

Jeff's

Active

Group

Games

Book

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# ***How To Use This Book***

## **About This Book**

This book is a collection of games that can be played with a small or large group for a short period of time. They vary in number of players, number of teams, estimated duration, and level of activity, so you can pick and choose games appropriate to your particular needs.

Each of the games has a diagram of how it should be set up, a list of equipment needed, and instructions on how to play the game. Each page should contain all the information necessary to plan and run each game.

## **Stretching The Rules**

Each of the games in this book has gone through various changes over time, to adjust for group size, age level, safety, clarity, and just plain level of fun.

You, of course, should follow this tradition. *Improvise!* None of the games are set in stone, and you're encouraged to explore your own variations on each of these games.

Games can often be improved by changing a few rules around to fit your particular group. Many times, adding new rules and levels of complexity to the games make them more challenging, exciting, and interesting.

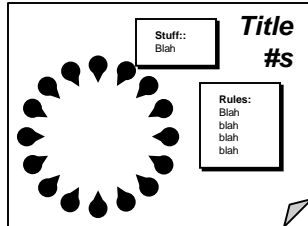
So, as you look through this book, imagine how your own group would play the game, and what you can do to make the game better. Chances are, you'll be able to improve the games, and everyone will have more fun!

Happy gaming!

# Index of Diagram Symbols

Diagrams are shown for the layout of every game. Diagrams are shown as a top-down view (think of it as looking down at the game from the ceiling).

## Page Information



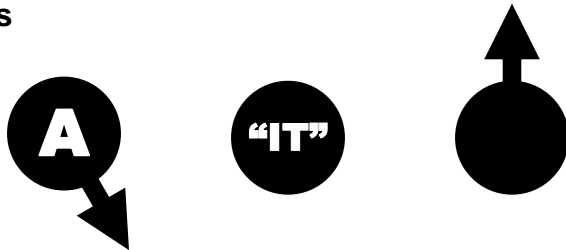
Each page will consist of information on a single game. The title, number of players, number of teams, and estimated time of the game is in the top right hand corner. Boxes contain information on each game, and a diagram shows a top-down view of the game's positions.

## Referee



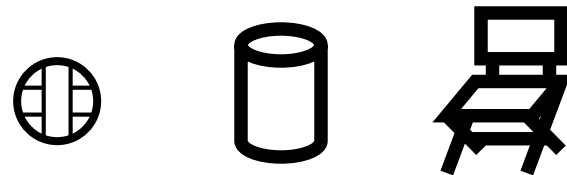
The referee is represented by a white circle with an R. The referee can usually move wherever he wants, although some games will require the referee to be in a particular spot.

## Players



Players are represented by black circles with arrows. An arrow indicates the initial or suggested direction the player is initially facing (many games will call for them to move around). A letter or label indicates the team, or position, of the player.

## Objects

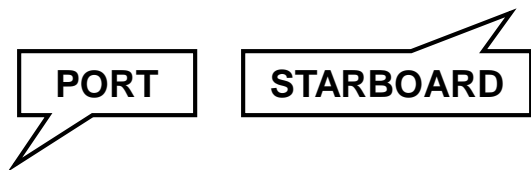


Games often call for various props, such as the ball, box, or obstacle shown to the left. The objects will depend on the game; usually, there's only a few types per game.

# Index of Diagram Symbols (continued)

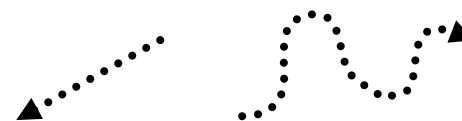
Diagrams are shown for the layout of every game. Diagrams are shown as a top-down view (think of it as looking down at the game from the ceiling).

## Labels



In some games, certain locations are important. In these games, these locations are marked using labels that point out where the location is.

## Paths



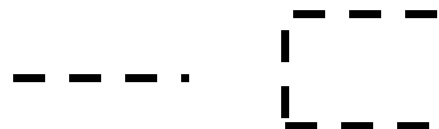
Some games will require paths. Sometimes the paths are inflexible; sometimes they are flexible, and can be changed depending on the game. The description of the game will describe what the meaning of the path is.

## Physical Boundaries



A physical boundary is something such as a wall or edge of a field that can be used as a reference.

## Paths



These are boundaries that are just plain made up for the purpose of the game. It's a good idea to mark these off; for example, by tying a rope boundary, or blocking off with chairs.

# The Balloon Game

## Preparation:

Blow up balloons. Have everyone tie a balloon to their right ankle.

## Equipment:

Balloons and string.

## Goal:

Be the last one with a balloon still attached to your leg.

**Players:** 20 or more

**Teams:** None

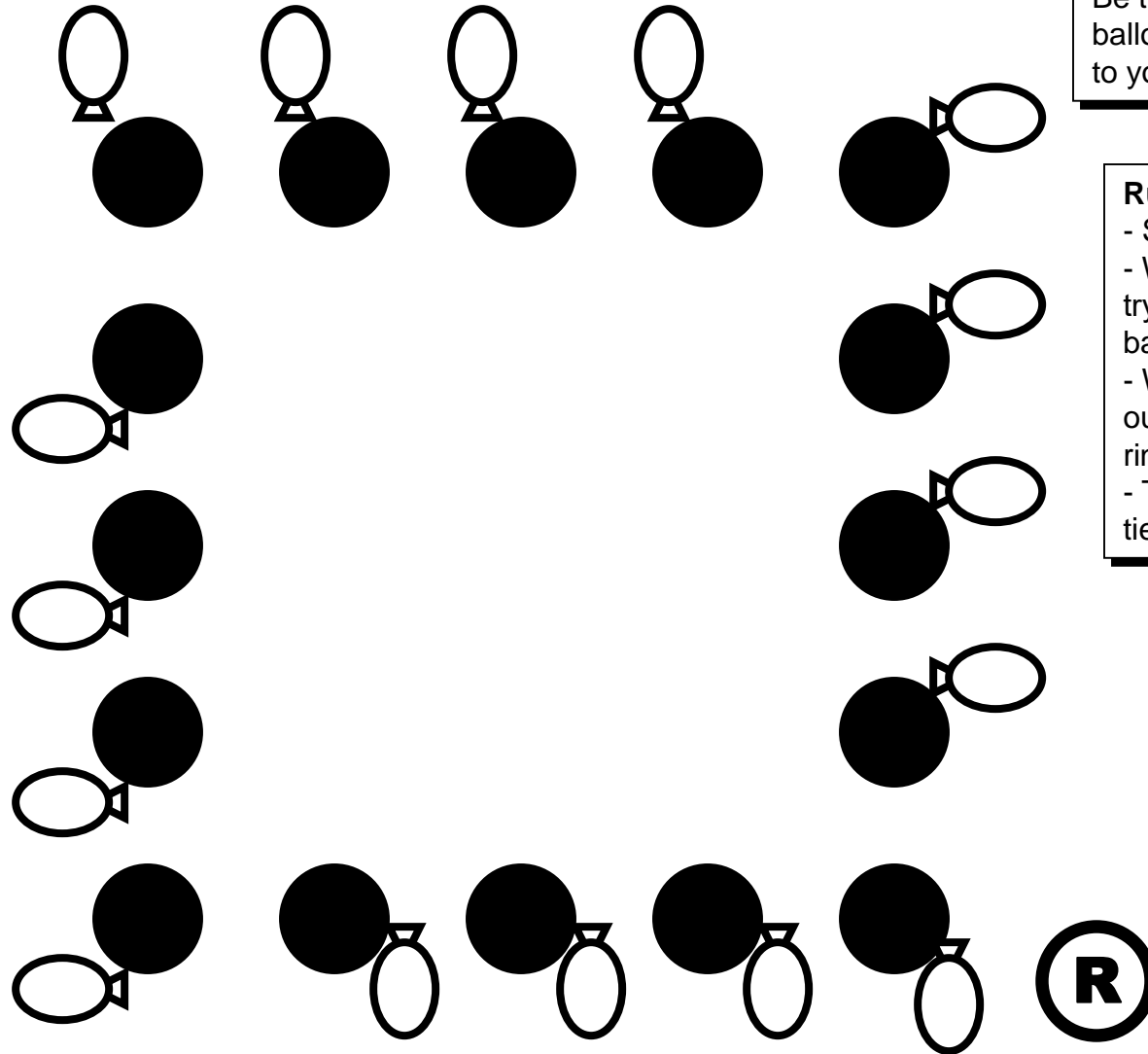
**Time:** 10-20 minutes

## Rules:

- Start the group in a spread out arrangement.
- When the referee shouts "go", everyone must try to stomp on and pop everyone else's balloons.
- When a person's balloon is popped, they are out of the game, and must leave the playing ring.
- The last person with an inflated balloon still tied to their ankle is the winner.

## Notes:

Sometimes a problem will arise where a person who's balloon has been popped, and should be out, will pop someone else's balloon. Sometimes this is disobedience, sometimes this is because they simply didn't notice (it *is* hard to tell if your balloon is still there). Deal with this problem as you see fit.



# Crabwalk Basketball

**Players:** 8 - 16  
**Teams:** 2 Teams  
**Time:** 10-15 minutes

## Preparation:

Set up two trash cans on each side of the room, and split the group into two teams.

## Equipment:

- Two empty trash cans
- A basketball (any ball will do, actually)

## Goal:

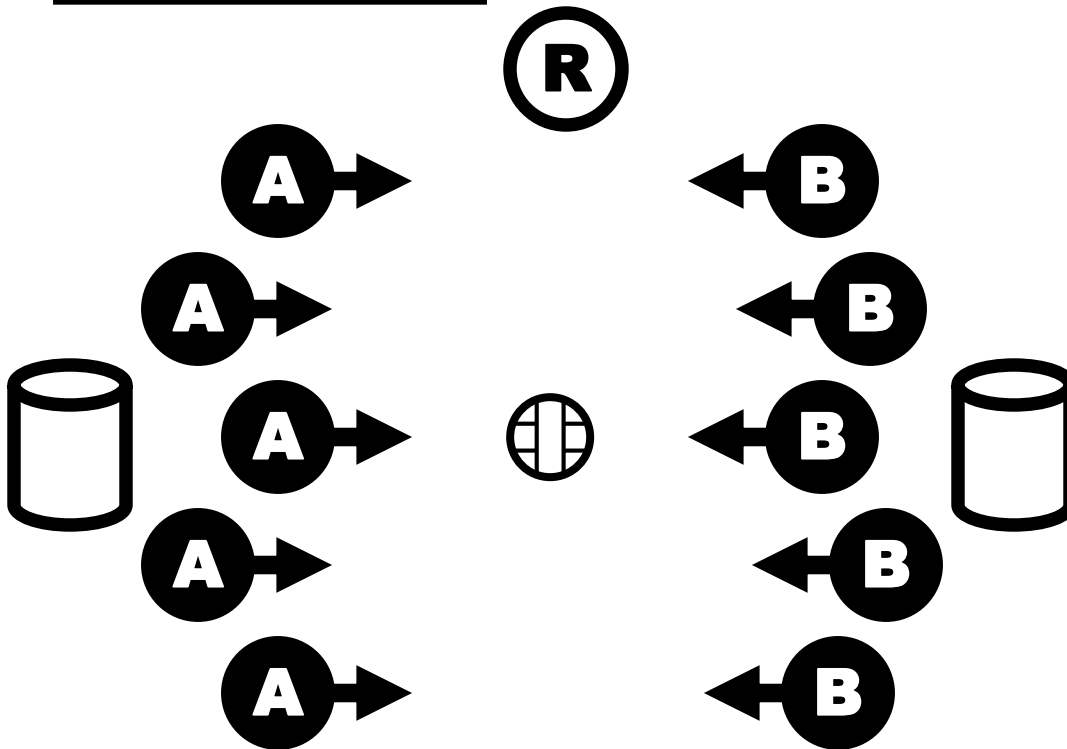
Be the team that scores the most baskets.

