

## Medic Ball



This game is just a different version of dodge ball so most of the same rules apply.

### **How To:**

1. Divide the players into two equal teams. If there is not already a line that divides the gym in half, create one and arrange one team on each side of the line.
2. Place the sprout balls on the center line of the playing area, and have each team stand with one foot on the wall.

3. In medic ball, each team secretly designates one person to be the "medic." The medic has the ability to "revive" anyone who is down after being hit with a sprout ball by the opposite team.
4. Once a player is hit, they must sit down in the exact place where they were hit and shout "Medic!" The medic simply needs to touch the hand of the player who is down, and they are allowed back into the game.
5. If a medic is hit, then everyone else who gets hit stays down unless the medic is revived. There is one way to revive the medic. In most gyms there are basketball hoops on every wall. When a team has a medic down, they can start shooting baskets at the hoop opposite them. When a basket is made, everyone on that team can get up. Anyone can attempt a shot at a basket, but if you are down, then you can only make a shot from your knees. Any players still "alive" can shoot from anywhere in their territory. If your gym has no basketball hoops, then it may be necessary to improvise with other items (empty trash cans, baskets, etc).
6. All other dodge ball rules apply in this game.

\*It is a good idea to have one or more decoy medics otherwise your medic becomes an easy target.