

Futó méta

(Running rounders)



Aim of the game: To score more runs as the opponent and to maintain the inning as long as possible.

Set up: Indoor or outdoor field (20m x 40m) which has sidelines, a baseline and a home base. Home base is where you start from and finish to.

Rules:

Two teams compete against each other (6-12 person/team).

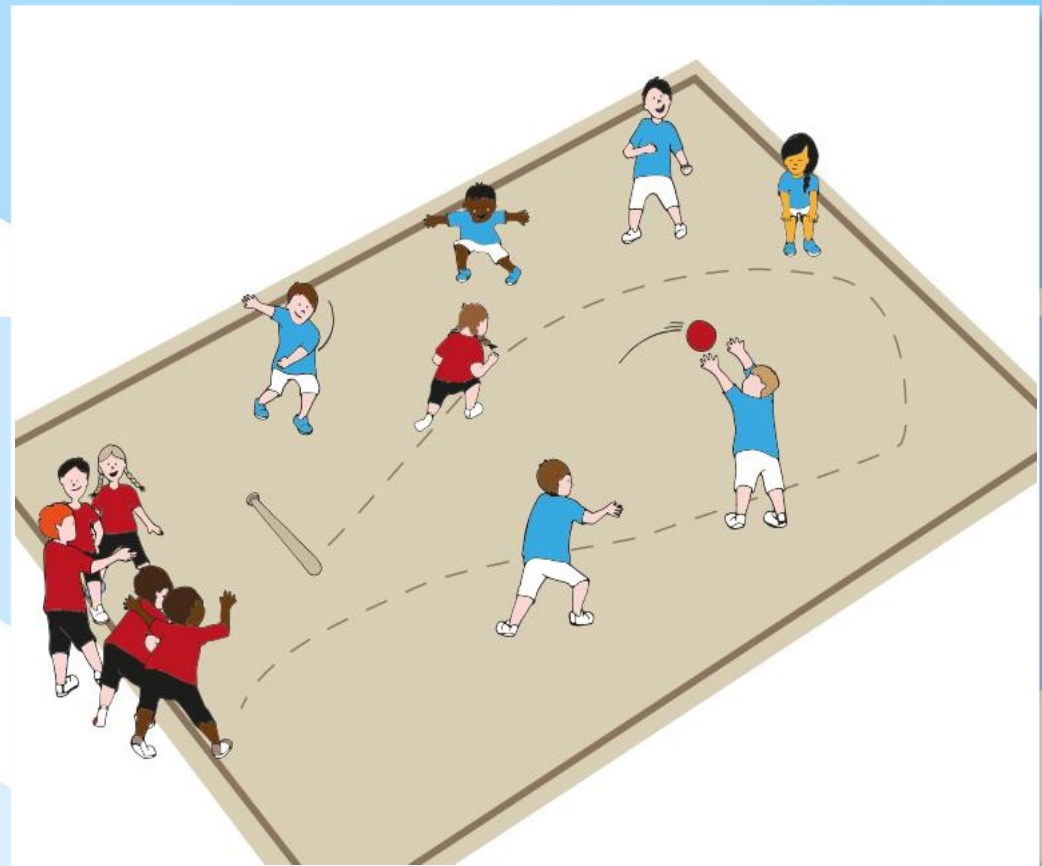
The team that is playing the inning tries to score as many runs as possible. The team that is playing out on the field is playing defensively; they prevent the opposing team from scoring runs by catching the ball and aiming/throwing it to the opponent.

All players from the inning team stand up behind the home base. They hit the ball in turns and try to reach baseline and home base before the defensive players have the chance to throw the ball at them (like in dodgeball games).

In case the player from the inning team reaches baseline legally and arrives back to the home base before the ball hits him, the team playing the inning scores a run. In this case the next player from the same inning team hits the ball.

When the defensive team plays the ball to the player running between the bases (and the ball hits his body) the runner is out and has to return to the home base. No score is added.

When there are three outs a change of inning occurs and the defensive team moves to the home base. The team that scores the most runs in one period wins. The team that scores the most period points wins the game.



Equipment and Materials:

80cm-1m long flat bat and a soft tennis ball or smaller plastic ball

Age:
7+

Number of players:
12 – 24

Duration:
30 minutes

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Teaching Style

- Provide clear and simple instruction
- Balance the ability level of the teams
- Practice games before introducing scoring
- Encourage players to establish basic hand communication
- Safety instructions to be tailored to the environment and participants playing the game

Equipment

- Range of balls can be used that vary in weight, size, speed, texture, density etc.
- Range of bats that vary in weight, size and material can be used
- Audible equipment can be used (e.g. bell or rattle ball, bases that have a buzzer)
- Brightly coloured equipment can be used
- Players hold a rope between bases to allow the runner to follow the path
- Use cones to mark the boundaries on the field

Rules

- Vary the way batters receive the ball. (Eg. the ball is hit from a tee; the ball is rolled)
- The defensive team must pass the ball three times before throwing the ball at the runner.
- Set up target zones to allow players gain bonus points.

Environment

- Increase/decrease the distance between each base.
- Increase/decrease the boundaries of the game.
- Increase/decrease pitching distance.
- Create 3-5 circles in the field from which the field players may throw the ball at the runner.
- Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