## Rules:

- The ball starts in the middle of the court
- Players try to get the ball and throw it in the basket (trash can) at the other side of the court from where they started.
- All players must remain in crab walk position the entire game.
- Since a player must remain in crab walk position, the only way to carry a ball is to place it in their lap and move with it sitting there.
- Passing, of course, is allowed.
- When a player scores, the referee notes the score and players go back to their original positions, with the losing team starting with the ball.

## Notes:

The rules seem complex, but it is essentially basketball while crab walking. Feel free to adjust them for simplicity.



# The Crate Game

## Preparation:

Get the group in a large circle facing the center.

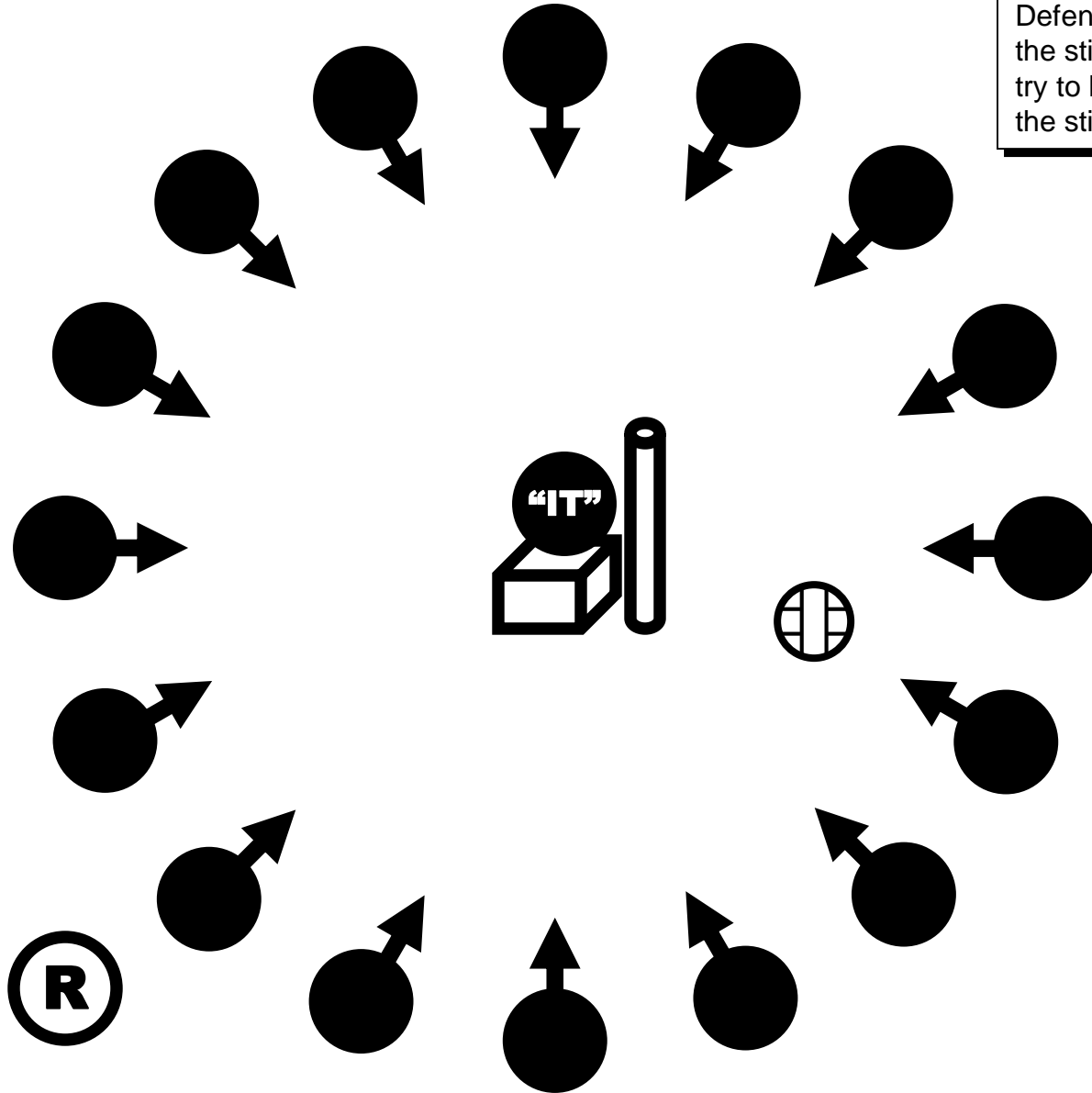
## Equipment:

A crate, a staff or broom handle, and a ball.

## Goal:

Defend the crate with the stick, while others try to hit the crate with the stick.

**Players:** 10 – 30  
**Teams:** None  
**Time:** 5-10 minutes



## Rules:

- Choose someone to be "it"
- The person who is "it" stands on top of a crate, and holds a staff.
- Someone in the outer ring starts with a ball.
- The ball is rolled by people in the outside circle at the crate. If they hit the crate, they become "it" and take the spot on the crate.
- The person with the stick must prevent the ball from hitting the crate using only the staff.
- The ball goes to whomever it rolls towards.

## Notes:

This is a pretty simple game. Make sure the circle doesn't contract over time.

**Preparation:**

Get the group in two lines, in crab walk position, facing each other with their feet touching.

**Equipment:**

None

# Crows and Cranes

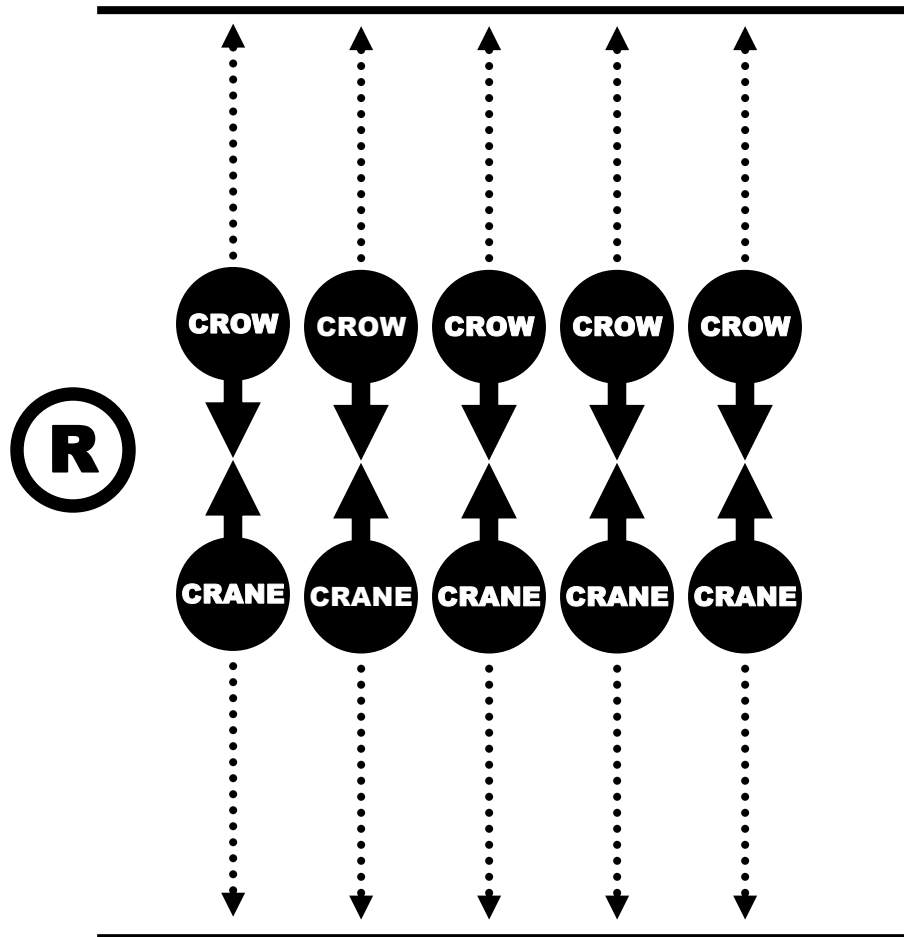
**Goal:**

Eliminate the entire opposite team.

**Players:** 10 or more

**Teams:** 2 Teams

**Time:** 8-12 minutes

**Rules:**

- One side is the “cranes” team, one side is the “crows” team.
- Each person on each team is paired with someone else on the opposite team.
- The referee yells either “crows” or “cranes” at random.
- If the referee yells “crows”, the cranes race backwards in crabwalk position, while the crows try to catch them.
- If a crane touches the wall before their opposite crow touches the crane’s foot with his hand, then the crane is safe.
- If a crane’s foot is touched by the opposite crow before the crane touches the wall, he is out, and stands outside the game.
- After each round, the people who are out leave, and new pairings are made. If the teams are then uneven, the referee matches them up and has some people wait.
- When one team is eliminated, the other team wins.

**Notes:**

People get dirty fast in this game!

# Dodge Ball

## Preparation:

Mark off or define an area that is for "in", and get everyone in this area.

## Equipment:

One or more dodge balls.

## Goal:

Be the last one that is "in."

**Players:** 20 or more

**Teams:** None

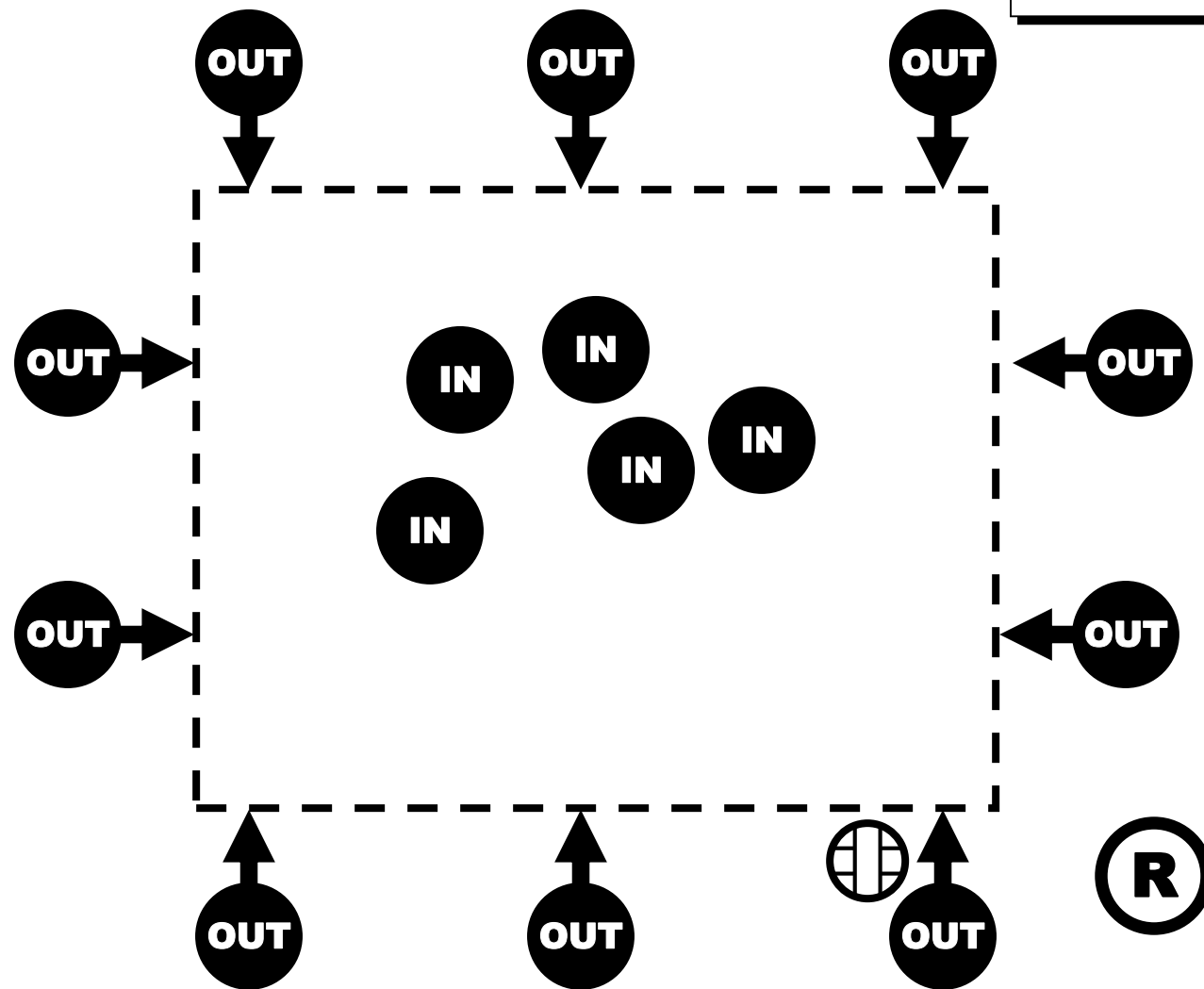
**Time:** 10-15 minutes

## Rules:

- Start with everyone "in"
- Either the referee, or a volunteer, starts as "out"
- Whoever is "out" throws the dodge balls at the people who are "in"
- If a dodge ball touches someone who is "in", they leave the inner area, and are now "out"
- The dodge balls are basically taken by anyone who is "out" who it comes near.
- The last one "in" wins.

