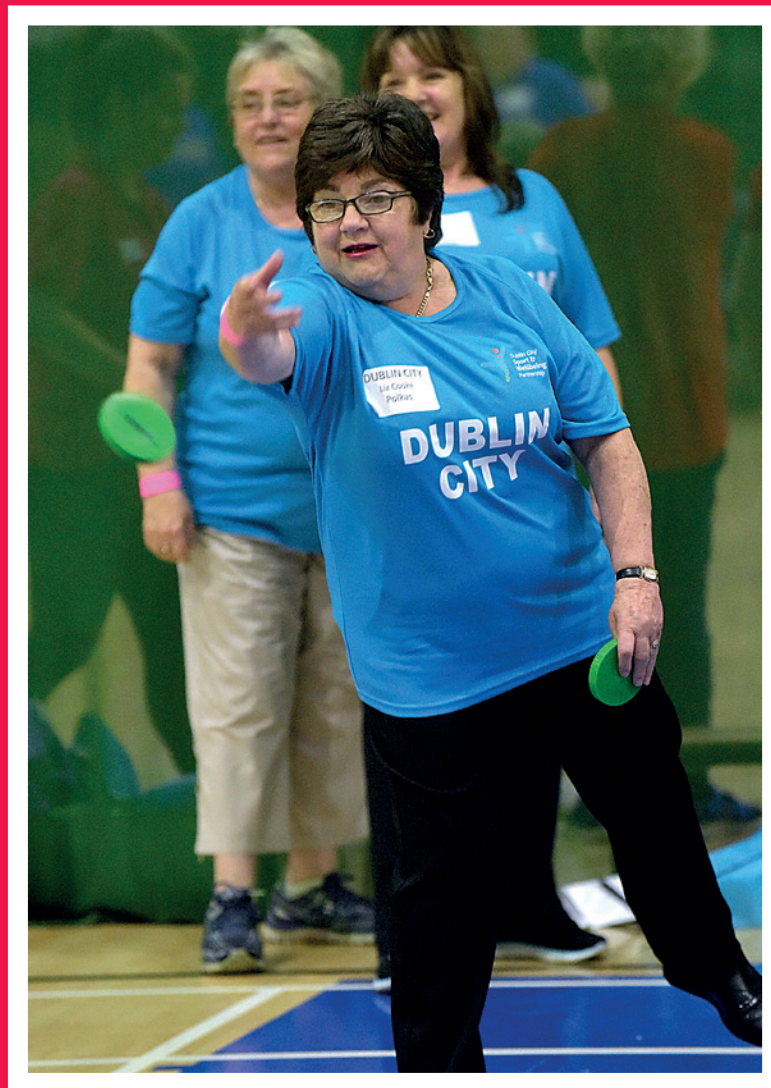


Rule Book

Flisk



Go for Life
Games

An Age & Opportunity **active** initiative

Singles Flisk

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using the discs from the standard boccia disc set



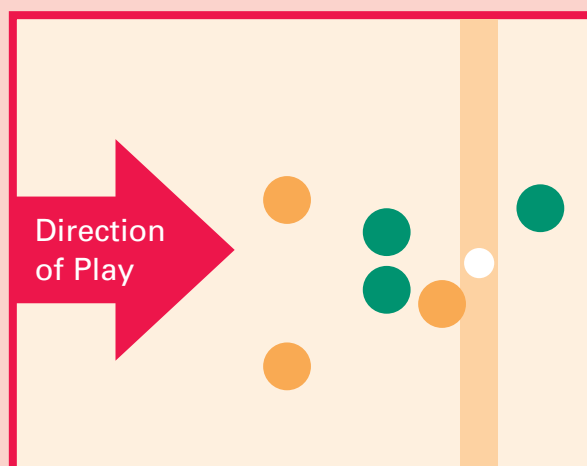
Setting up

- ▶ Each player has THREE discs of one colour and a different colour to opponent
- ▶ The players play from outside the court lines
- ▶ The target is placed on the opposite side of the court (at a distance of 9 metres)

