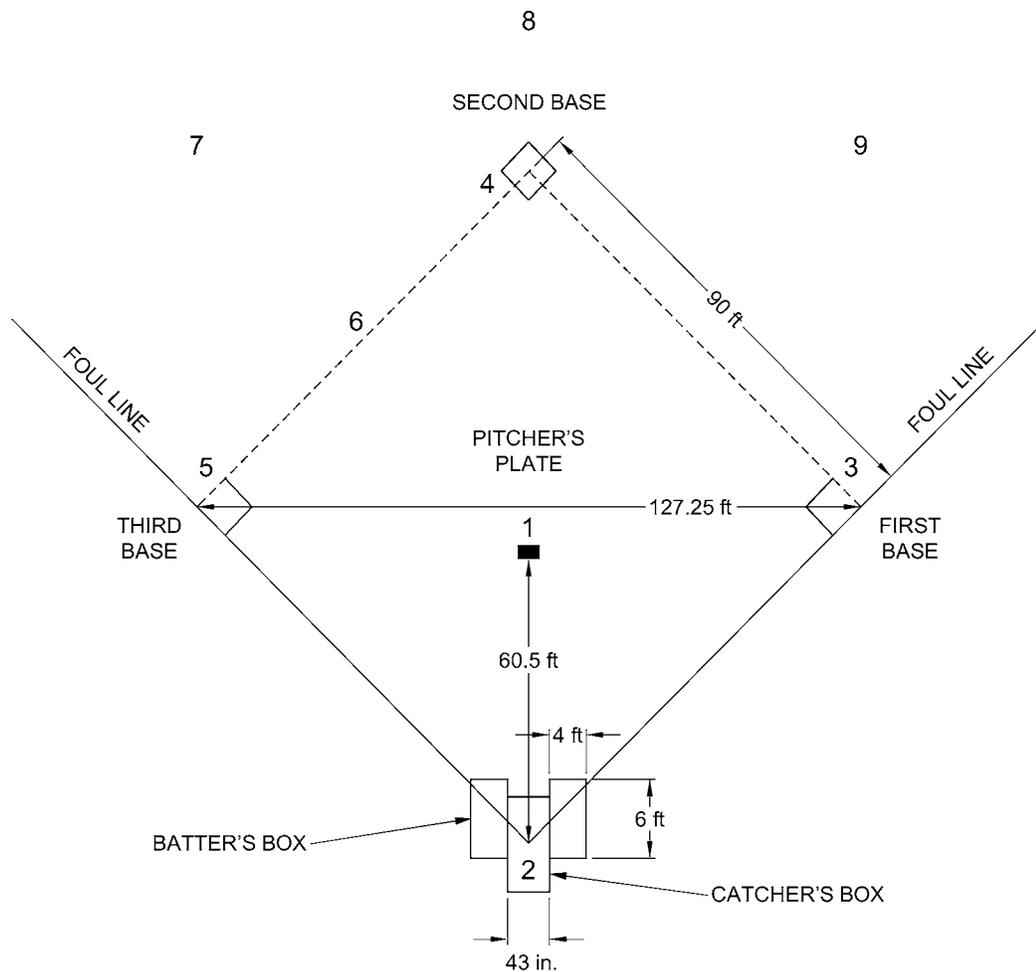
### **SOCCER BASEBALL/KICKBALL**

- Baseball/softball field or a gymnasium or field, and
- Bases/pylons (four).

#### **Basic Rules:**

- The game consists of five innings, with three outs per inning (for each team).
- One team takes the field first, taking up the various positions, to include a pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and other fielders depending on the number of players.
- When pitching, the ball must touch the ground at least once and cannot be higher than one foot above the plate when it gets to the kicker. The ball should be pitched to roll as smoothly as possible.
- A ball is put into play once the pitcher rolls the ball toward home plate and the kicker has attempted to kick the ball.
- The kicker must wait for the ball to be within three feet of the home plate before they can attempt to kick the ball.
- Leading off and stealing bases is not allowed.
- Bunts are not permitted.
- The kicker at home plate must kick the ball with the leg or foot, below the knee.
- Field players can tag the runner out while either carrying the ball or throwing it at the runner and making contact. Thrown balls are to hit below the waist.
- A runner who leaves their base before the pitch reaches home plate or before the pitch is kicked, is out and the ball is considered dead.