## Notes:

A classic game. You'll often have a problem with a couple people deciding they deserve the right to play more than others, and will hog the ball. Do what you can to make sure everyone has fair play.



# Generic Relay Game (Non-Stationary)

## Preparation:

Set up a starting line and a finishing line.  
Get the groups lined up by team.

## Equipment:

Depends on game.

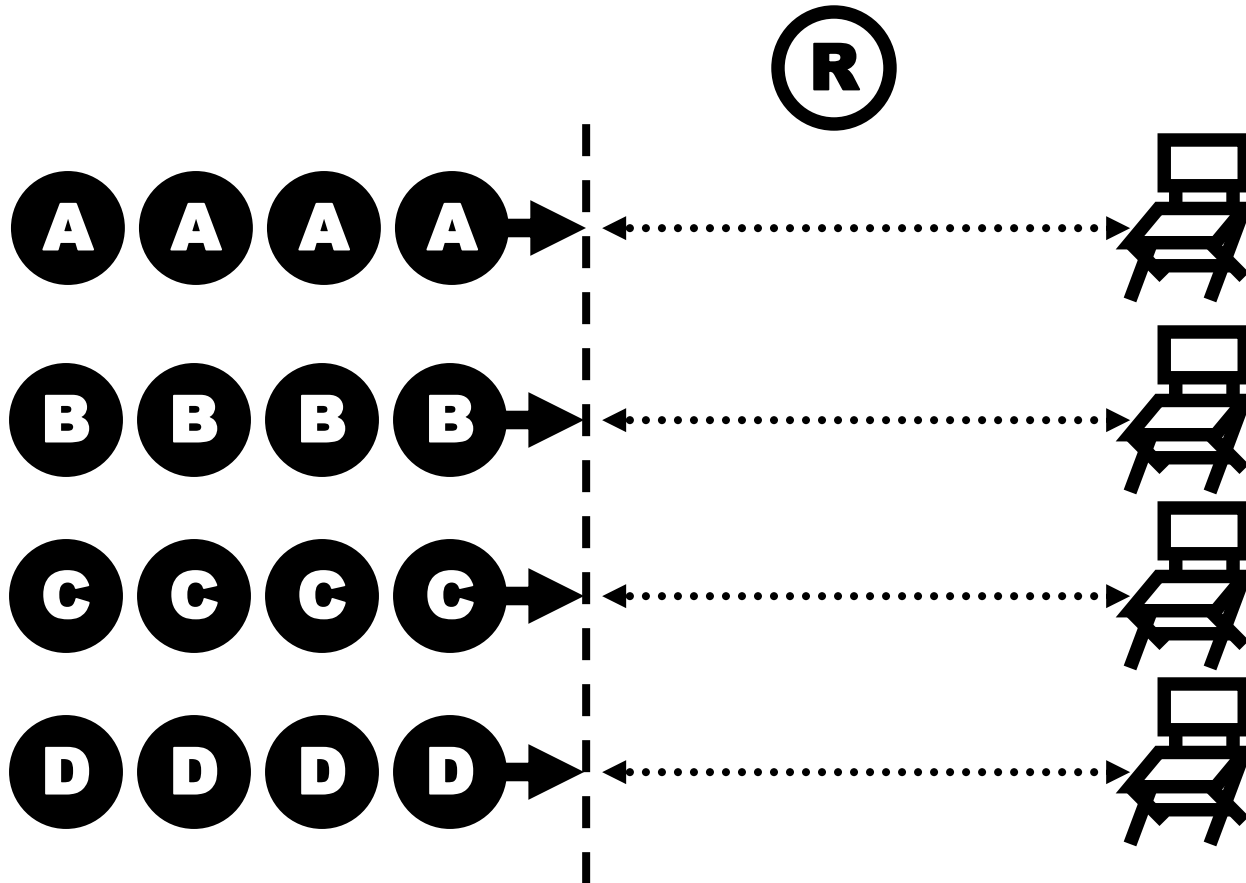
## Goal:

Be the first team to complete the race.

**Players:** 8 or more

**Teams:** 2 or more

**Time:** 5-10 minutes



## Rules:

- A relay game is one where one person on a team is active at a time. For a non-stationary game, one team member will move as fast as they can to a designated point, perform some task, and then run back and tag the next teammate to perform the same task. When all tasks are finished, or all teammates have finished, they should sit down and announce in some way they have completed their goal.
- Sometimes, a referee will be necessary at each team; other times, it won't be, depending on the particular task of the game.

## Notes:

- Here are some ideas a non-stationary relay race:
- Identify a flash card or object
  - Carry an egg on a spoon back and forth
  - Move/place objects one at a time until they are in the correct order
  - Tie a knot

# Generic Relay Game (Stationary)

**Preparation:**

Set up a starting line.  
Get the groups lined up by team.

**Equipment:**

Depends on game.

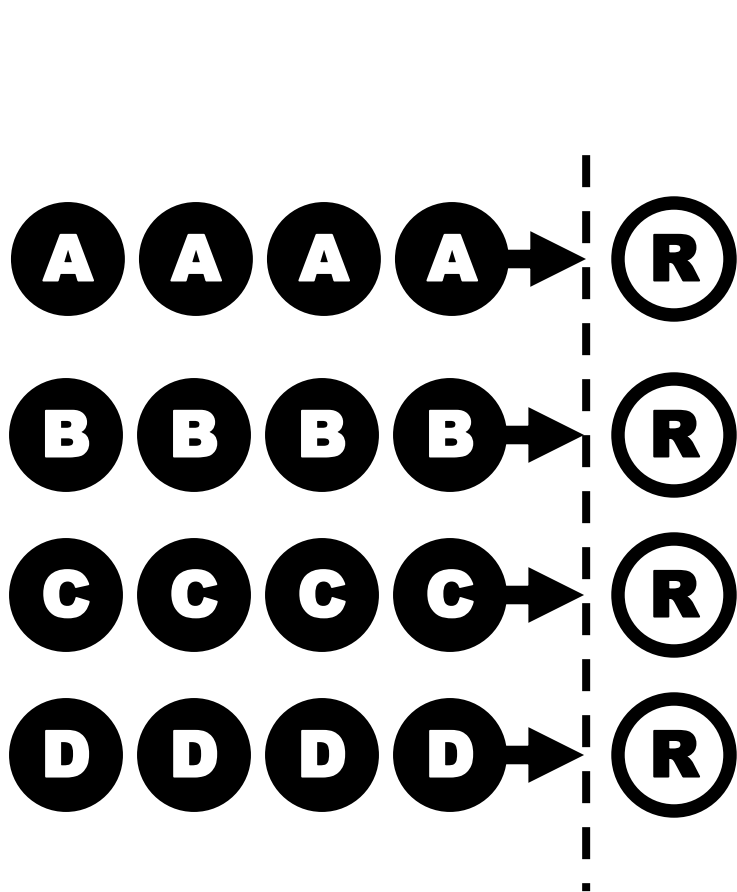
**Goal:**

Be the first team to complete the race.

**Players:** 8 or more

**Teams:** 2 or more

**Time:** 5-10 minutes

**Rules:**

- A relay game is one where one person on a team is active at a time. For a stationary game, each team member will perform some task, and then move to the back of the line for the next person to do the task. When all tasks are finished, or all teammates have finished, they should sit down and announce in some way they have completed their goal.
- Sometimes, a referee will be necessary for each team; other times, it won't be, depending on the particular task of the game.

**Notes:**

Some relay race tasks to perform:

- Tie a knot
- Perform a first aid technique
- Orient a map

# Jump the Shot

## Equipment:

The "shot" - some soft, weighted object at the end of a piece of rope (an old pillow works great)

## Preparation:

Arrange the group in a circle.

**Players:** 10 or more

**Teams:** None

**Time:** 8-12 minutes

## Goal:

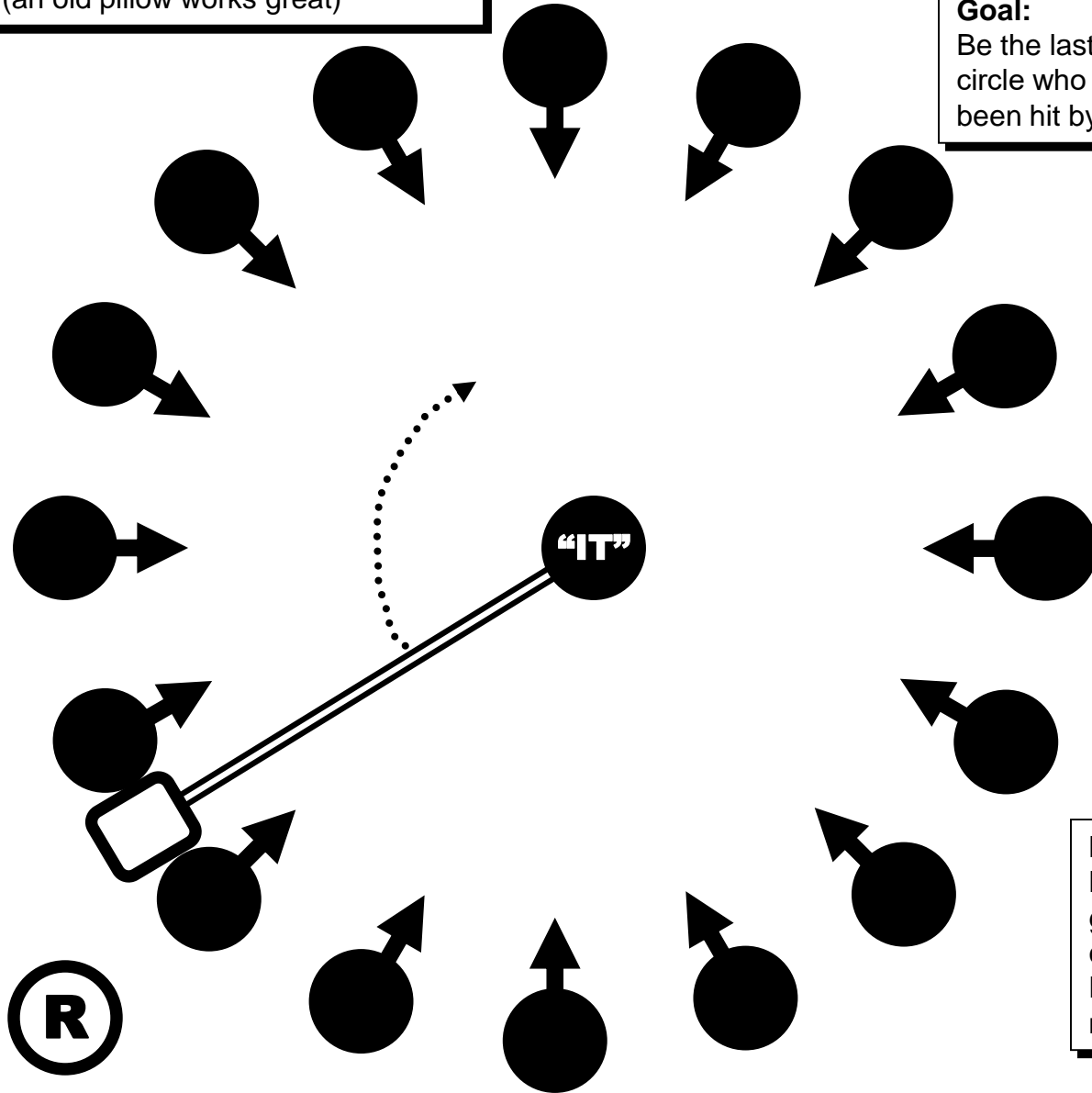
Be the last one in the circle who hasn't been hit by the shot.

