



ACTIVITY SAMPLE:

FLICKERBALL

Activity name

Flickerball

Activity overview

Intramural league activity, structured open gym

Division

Elementary or secondary

Facilities

Gymnasium or field with goal posts

Equipment

One object (e.g., football, rubber chicken, foam footballs); pinnies for half of group; two basketball nets or goal posts; buckets or hoops

Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

Activity instructions:

- Divide the group into two teams.
- The object of the game is to score by getting the football or other object chosen into the other team's "basket".
- The game starts with an opening tip-off, or jump ball, as in regular basketball.
- Students are allowed 3 steps or 5 seconds with the object. They then have to pass it to a teammate or throw it at the goal. If the ball lands on the floor from a missed shot or pass, any student can grab it.
- Teams get 1 point for hitting the rim and 2 points for scoring a basket. After a basket, the attacking/scoring team must retreat back to centre court. After a basket, the game restarts with a tip-off.
- Participants on the sidelines can score and their points are doubled: 2 points for hitting the rim and 4 points for scoring a basket.

Modifications and variations:

- Flickerball may be played on a field with goal posts. To score a point, participants must hit the crossbar, send the object between the uprights, or pass it over the end zone line.
- If playing on a field with uprights, you could reverse the points, with 3 points awarded for passing the ball into the end zone, 2 points for hitting the crossbar, and 1 point for sending the object between the uprights. Students on the sidelines can play, and their points are doubled.
- For elementary students consider using foam footballs or other objects that are easy to send and receive. If possible, lower the basketball net height in the gymnasium. If playing outside, set the game up over the width of a field and use a bucket or hoop as a goal. Scoring is 1 point for hitting the bucket or hoop and 2 points for getting the object in the bucket or hoop without it resting on the rim or edge.



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- Flickerball also be played as an open gym activity by establishing new teams every day based on who shows up to play.

Notes to supervisor:

- To maximize inclusion, use two balls or other throwing objects so more participants contact the object (e.g., you can start with one ball or object and then introduce a second ball or object at a specified time), or teams can be allowed to score on either goal.
- If there are a larger number of participants, divide each team into two shifts. Start with Shift A playing and Shift B on the sideline. Have Shifts A and B switch every 5 minutes.
- No one sits down! Students on the sidelines are still part of the game. They can move along the sideline looking to catch a pass from a teammate or make a pass to a teammate.
- This can also be a learning and skill-building opportunity. For example, if using a football, take 3 minutes at the beginning of the game to demonstrate how to throw a football. The game will then provide an opportunity to practice a new skill.
- For various ways to modify for the age and skill of participants or to maximize inclusion please see [Step 3: Develop and Implement Your Action Plan.](#)