Further details on the sport of soccer baseball/kickball can be found at [www.kickball.com](http://www.kickball.com).



**LEGEND**

1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder
10. Extra Fielder

*Thomas Hanlon, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc. (p. 31)*

Figure 5B-8 Baseball Diamond (Can Be Used for Soccer Baseball)

### SOFTBALL (SLOW PITCH)

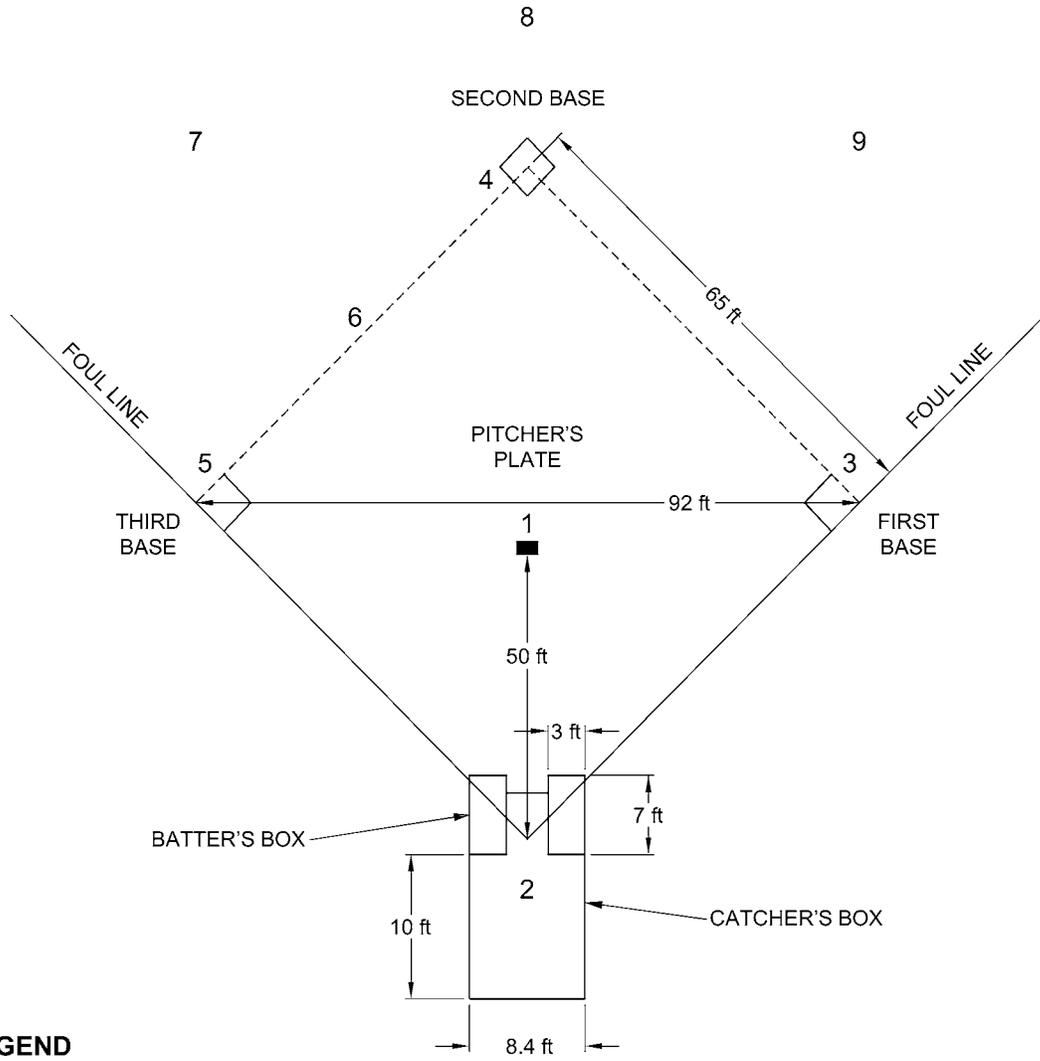
**Objective:** While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate.