## Rules:

- The referee chooses a person (or chooses himself) to be "it". This person goes to the center.
- The person in the center swings the shot around in a circle low to the ground. Each person in the circle must jump over the shot when it comes to them.
- When someone is hit by the shot, they are out, and must leave the circle. If multiple people are hit, then only the first person hit is out.
- The last person left in the circle gets to be the next person "it"

## Notes:

Make sure the shot is kept low to the ground. Swinging it too fast will cause the bag to rise. Encourage tricks! They're fun and make the game more interesting.



# Mouse Trap Fishing

## Preparation:

Border off a small area, and set up mouse traps in the center area.

## Equipment:

- Mousetraps
- Rope
- Poles

## Goal:

Be the team who catches the most mouse traps on a makeshift fishing pole.

**Players:** 6 or more

**Teams:** 2 – 8

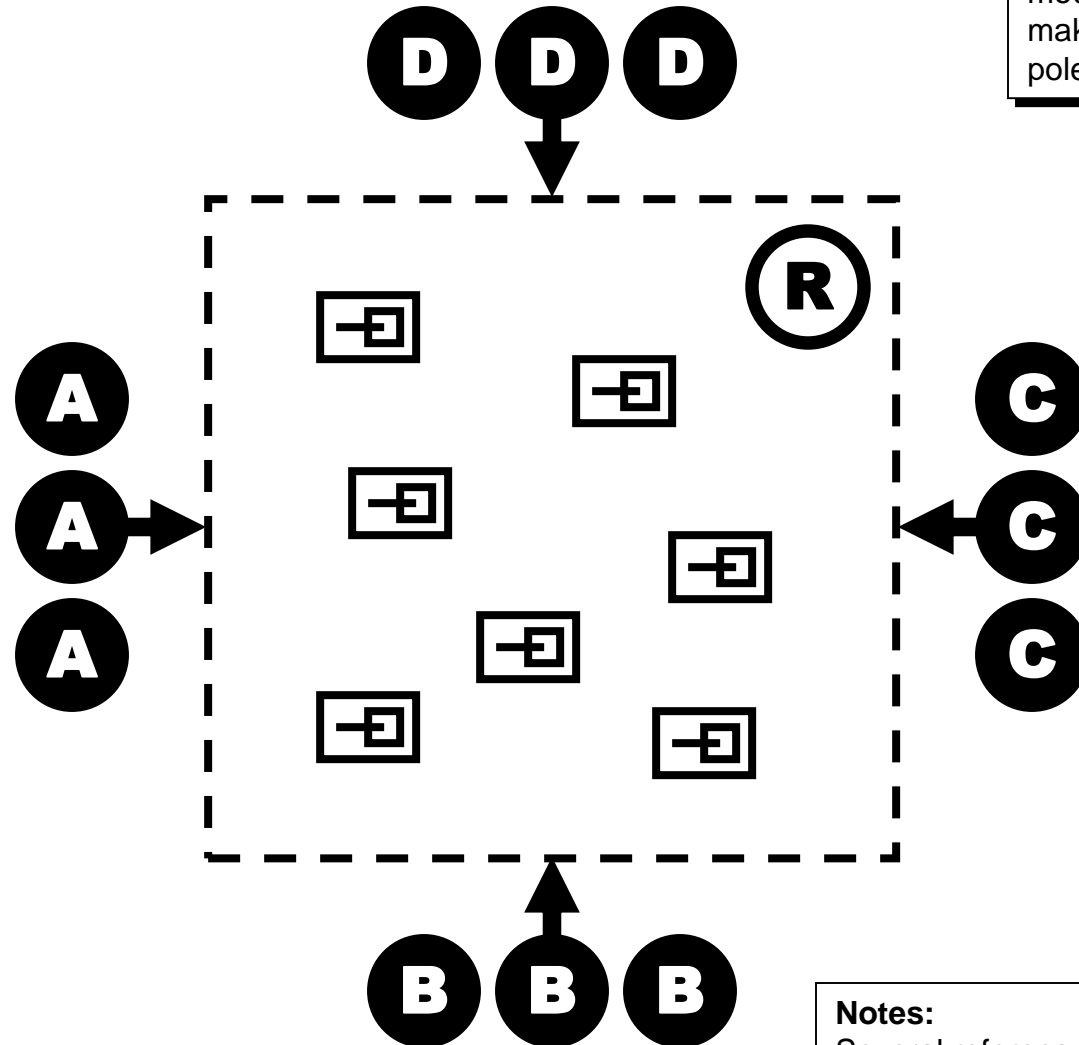
**Time:** 10-15 minutes

## Rules:

- Each team starts with a makeshift fishing pole made out of a pole and a rope.
- The teams all must stay out of the “pond”, and are not allowed to pass a set border.
- The members of each team must work together to catch as many mousetraps with their fishing poles and pull them back across the border before the time limit is up.
- When a mousetrap is caught, a referee marks a point for that team, resets the mouse trap, and puts it back on the floor.
- If a mousetrap is set off, but the team is unable to pull it back to their hand still on the rope, they do not get a point, and the trap is reset.

## Notes:

Several referees are good to have for this game, as mouse traps will get triggered pretty quickly.



**Preparation:**

None

**Goal:**

Be one of the last two people in the game.

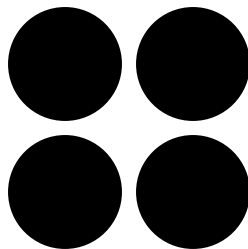
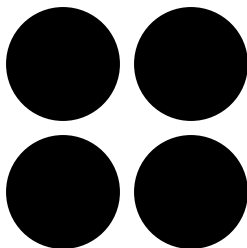
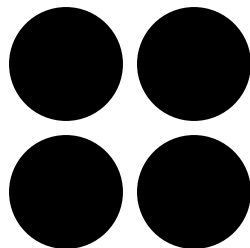
# The Numbers Game

**Players:** 20 or more**Teams:** None**Time:** 8-12 minutes**Equipment:**

None

**Rules:**

- Have everyone walk around the room, and make sure nobody groups together or stays in one place.
- When the referee yells out a random number ("SIX!") everyone must get in a group of that many people (everyone in the group must be touching)
- When everyone is grouped, the referee goes around the room and checks groups. Anyone who is not in a group of the size called is out.
- When everyone who is out has sat down, call "go", and everyone must mill around the room again, until the next number is called.
- When there are only two people left in the game, they are the winners.

**Notes:**

You'll often find a group one or two larger than the number you called, because someone refuses to let go. In this case, find out who was the last to arrive, and make them out. If there's no consensus, the whole group is out.

You can also yell out simple math problems ("four plus two") for fun.

# Poison Log

## Preparation:

Get the group in a circle, and place an empty trash can in the middle

## Equipment:

- An empty trash can

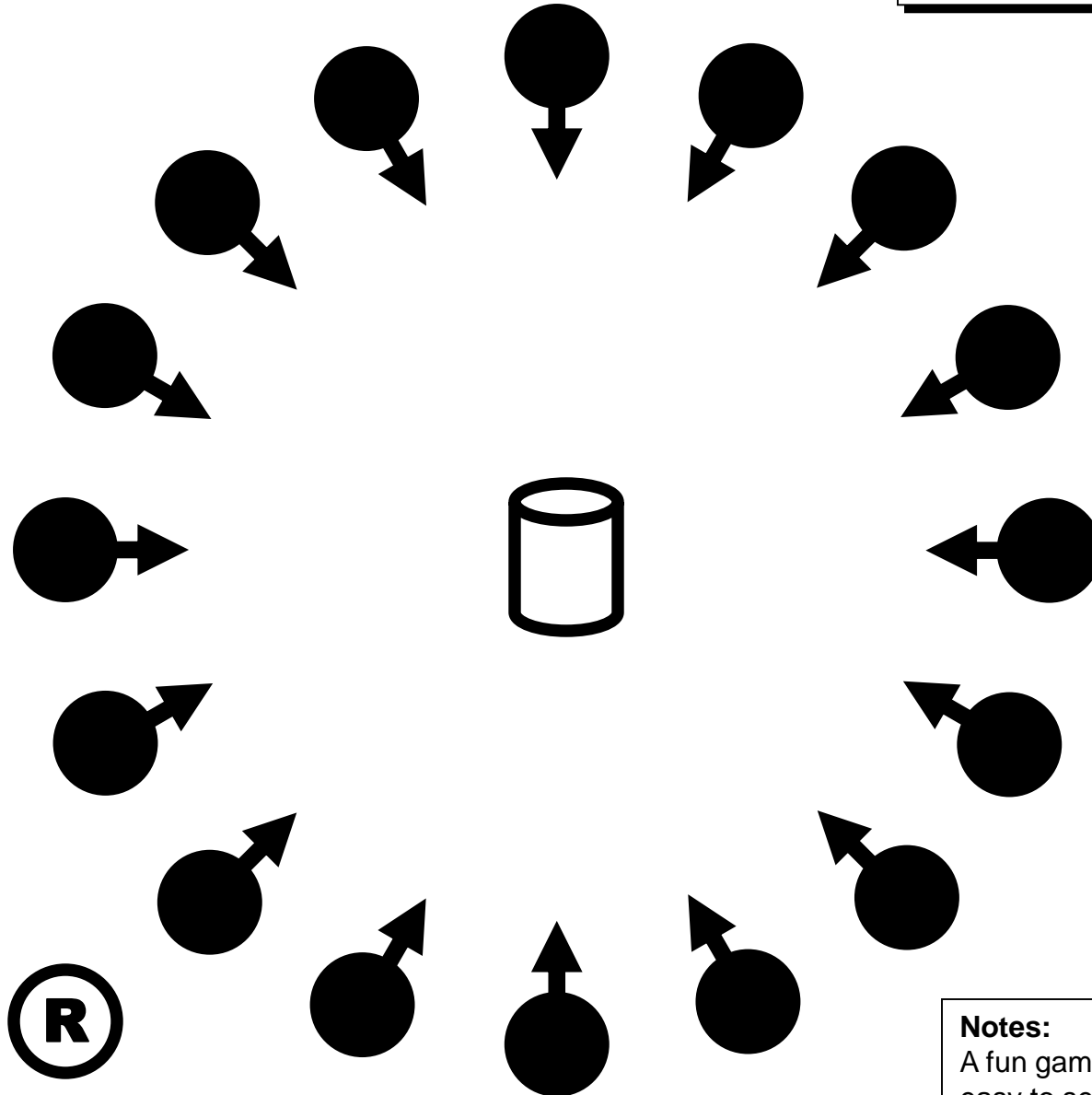
## Goal:

Be the last person who isn't out.

**Players:** 10 or more

**Teams:** None

**Time:** 10-20 minutes



## Rules:

- All players start in a large circle, with their arms spread out
- Every player linked to both players next to them by holding each of the other players lower arms or wrists
- When the referee says to go, the players are allowed to move
- When a link in the chain is broken (both players have let go of each others wrists), then the game stops. Both of the players who broke the link are out, the chain is reformed into a circle again, and the game starts when the referee says.
- When one or more players touch the empty trash can (the "poison log") in the center, the game stops, those players are taken out, the circle is reformed, and the game starts when the referee says.
- Players can move and try to pull other people into touching the "poison log" to make them out.
- Last player in wins the game.