Step-by-step play

1. Team named first on play sheet plays first
2. To start the first game, Player 1 pitches their first disc as close to the target as possible
3. Player 2 now pitches a disc and tries to land it closer to the target by
 - a) pitching the disc closer, or
 - b) knocking their opponent's disc away
4. Players continue to pitch discs in turn until both players have pitched all three discs
5. When all discs have been played the game is over and one point is awarded to the player whose disc is closest to the target
6. The winner plays first in the next game
7. The match continues for 5 minutes
8. The winner of the match is the player that accumulates most points

In the diagram opposite, the player playing yellow discs scores the point. In the event of both players being equidistant from the target - one point is awarded to each player



Pairs Flisk

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using the discs from the standard boccia disc set

Setting up

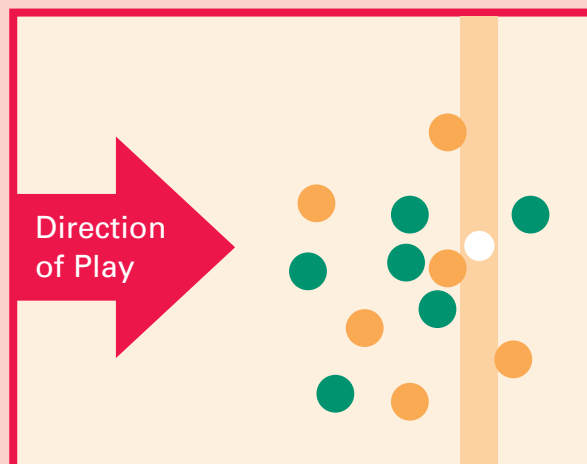
- ▶ The game is played in opposing pairs
- ▶ Each pair has SIX discs of one colour (three discs per player) and a different colour to the opposing pair
- ▶ Players play from outside the court lines
- ▶ The target is placed on the opposite side of the court (at a distance of 9 metres)



Step-by-step play

1. Team named first on playsheet plays first
2. To start the match, player 1 from Team A (A1) pitches one disc as close to the target as possible
3. Player 1 from Team B (B1) now pitches one disc and tries to land it closer to the target by either
 - a) pitching closer, or
 - b) knocking the opponent's disc away
4. Each player pitches the discs in the order A1, B1, A2, B2 until both teams have pitched all discs
5. When all discs have been played the game is over and one point is awarded to the team whose disc is closest to the target
6. The winning pair play first in next game
7. The winner of the match is the team that has accumulated most points

In the diagram the team playing yellow discs scores the point. In the event of both teams being equidistant from the target - one point is awarded to each team



Team Flisk

Playing area and equipment

The game is played

- ▶ across the width of a volleyball court (9 metres)
- ▶ using the discs from the standard boccia disc set

Setting up

- ▶ The game is played in teams of three
- ▶ Each team has NINE discs of one colour (three discs per player) and a different colour to opposing team
- ▶ Players play from outside the court lines
- ▶ The target is placed on the opposite side of the court (at a distance of 9 metres)

Step-by-step play

1. Team named first on playsheet plays first
2. To start the match, player 1 from Team A (A1) pitches all three discs as close to the target as possible
3. Player 1 from Team B (B1) now pitches their three discs and tries to land them closer to the target by either
 - a) pitching one or more discs closer, or
 - b) knocking the opponent's disc(s) away
4. Each player pitches three discs in the order A1, B1, A2, B2, A3, B3 until both teams have pitched all discs
5. When all discs have been played, the game is over and one point is awarded to the team whose disc is closest to the target
6. The winning team plays first in the next game
7. The match continues for 7 minutes
8. The winner of the match is the team that has accumulated most points

In the diagram opposite, the team playing yellow discs scores the point. In the event of both teams being equidistant from the target - one point is awarded to each team

