Gaga Ball – Rules and Game Play

Gaga Ball provides a fun way to develop skills that can be applied to other sports. It incorporates agility, dodging, jumping, and striking. This provides great exercise, as players must continually move to avoid being hit by the ball.

1. All players must start with one hand on the wall (15 players maximum).
2. The game begins when the ball is thrown to the center.
3. Players yell “Ga” for the first two bounces and “Go” for the third bounce. The ball is in play after “Go.”
4. Any player can hit the ball with an open hand.
5. Players are out when the ball touches below the knee.
6. If a player is hit above the knee, play continues.
7. If a ball is caught on a fly, the player who hit the ball is out.
8. If a ball leaves the pit, the last player who hit the ball is out.
9. Players may not hold the ball.
10. Using the wall to help jump is legal. No sitting on the wall.
11. The last player standing is the winner!

Video of gaga ball in action:

- [https://www.youtube.com/watch?v=XWM_z6_3_Y](https://www.youtube.com/watch?v=XWM_z6_3_Y)