**Scoring:** One point is awarded as a member completes a circuit around the bases. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In the case of a tie the game will continue for additional innings until a team scoring an additional run, breaks the tie.

**Definitions:**

Ball	A pitch that is outside the strike zone.				
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.				
Double Play	When two outs are made on the same play.				
Fair Ball	The ball when it is legally in play.				
Fake Tag	A form of obstruction of a runner by a fielder who neither has the ball nor is about to receive it. The umpire will award the runner the base they would have made, if the obstruction had not been made.				
Fly Ball	A ball batted high into the air.				
Fly-out	A fly ball that is caught before it touches the ground or the fence.				
Force Play	When a runner is forced to advance to the next base because the batter becomes a runner.				
Foul Play	Any ball hit into foul territory.				
Foul Territory	The area outside the foul lines (see <a href="#">Figure 5B-9</a> ).				
Home Run	When a batter hits a fair ball over the fence or circles all bases on a ball that was hit inside the fence.				
Inning	An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.				
Interference	This occurs when an offensive player impedes or confuses a defensive player as they are trying to make a play. Interference can be physical or verbal.				
Lead Off	When a runner leads off a base once the ball has been batted, touches the ground, or reaches home plate, but must return to the base if the ball is not hit.				
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.				
	<table border="0" style="margin-left: 20px;"> <tr> <td style="vertical-align: top;">Strikeout</td> <td>When a batter has three strikes.</td> </tr> <tr> <td style="vertical-align: top;">Force-out</td> <td>When a fielder touches second base with the ball in their possession before the runner reaches second.</td> </tr> </table>	Strikeout	When a batter has three strikes.	Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.
Strikeout	When a batter has three strikes.				
Force-out	When a fielder touches second base with the ball in their possession before the runner reaches second.				

<b>SOFTBALL (SLOW PITCH)</b>	
Tag-out	When a fielder tags a runner with the ball when they are not on a base. This is also known as a legal touch.
Fly-out	When a fly ball is caught before it touches the ground or fence.
Overslide	When a player over slides first base when running. It is allowed at first base, but at second and third base, the runner may be tagged out.
Steal	In fast-pitch, a runner may attempt to steal a base during a pitch to the batter.
Strike Zone	The area over the home plate, between the batter's back shoulder and front knee.
Walk	A batter is awarded first base if four "balls" are pitched to the batter during one time up to bat.
<b>Number of Players:</b> 10 players per team on the field at a time if team is not batting.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"> <li>• Bases (four),</li> <li>• Bat,</li> <li>• Batter's helmets,</li> <li>• Softball,</li> <li>• Various gloves for the number of players, and</li> <li>• Baseball/softball field.</li> </ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"> <li>• The game consists of seven innings, with three outs per inning (for each team).</li> <li>• One team takes the field first, taking up the various positions, to include a pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and extra fielder.</li> <li>• The other team bats first in the top half of the inning, according to the batting order for their players.</li> <li>• The pitcher attempts to get the batter out, preventing them from reaching first base and the subsequent bases.</li> <li>• The pitcher <b>must</b> use an underhand pitch.</li> <li>• A batter is out if they receive a strikeout, force-out, tag-out, or fly-out.</li> <li>• The batter's objective is to get around the bases without being tagged and before the ball reaches the base.</li> <li>• A team scores a run when a player has safely touched first, second, and third base, and has made it back home or hits the ball over the fence.</li> </ul>	
Further details on the sport of softball can be found in Thomas Hanlon, <i>The Sports Rules Book: Essential Rules for 54 Sports</i> , Human Kinetics Publishers, Inc., pp. 247 to 259.	



