

# GAGA

## TEACHERS RESOURCE



### PURPOSE OF ACTIVITY:

GAGA is an Israeli-created sport, popular in camps around Australia, North America, and the rest of the world. As an activity, GAGA is designed to burn energy, to cultivate healthy competition among peers, build physical fortitude, and help participants grow in personal confidence. It is an opportunity for both personal and team growth, and to enjoy personal victory while benefitting the team through individual success. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

### INSTRUCTIONS:

GAGA is set in a hexagonal outdoor arena, with a bench side and spectator area nearby. GAGA is based on a few common games, including poison ball, down-ball & two-square.

Using only your hands, participants aim to hit the ball, and try to get other players out. If you are at any time hit below the knees with the ball, then you are out. When out, participants must exit the game area and sit out for the remainder of that round, which could range be anywhere from seconds to a few minutes.

### RULES:

- You are only allowed to use your hands to hit the ball
- You are only allowed to hit the ball once, unless the ball hits someone else, or is hit by someone else
- If you are hit below the knees, at any time with the ball, you sit out the rest of that round
- You are not allowed to lift yourself up on the side of the arena to dodge the ball

### GAMEPLAY:

The participants in a round can be defined by several factors. This can be a round of “everyone in”, or can be made up of smaller select groups, such as “...those staying on top bunks at camp”, or “...people who are left-handed”, “...those with brown hair”, etc. Essentially, these factors are anything that separates your group into multiple groups of people.

Once the group is in the pit or arena, all players must put both hands on the wall, and not leave the wall until the game ball is dropped into the center and has bounced twice. While the ball is bouncing, all participants will yell ‘GA-GA’ in time with the bounces, signifying the start of the round.

Once there are only two remaining participants, the game pauses. The final two must stand against the walls at opposite ends of the play area, facing away from the middle, with both hands on the wall. When the ball is thrown into the middle, again the crowd yells “GA-GA” with the bounces, and they fight it out to determine the champion. Additionally, in this showdown, both participants can touch the ball up to five (5) times in a row before the other person must touch it.

Last one standing is the winner. Then you do it all over again!!!