## Notes:

A fun game for large groups, and easy to set up.

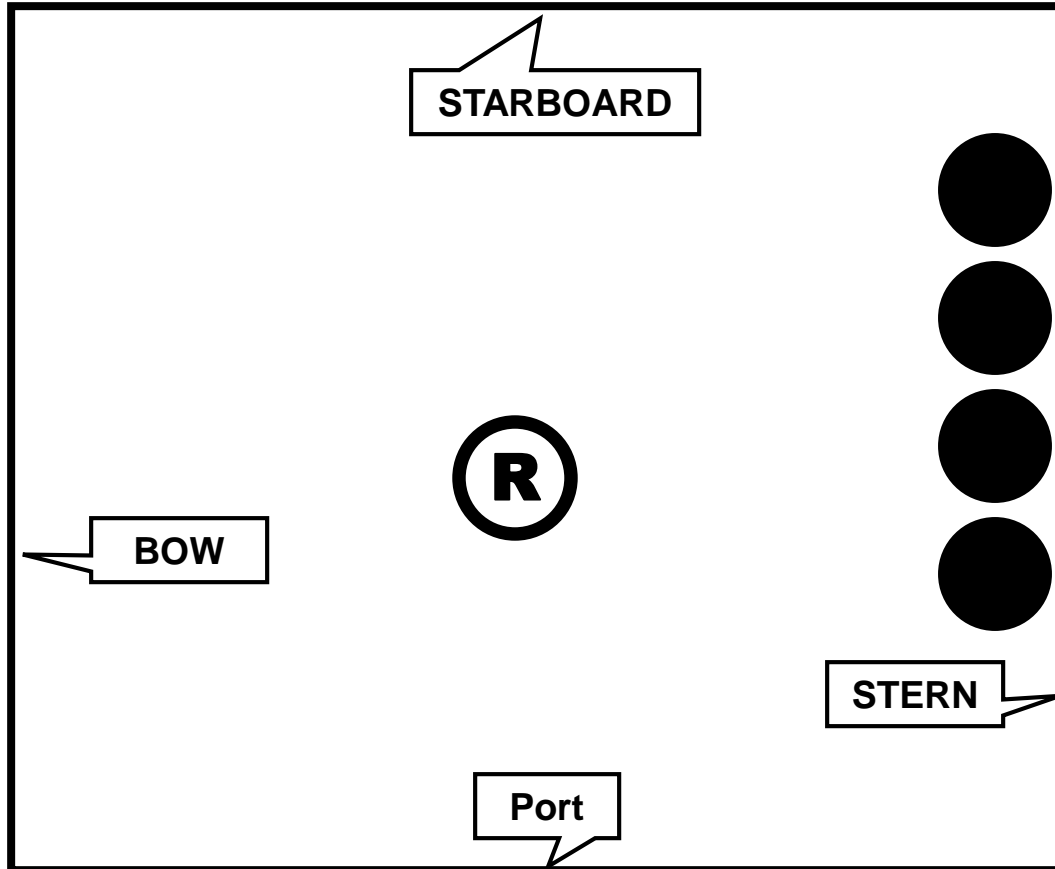
**Preparation:**  
None

**Equipment:**  
None

# Port and Starboard

**Players:** 16 or more  
**Teams:** None  
**Time:** 8-12 minutes

**Goal:**  
Be the last player who is still in the game.



## Rules:

- The referee calls out a command, and all players must respond to the command. The last one/ones to respond are out.
- For “Bow”, “Stern”, “Port”, “Starboard” – all players must run to a specific side of the room. The last one there is out.
- For “Scrub the deck”, all players must get down on their knees and pretend to scrub the deck. Last one to get in position is out.
- For “Four in a boat!”, all players must get in a group of four players, and sit on the floor in a straight line facing the same direction. Any group that is not complete, or has too many, is out. You can use other numbers besides “four” to make the game interesting.
- For “Salute the captain”, all players must stand up and salute the referee. Last one to salute is out.

## Notes:

No equipment and no preparation make this game a snap to get going, and is great in a pinch.

# Ringleader

## Preparation:

Get everyone in a large circle sitting Indian style on the floor.

## Equipment:

None

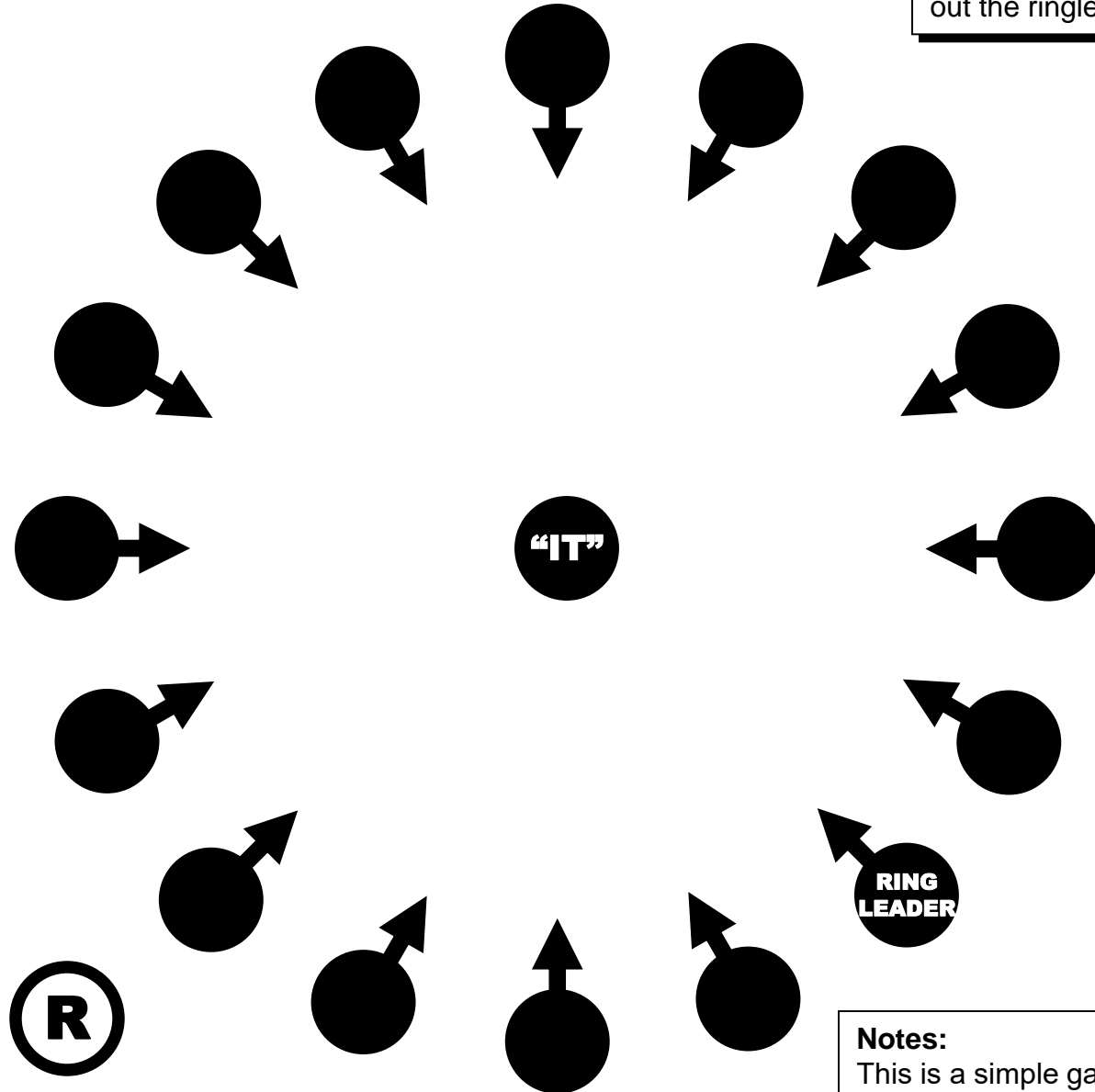
## Goal:

The "it" person must pick out the ringleader.

**Players:** 12 or more

**Teams:** None

**Time:** 7-12 minutes



## Rules:

- At the beginning, a person is selected as "it". This person must leave the room.
- The referee selects a "ringleader".
- The ringleader starts a pattern, such as clapping his hands, snapping his fingers, hitting his knees, or anything else he can think of doing while in the sitting position.
- All players must perform the same action as the ringleader.
- The ringleader must change the pattern every now and then, and the group must follow what he does.
- Once the group is going, the "it" person is called back in, and stands in the center. He then must attempt to guess who the ring leader is within 5 attempts.
- When the "it" person either guesses correctly or runs out of guesses, the "it" person sits down, the ringleader becomes the "it" person and leaves the room, and the game starts again.

## Notes:

This is a simple game that isn't physically active, is easy to set up, and can be done anywhere.

# The Shoe Game

## Preparation:

Get the group in a circle, sitting on their butts, and have everyone untie and loosen their shoes well.

**Equipment:**  
None

## Goal:

The last person with at least one shoe on wins the game

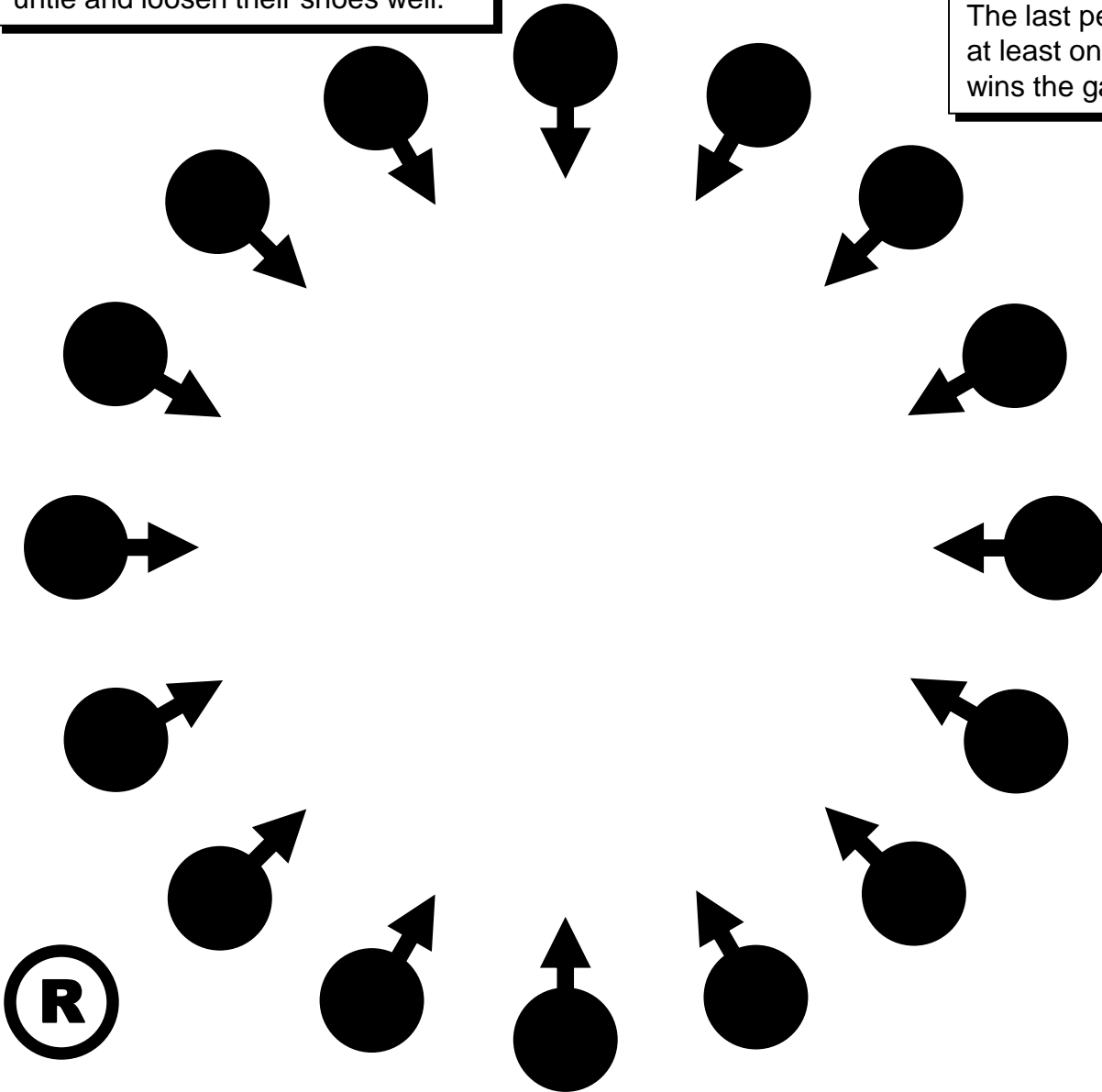
**Players:** 10 or more  
**Teams:** None  
**Time:** 10-20 minutes

## Rules:

- Don't start until ref says go
- If you lose both your shoes, you're out!
- If anyone's butt leaves the floor at any time, they are out!
- If you leave the playing area, you're out!
- When you get out, you must stand up and leave the playing area (worry about your shoes when the game is over)
- No excess violence!