**LEGEND**

- 1. Pitcher
- 2. Catcher
- 3. First Baseman
- 4. Second Baseman
- 5. Third Baseman
- 6. Shortstop
- 7. Left Fielder
- 8. Centre Fielder
- 9. Right Fielder
- 10. Extra Fielder

*Thomas Hanlon, The Sports Rules Book: Essential Rules for 54 Sports, Human Kinetics Publishers, Inc. (p. 251)*

Figure 5B-9 Softball Field

## ULTIMATE FRISBEE

**Objective:** Teams attempt to score as many points as possible by catching a pass in the opponent's end zone. The team with the highest score at the end of the game is the winner.

**Scoring:** Points are awarded to a team when a player catches a pass in the opponent's end zone. A typical game is scored to 15 points.

### Definitions:

Clearing	To get out of the area where the thrower wants to pass the disc.
Cut	An attempt to get free of other players in order to receive a pass.
Force	To make it difficult for the thrower to throw the disc in a certain direction in an attempt to try to get them to pass it the other way.
Huck	A long high pass that is nearly the length of the field.
Layout	When a player dives to catch or intercept the disc.
Poach	When a defender moves away from their marker to try to intercept a pass to another player.
Swing	A lateral pass across the pitch, instead of upfield.
Switch	When two defenders exchange the offensive players they were marking.

**Number of Players:** Seven players per team on the field at one time.

### Equipment Required:

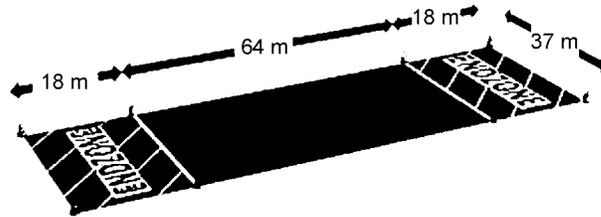
- Plastic disc (Frisbee), and
- Pylons to mark boundaries.

### Basic Rules:

- Each team lining up on the front of their respective end zone line initiates play. The defence throws the disc to the offence.
- The disc may be played in any direction by passing to teammates. Players must remain stationary when they hold the disc. It must be passed to other players on the field that is closer to the opponent's end zone.
- A player cannot hold the disc for longer than 10 seconds. The defender, who is guarding the player holding the disc (staller), must count out the stall count.
- When a pass is not completed due to being out of bounds, being dropped, blocked or intercepted, etc. the defence takes possession of the disc and becomes the offence.
- To bring the disc back into play it must be brought to the point on the pitch where it went out, or the nearest point where a defender touched it.
- There is no physical contact allowed between the players.
- A throw can be made without stopping if it is within three steps of the catch. The thrower cannot change direction or speed up after catching the disc.

## ULTIMATE FRISBEE

Further details on the sport of ultimate Frisbee can be found at [www.whatisultimate.com](http://www.whatisultimate.com) or [www.upa.org/ultimate](http://www.upa.org/ultimate).



*"What Is Ultimate Frisbee", What Is Ultimate. Retrieved 30 October 2006, from [http://www.whatisultimate.com/what/what\\_game\\_en.html](http://www.whatisultimate.com/what/what_game_en.html)*

Figure 5B-10 Ultimate Frisbee Field

## VOLLEYBALL

**Objective:** Teams attempt to score as many points as possible by hitting the ball into the opposing team's portion of the court. The team with the highest score at the end of the game is the winner.

**Scoring:** One point is awarded every time the ball hits inside the boundary lines of the opposing teams court; the opponents are unable to return the serve within three hits; the opponents hit the ball out of bounds; or the opponents commit a fault or foul when the team was the serving team.

### Definitions:

Attack Hit	A hit aimed into the opponent's court.
Attack Lines	These separate each side of the court into a front zone and a back zone.
Block	Occurs when one or more players stop the ball before, or just after, it crosses the net.
Rally	The exchange of hits back and forth between the teams. The team that wins the rally gets the serve.
Rotation Order	Each team has a rotation order that must be kept when it gains the serve. Each time a team gains a serve, players will rotate one position clockwise.

