

How to play NERF'S UP

The game is fun. The rules are simple. Everyone CAN play.

Object: Learn about team work and have fun! The team that scores the most points wins.

Who Plays? There are 3 different positions:

1. Goalie: You collect Nerfs. Here's how:

Sit in a chair. You CANNOT get off the chair or move it during the game. You CAN use your hands. Grab and hang onto as many Nerfs as you can. Be creative!

2. Goalie Assistant: You help your Goalie collect Nerfs. Here's how:

Sit in a chair next to your Goalie. You CANNOT get off the chair or move it during the game. You CAN use your hands. Grab as many Nerfs as you can and give them to your Goalie. You CANNOT hang on to any of the Nerfs yourself. When the game stops, you MUST drop any Nerfs in your hands. Only the Goalie can hold them.

3. Kickers: You play both offense and defense to help score points. Here's how:

You CANNOT use your hands for any part of this game. This means you CANNOT touch the Nerfs or the other players. You MUST stay on your side of the playing field.

Offense: Get as many Nerfs as you can to your Goalies. NOTE: Your Goalies are sitting on the other side of the playing field.

Defense: Block as many Nerfs as you can from getting to the other team's Goalies. NOTE: The other team's Goalies sit on your side of the playing field.

How to Play:

Use masking tape. Make a line that divides a room in half. One team of Kickers is on each side. Each team's Goalie and Assistant Goalie are on the opposite side from their Kickers. NOTE: Teams can have more than one set of Goalies/Assistants. Make sure that each team has an equal number of players.

Use 4-6 Nerf's (or more!) per player. Put the Nerfs on the floor on each side. Spread them out across the floor.

Play some rowdy music to time the game. Games usually last 5 minutes. When the music starts, the game begins. When the music stops, the game stops. Count the Nerfs. Teams get one point for each Nerf that a Goalie has collected. Teams lose one point for each Nerf that is on the floor on their side. The team with the most points wins!