## Notes:

- Make anyone wearing boots loosen them really well, or the game will be very unfair!
  - Make sure you watch to make sure the game doesn't get too violent!
  - It's a very intense game, people will likely cheer for their teammates.
  - Players will likely form teams or try to hide in an unoccupied corner.
- That's okay! It's all part of the game; in the end it's every man for himself anyway!



# Sit Down Volleyball

## Preparation:

Set up a low volleyball net, and lines of chairs on each side. Divide the group into two teams.

## Equipment:

A net (a rope will do in a pinch), and folding chairs.

## Goal:

Get more points than the opposing team.

**Players:** 12 – 30

**Teams:** 2 Teams

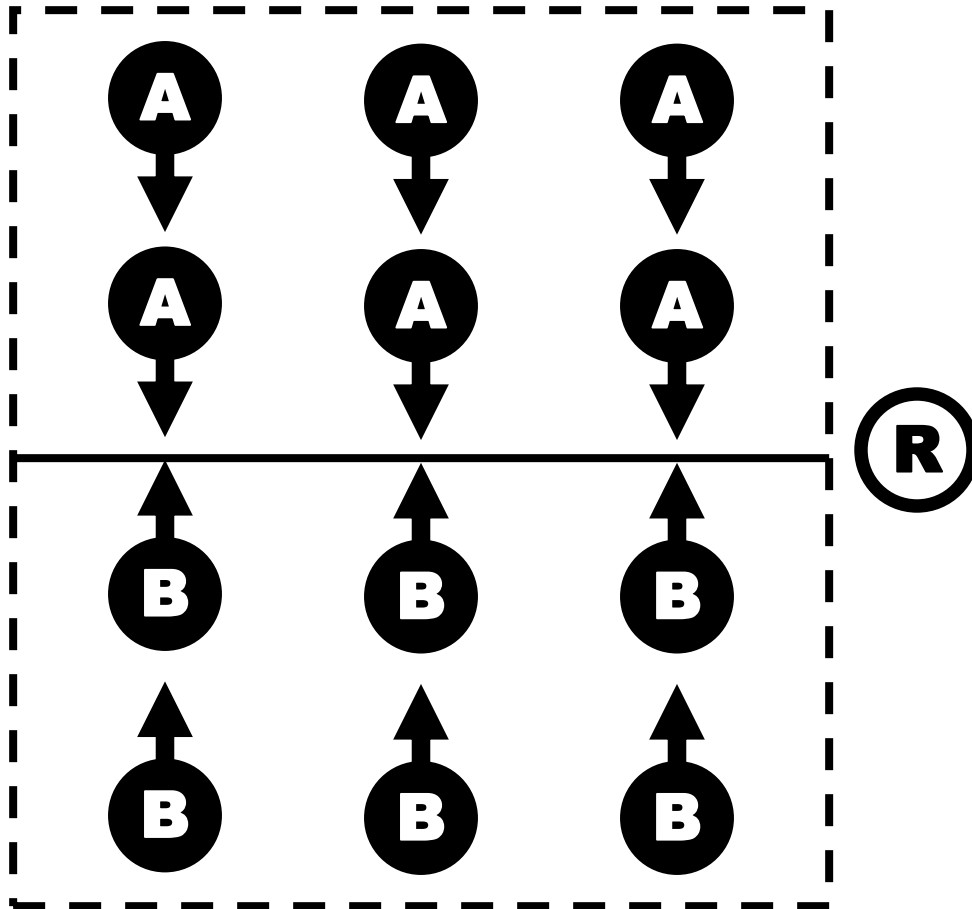
**Time:** 10-20 minutes

## Rules:

This game is just like regular volleyball, and is played with all of regular volleyball's rules, with one exception: the players on each side must sit down in a chair, and must remain seated in that chair for the entire game. That's pretty much all there is to it!

## Notes:

This game is easy to explain and get going, since everyone knows the rules, although it requires a bit of preparation. It also is good for keeping a large number of people occupied for a good time period.



**Equipment:**  
Lots of folding chairs

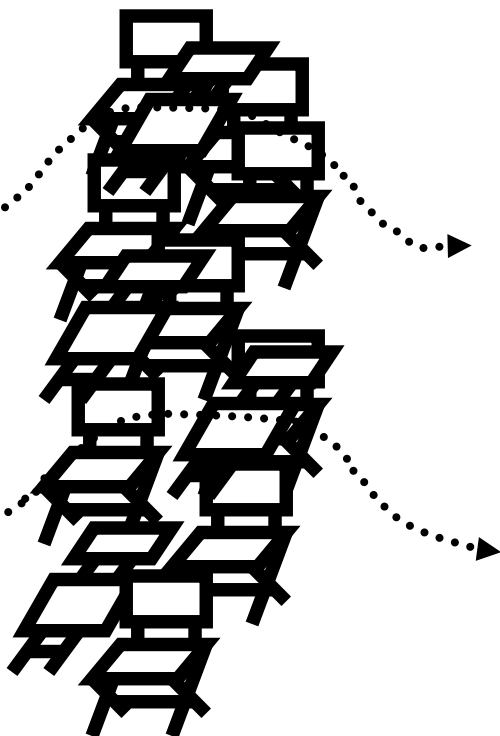
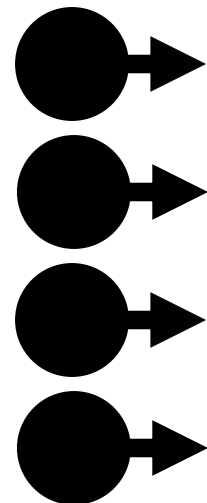
**Goal:**  
Get across the wall  
without being shot!

**Preparation:**  
Prepare a large wall of folding  
chairs – some open, some closed,  
some on top of others – so that it is  
difficult, but not impossible, to climb  
over.

# Sleeping Indian

**Players:** 8 - 30  
**Teams:** None  
**Time:** 10-20 minutes

**R**



**"IT"**

## Rules:

- The referee chooses someone to be "it". This person sits on the end of the wall of chairs, and is blindfolded.
- The referee points out a few people to try to climb over the wall of chairs. No more than two people should be climbing over the wall at any time.
- The person who is "it" can point his finger and say "bang" to shoot at people. The referee decides when someone is shot. (This should not require pinpoint accuracy). If someone is shot, they go sit down on the starting side of the wall.
- When everyone has either made it across or been shot, the round is over.
- No machine gunning allowed! State this rule and enforce it to your discretion..

## Notes:

This game can be dangerous if anyone tries to jump across the wall without touching it, or other stunts. Discourage this.

# Snake Tail

**Preparation:**

Form groups of equal size.

**Equipment:**

Toilet paper or streamers.

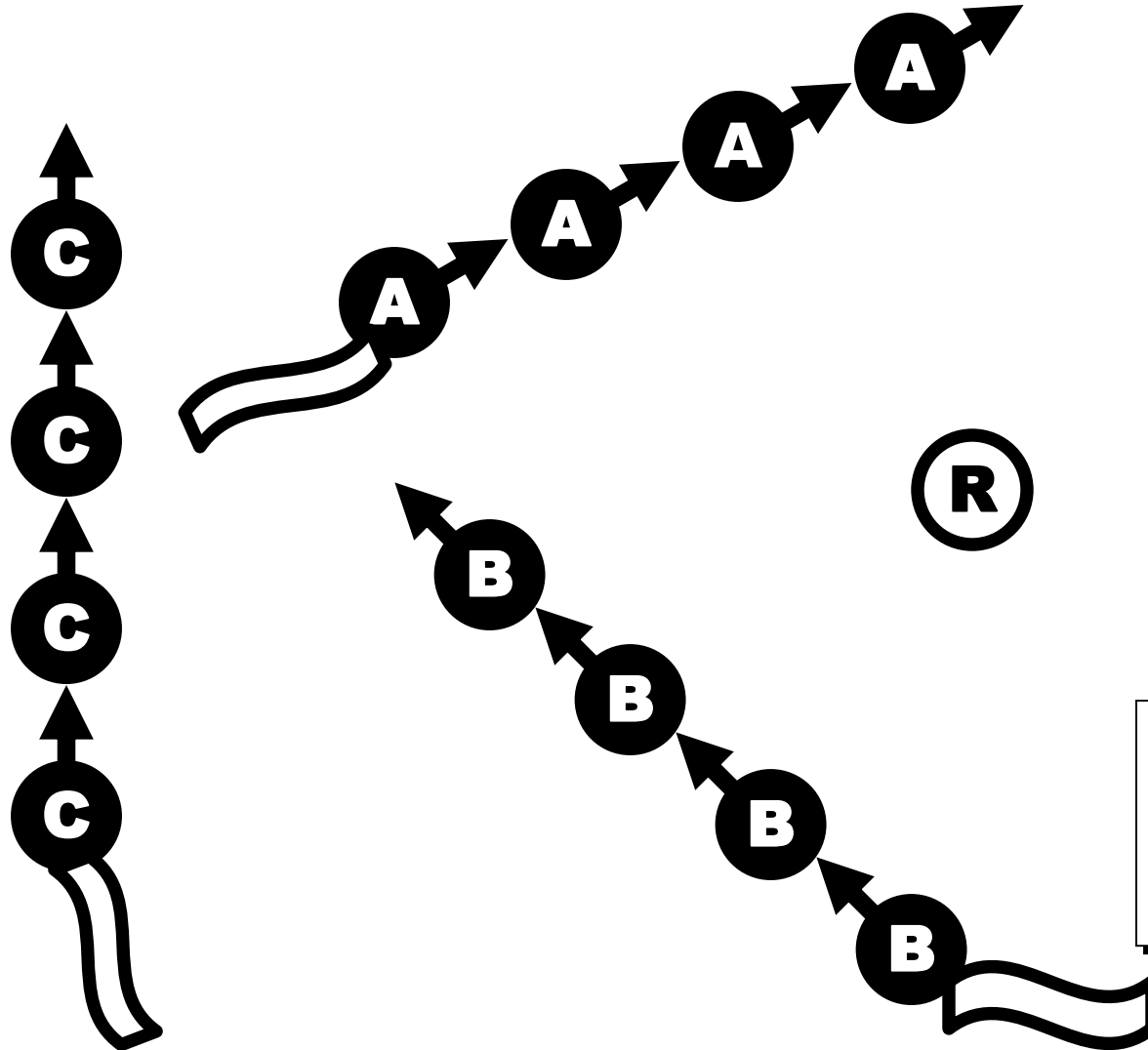
**Goal:**

Be the last group with a tail hanging from the last person's foot.