**Number of Players:** Six players per team on the court at one time.

### Equipment Required:

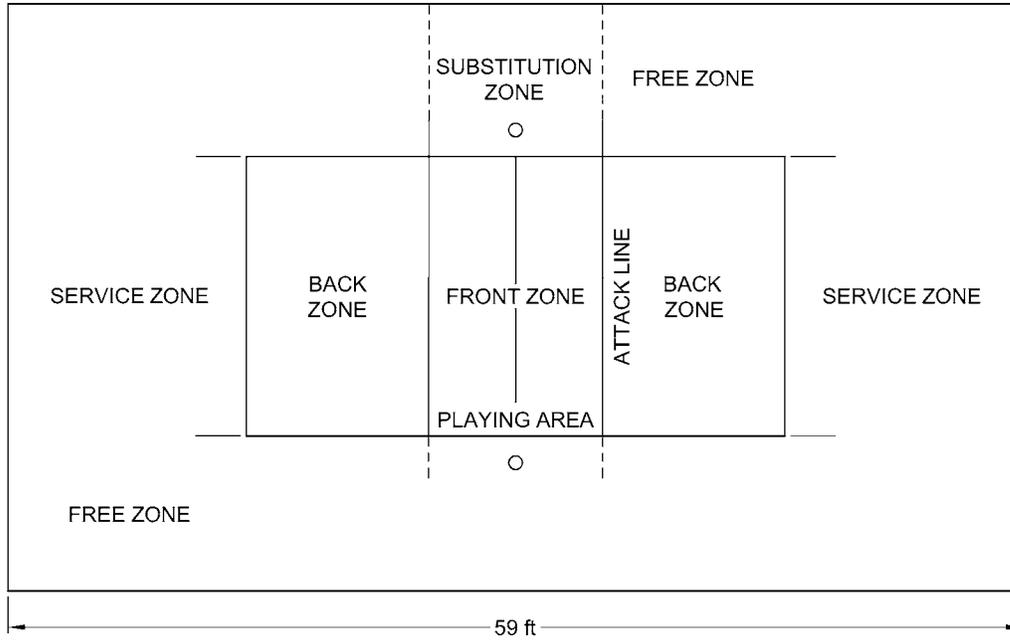
- Volleyball,
- Volleyball net, and
- Volleyball court.

### Basic Rules:

- The game continues until a team scores 15 points and has a two-point advantage.
- The team has three players on the front of the court and three on the back of the court.
- Players can hit the ball with their hands clasped together or with either an open or closed fist. Players can strike the ball overhand or underhand.
- One team will start the serving, the other receiving. A player retains the serve until the other team wins the right to serve.
- Upon completing the serve a team must rotate positions.
- The server may stand anywhere behind the end line to serve.
- A service fault occurs if the ball touches a player of the serving team; fails to pass through the crossing space over the net; touches the net or any other object; or lands out of bounds.
- Only the serving team can score points.
- If the team that is receiving stops their opponents from scoring, they are awarded the serve.
- Each team has a maximum of three hits to get the ball over the net to return the ball. This is in addition to blocking.
- Except on the serve, the ball is still in play if it touches the net.

## VOLLEYBALL

Further details on the sport of volleyball can be found in Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc., pp. 325 to 334.

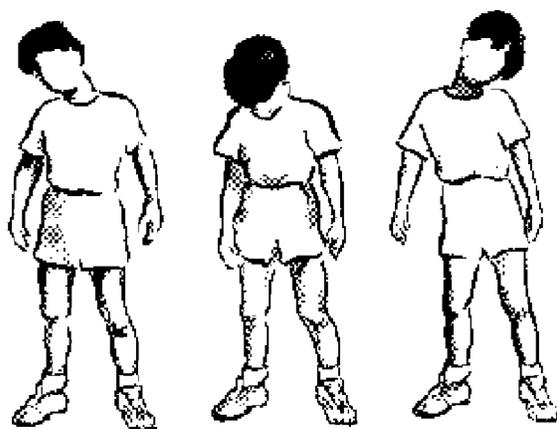


Thomas Hanlon, *The Sports Rules Book: Essential Rules for 54 Sports*, Human Kinetics Publishers, Inc. (p. 327)

Figure 5B-11 Volleyball Court

## SAMPLE STRETCHES

### NECK



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#11>*

Figure 5C-1 Neck Stretch

Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.