**Players:** 10 or more

**Teams:** 4 or more

**Time:** 5-20 minutes

**Rules:**

- Each group must hold on the waist of the person in front of him. If they let go at any time, the whole team is out.
- The last person in each team's line has a long piece of toilet paper or streamer tied to their right leg. This is their "tail."
- When the game starts, each group must move around while maintaining the line, and try to stomp on the tails of the other group.
- When a group has its tail stomped on and at least 50% of it removed, they are out of the game.
- The last group with a tail wins.

**Notes:**

This is a good teamwork game, and easy to set up. Note that the more groups you have, the longer the game will run. Groups should be at the most 6 people.

# Steal the Bacon

## Preparation:

Split the group into two teams, and form them into two straight lines facing each other, with a 15 foot gap between them. Give each player a number, with one of each number on each side.

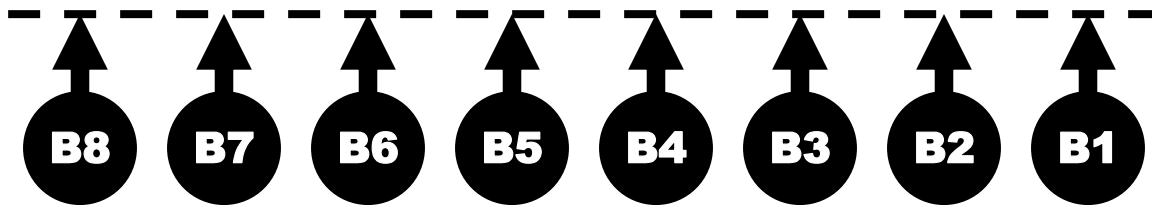
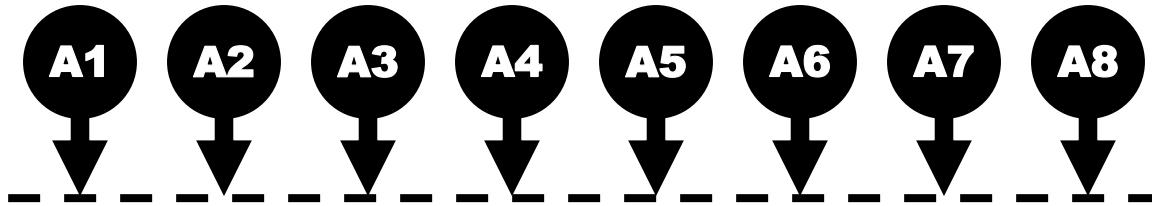
## Equipment:

- A rag, hat, sock, or something else to serve as the "bacon"

## Goal:

Be the team with the most points for stealing the bacon.

**Players:** 16 or more  
**Teams:** 2 Teams  
**Time:** 10-20 minutes



## Rules:

- Each player on each side is given a number, and for every player, there is a player with the same number on the opposing side.
- The referee throws the bacon into the middle of the group, and yells out a number.
- If a player's number is called, he must attempt to grab the bacon and get back over the line on his side before getting tagged.
- If a player grabs the bacon and gets back over the line of his team without getting tagged, his team scores a point, and the round is over.
- If a player tags an opposing player who has touched (not necessarily is holding) the bacon, then his team scores a point, and the round is over.
- Each round, the referee throws the bacon into the center, and shouts another number.

## Notes:

Yell multiple numbers or math problems for extra fun.

# The Stick Game

## Preparation:

Get the group in a circle facing the center, and give everyone a number.

## Equipment:

A broom handle or stave.

## Goal:

Catch the stick before it hits the ground!

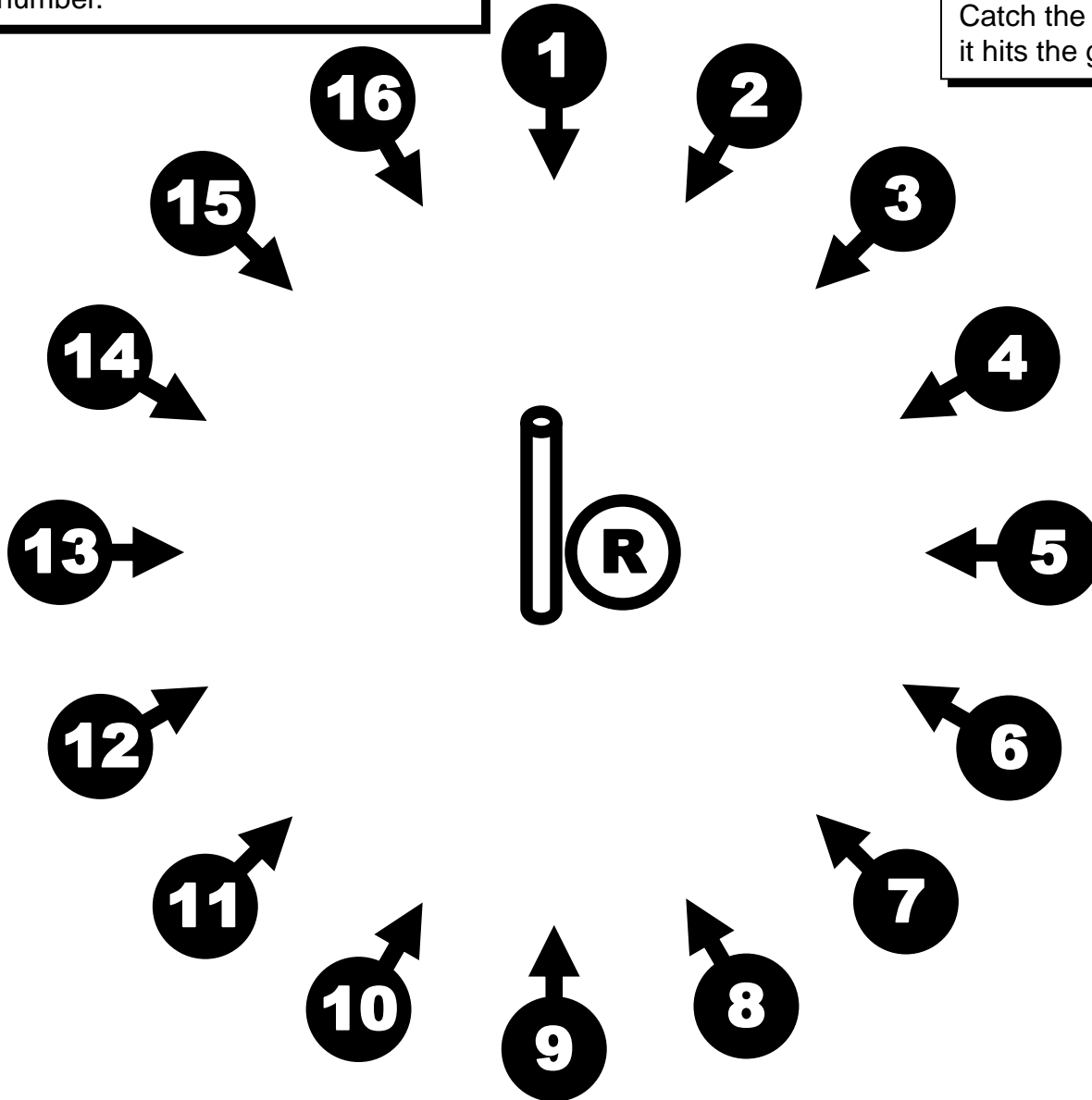
**Players:** 10 - 30  
**Teams:** None  
**Time:** 8-12 minutes

## Rules:

- The referee stands in the middle and holds a stick upright.
- When the referee yells out a random number, he lets go of the stick, and the person with that number must try to catch the stick before it falls and hits the ground.

## Notes:

This is a really simple game with no winning or losing, but it keeps the entire group alert and involved the whole time.



# Streets and Alleys

## Preparation:

Get the group into a square or rectangular grid pattern.

## Equipment:

None

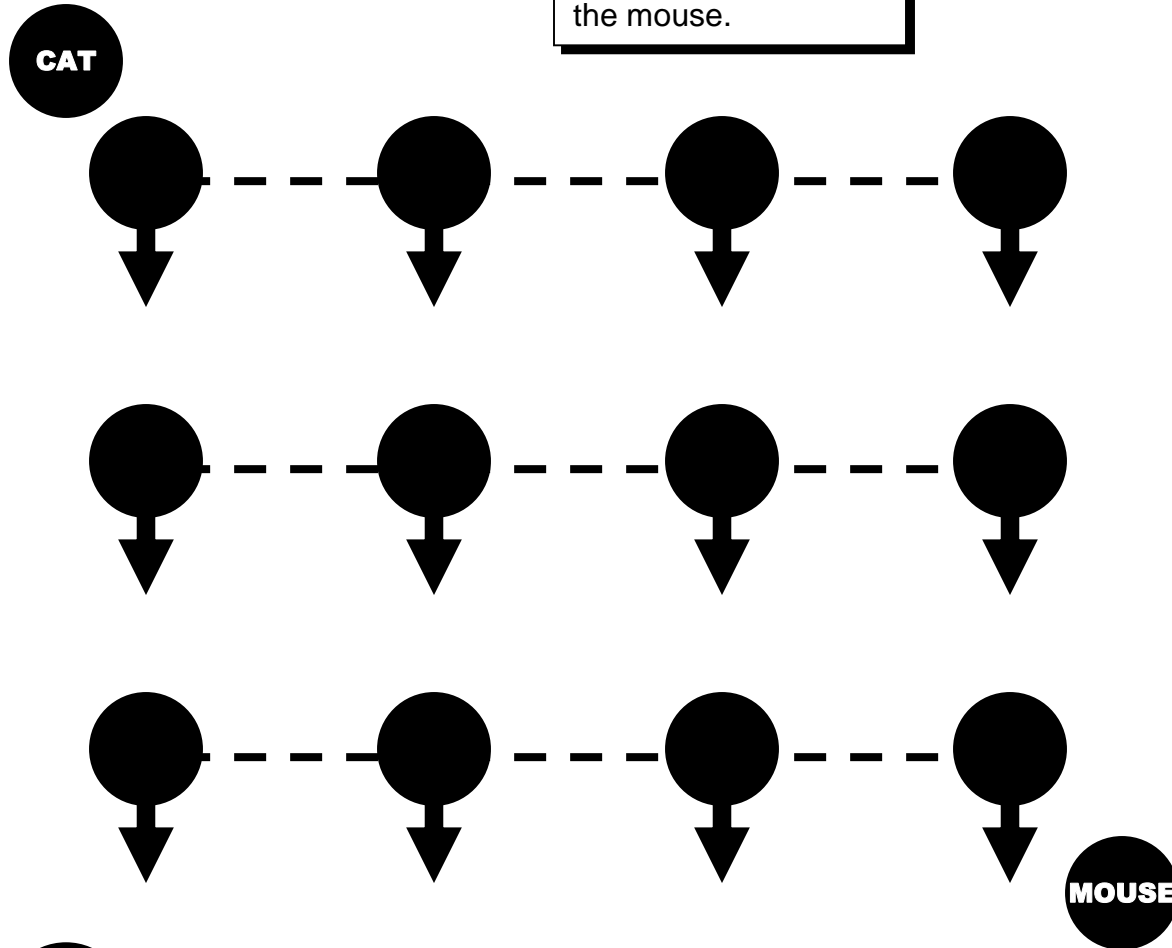
**Players:** 20 or more

**Teams:** None

**Time:** 10-15 minutes

## Goal:

The cat must catch the mouse.



## Rules:

- The referee picks a “cat” and a “mouse.” These players step out of the grid, and the grid is reshaped to be as close to a square or rectangle as the number of people allows.
- Everyone in the grid starts facing the same direction, with their arms stretched out so that the tips of their fingers touch the tips of the fingers of the person next to them.
- The start position is “streets”. When the referee yells “alleys”, every player must turn to their right, so that their fingertips touch the fingertips of the people previously in front of and behind him.
- The cat and mouse start at opposite corners. The cat must catch and tag the mouse.
- The cat and mouse can only travel through the “streets” and “alleys” as they currently are, and cannot go across an arm walls in any way.
- The referee frequently yells “steets” or “alleys” to make the entire group switch the direction of the arm walls.