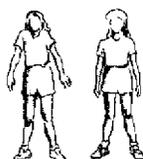
### SHOULDERS



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#11>*

Figure 5C-2 Shoulder Push

Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders. Hold this position for a minimum of 10 seconds.



*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#11>*

Figure 5C-3 Shoulder Shrug

Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up. Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible. Hold each position for a minimum of 10 seconds.



Warm Ups, by Martha Jefferson Hospital, Copyright 2001 by Martha Jefferson Hospital. Retrieved 26 October 2006, from <http://www.marthajefferson.org/warmup.php>

Figure 5C-4 Arm Circles

Hold your arms straight out, palms up. Make small circles with your arms, gradually increasing the size.  
Reverse the direction of your circles.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 5C-5 Shoulder Stretch

Either standing or sitting, take your right arm in your left hand and bring it across your chest, supporting the joint by holding it behind the elbow. Pull the elbow lightly towards your chest. You should feel the stretch in your right shoulder.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

## ARMS



Exercises. Copyright 1998 by Impacto Protective Products Inc. Retrieved 26 October 2006, from <http://www.2protect.com/home.htm>

Figure 5C-6 Wrist Rotations

Rotate your hands in circular motions at the wrist.  
Change direction and repeat on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>

Figure 5C-7 Triceps Stretch

Stand and bring your right arm over your head, bent at the elbow. Use your left hand to gently pull your arm down.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>*

Figure 5C-8 Forearm Stretch

In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back. Hold this position for a minimum of 10 seconds.

## CHEST AND ABDOMINALS



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-9 Chest Stretch

Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of your chest.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



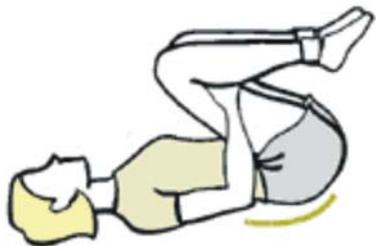
*Moving on the Spot: A Collection of 5 Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from <http://www.lin.ca/resource/html/dn3.htm#1>*

Figure 5C-10 Side Stretch

Stand with your left arm up over your head. Bend at the waist towards the right side of your body.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

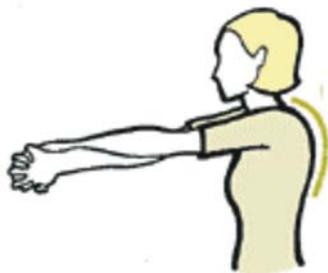
## BACK



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-11 Lower Back Stretch

Lie on your back and bring your knees toward your chest. Grasp the back of your knees. Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-12 Upper Back Stretch

Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.

## LEGS



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-13 Hamstring Stretch

Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands. Hold this position for a minimum of 10 seconds.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-14 Inner Thigh Stretch

Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight.

Hold this position for a minimum of 10 seconds.

Grab your ankles and push your knees down toward the floor with your elbows.

Hold this position for a minimum of 10 seconds.

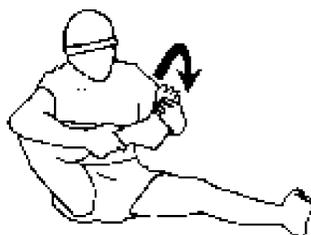


*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-15 Hip Flexor

Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Running Exercises. Retrieved 26 October 2006, <http://www.physionline.co.za/conditions/article.asp?id=46>*

Figure 5C-16 Ankle Rotations

From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction.

Switch and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-17 Calf Stretch

Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.



*Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>*

Figure 5C-18 Quadriceps Stretch

Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh.

Hold this position for a minimum of 10 seconds and repeat on the opposite side.