## Notes:

For an additional challenge, add a dog to chase the cat!



# Thief

## Equipment:

- Any small object that can be stolen (a hat, a rag, a wallet – whatever)
- A blindfold

## Preparation:

Get the group in a circle, and explain that this game requires complete silence!

## Goal:

The Thief tries to steal the object without getting caught. The "It" person tries to shoot anyone trying to steal the object.

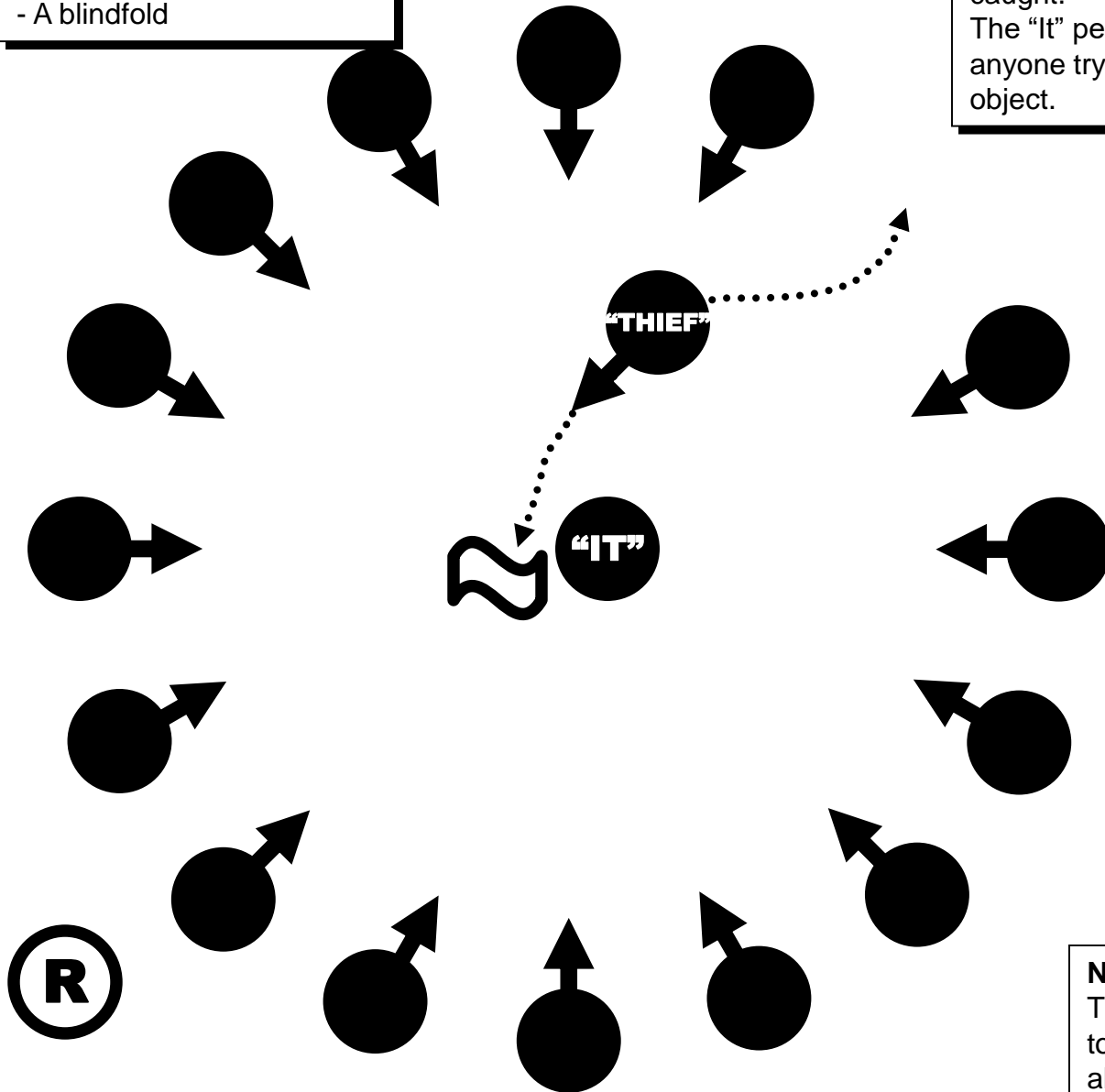
**Players:** 8 - 30  
**Teams:** None  
**Time:** 8-12 minutes

## Rules:

- The referee initially chooses a person to be "it".
- The person who is "it" sits in the middle, with an object in front of him. This person is then blindfolded.
- The referee then points to someone who is the "thief". This person must try to sneak up, grab the object, and go sit back where he started, without getting shot. If they make it, the thief wins, and gets to be "it" next round.
- The person who is "it" can point and say "bang!" to shoot. The referee makes the call of whether the thief was shot or not. If the thief is shot, then he sits down, and the "it" person wins the round and another thief is chosen.
- No machine gunning allowed! State this rule and make sure nobody does it to your discession.

## Notes:

The referee must keep careful watch to see if the thief is shot, and must also make sure the crowd is quiet.



# Water Run

**Players:** 10 or more  
**Teams:** 2 or more  
**Time:** 15-60 minutes

## Preparation:

Build an obstacle course, fill a large bucket with water, and set up some boundaries for the other teams to stand behind.

## Equipment:

- Dodge Balls
- Obstacles
- 2 Buckets
- Cup
- Ruler

## Goal:

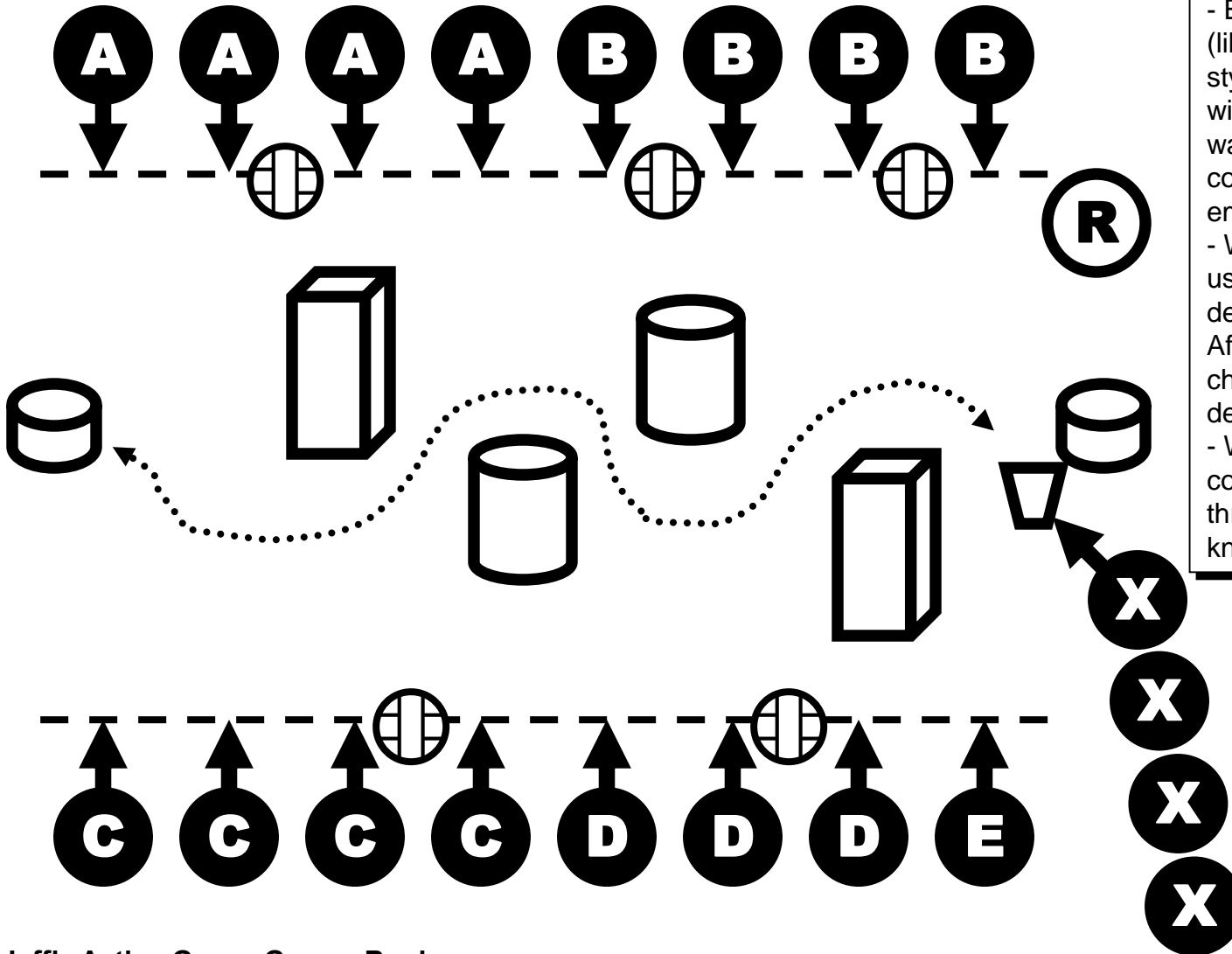
Be the team who can fill the empty bucket with the most water in the time given.

## Rules:

- Each team is given a time range (like, 3 minutes) to run relay-race style through an obstacle course with a cup, fill up the cup with water, and run back through the course to empty the cup in an empty bucket.
- When the time is up, the referee uses the ruler to measure how deep the water in the bucket is. After all patrols have had their chance, the patrol with the deepest water wins.
- While each team is running the course, the other teams get to throw dodge balls at them to try to knock the water from them!

## Notes:

Obstacles can be cones, chairs, trash barrels, or anything. You can also spend a day building your own obstacles with pioneering skills!



# ***Credits and Copyright***

## **Credits**

This book was designed and written by Jeffrey R. Bacon.

Who came up with each of these games is unknown. It is likely many of them have been passed from group to group for generations. While the names of the creators have been lost, I'd like to give credit to the following sources, where I first observed most of these games:

*Troop 19 Weymouth* - Boy Scouts of America; Weymouth, Massachusetts; under Scoutmaster Jerry Rudolph  
*Ashanti Leadership Training Course* – Boy Scouts of America; Old Colony Council, Massachusetts; courses XIV-XIX  
*National Junior Leader Instructor Camp* – Boy Scouts of America; Philmont Scout Ranch, New Mexico; 1999.

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# Game Quick Reference

<b>Game</b>	<b>Players</b>	<b>Teams</b>	<b>Time</b>	<b>Page</b>
The Balloon Game	20+	None	10 - 20	5
Crabwalk Basketball	8 - 16	2	10 - 15	6
The Crate Game	10 - 30	None	5 - 10	7
Crows and Cranes	10+	2	8 - 12	8
Dodge Ball	20+	None	10 - 15	9
Generic Relay Game (Non-Stationary)	8+	2+	5 - 10	10
Generic Relay Game (Stationary)	8+	2+	5 - 10	11
Jump the Shot	10+	None	8 - 12	12
Mouse Trap Fishing	6+	2 - 8	10 - 15	13
The Numbers Game	20+	None	8 - 12	14
Poison Log	10+	None	10 - 20	15
Port and Starboard	16+	None	8 - 12	16
Ringleader	8+	None	5 - 10	17
The Shoe Game	10+	None	10 - 20	18
Sit Down Volleyball	12 - 30	2	10 - 20	19
Sleeping Indian	8 - 30	None	10 - 20	20
Snake Tail	10+	4+	5 - 20	21
Steal the Bacon	16+	2	10 - 20	22
The Stick Game	10 - 30	None	8 - 12	23
Streets and Alleys	20+	None	10 - 20	24
Thief	8 - 30	None	8 - 12	25
Water Run	10+	2 - 8	15 - 60	26