

Alturas Elementary School–Playground Rules, Game Rules and Dress Code

We at Alturas Elementary felt it would be helpful for you, the parents/guardians of the students, to know the rules that are enforced on the playground as well as rules for the various games that are played here at school. We have also included our dress code.

We would like to thank you for your support in enforcing these rules on our campus. As we all know, consistency is important for children and your continued support is very much appreciated. The SEALS Program (After School Learning Program) and Latchkey have the same rules when using the playground during after school hours.

AES Principal and Staff

Dress Code

- No flip-flops
- No backless sandals
- No heels higher than one inch
- No straps narrower than an inch
- No tank tops
- No midriff tops
- No baggy pants
- No clothing with alcohol/drug logos, pictures or sayings

Please be sure your child dresses appropriately for the changing weather and temperatures.

Snow Rules

- Stay off the ice
- Stay off the snow mounds
- No snowballs
- No throwing or kicking snow
- Do not pick up the ice
- Do not pick up the rock salt
- Do not stand under the water that is coming off the roof
- Do not intentionally get wet

Playground Rules

- Soccer games are to be played by the rules, which means they have boundaries. Same rules apply as in regular league play. (Maximum of 18 players).
- Football games are touch or flag only. Tuck in long shirts so flags are accessible. Flags are only used at lunch recess for grades 4 and 5 only.
- Basketball games-5-8 players to a team (16 total players). Students may have to play ½ court if the courts are in demand.
- Wall ball-no kicking the ball against the wall, only throwing. No throwing/kicking the ball onto the roof. Use bouncy balls only (no basketballs or soccer balls, etc). Wall ball is only played on the painted wall ball wall or the small brick building west of the main building.
- Wall ball should be limited to nine players on the wall and no more than three players throwing the ball.
- First and second grade students- no playing in front of the school (near the parking lot), or on the east wall of the east pod, or in front of the kindergarten building or to the east of it.
- Playing tag should take place out on the grass and not within the playground equipment area.
- If a ball goes across the street or into the street, get a yard duty person.
- Swing area-no bailing out. Students should only be in the swing area if they are swinging. No running between the swings. No twisting or sideways motion on the swings.
- No running or climbing up the slides. Come down the slide feet first on their bottoms.
- No climbing on top of the slides.
- No gum chewing.
- Bikes should be walked on school grounds.
- No skateboarding.
- Kick ALL balls on the grass only. Do not kick balls on the blacktop.
- Please play in grade designated areas.
- Games are to be played with grade levels only.
- MP3 players, Ipods, electronic devices, CD players, etc., do not belong at school. We cannot be responsible for lost or stolen items.
- Students, who have snacks at recess, should be eating them against the wall of the main building for upper grades and at the southwest side (wall) of the west pod for lower grades. Snacks should not be eaten while playing on the grass, swings, or equipment for safety reasons.
- Please remind your students they are not to take food out of the breakfast/lunch room. They are not to feed the birds. If they start feeding the birds, they will not leave and they make a mess all over the blacktop, grass and US!

Tetherball

One player stands on each side of the pole. The server puts the ball in play by tossing it in the air and hitting in the direction he chooses. The opponent must not strike the ball on the first swing around the pole. On its second swing around the pole, the opponent hits the ball back in the opposite direction. As the ball is hit back and forth, each player tries to hit it so the rope winds completely around the pole in the direction in which they are hitting the ball. The game is won by the player who succeeds in doing this or whose opponent forfeits the game by making a foul. A foul is any of the following:

1. Hitting the ball with any part of the body other than the hands or forearms
2. Catching or holding the ball during play
3. Touching the pole
4. Hitting the rope with the forearms or hands
5. Throwing the ball
6. Winding the ball around the pole below the 5 foot mark
7. Going out of the circle, or over the dividing line

After the opening game, the winner of the preceding game serves. Winning four games wins the set.

Four Square

1. The ball is served by dropping and serving it underhanded from the bounce. If the serve hits a line, the server is out. The server can hit the ball after it has bounced once in their square. The receiver directs the ball to any other square with an underhand hit. Any of the following constitutes a fault:

- a. Hitting the ball sidearm or overhand
- b. Landing the ball on a line between the squares—a ball landing on an outer boundary is considered good
- c. Stepping into another square to play the ball
- d. Catching or carrying a return volley
- e. Allowing the ball to touch any part of the body except the hands

2. When a player misses or commits a fault, that player goes to the end of the waiting line, all players move up. The player at the head of the waiting line moves into square 4.

3. Variations:

- a. The game can be changed by varying the method of propelling the ball. The server sets the method. The ball can be hit with a partially closed fist, the back of the hand, or the elbow. A foot or knee also can be used to return the ball. The server calls “Fisties,” “Elbows,” “Footsies,” or “Kneesies” to set the pattern.
- b. **Chain Spelling**. The server names a word, and each player returning the ball must add the next letter in the sequence.

Pass/Flag Football

1. 6-7 players on each team - 4 players on the scrimmage line.
8-9 players on each team - 5 players on the scrimmage line.
2. Game begins with a kickoff from a goal line, with all players on the kicking team onside. If kicked out-of-bounds (and not touched by the receiving team), it must be kicked over. If repeated the receiving team gets the ball in the center of the field. The kickoff may not be recovered by the kicking team unless caught and then fumbled by the receivers.
3. A team has 4 downs to score a touchdown or they lose the ball.
4. The ball may be passed at any time. All players on the field are eligible to receive and intercept passes.
5. A player forfeits the ball if one of his flags has been pulled or he/she received a two handed touch on the back. Fourth and fifth grades may play only with flags. Two handed touch does not apply to these two grades. The ball carrier must make an attempt to avoid the defensive player and is not permitted to run over or through the defensive player.
6. All fumbles are dead at the spot of the fumble. The first player who touches the ball on the ground is ruled to have recovered the fumble.
7. All punts must be announced. Neither team can cross the line of scrimmage until the ball is kicked. Kick receivers may run or use a lateral pass. They cannot make a forward pass after receiving a kick.
8. If the ball is thrown from behind the line of scrimmage and results in an incomplete pass, the ball is down at the previous spot on the line of scrimmage.
9. Since the ball can be passed at any time, no down field blocking is permitted. A player may screen the ball carrier but cannot make a block. Screening is defined as running between the ball carrier and the defense.
10. **5 yard penalty:** Being offside, passing from a spot not behind the scrimmage line, stiff arming by the ball carrier, or not avoiding a defensive player, not announcing intention to punt, not wearing flags properly.
11. **15 yard penalty:** Holding, illegal tackling, blocking, unsportsmanlike conduct.

Basketball

Putting the ball into play:

Each quarter is started with a jump ball at the center circle. Throughout the game, the jump ball is used when the ball is tied up between two players or when it is uncertain which team caused the ball to go out-of-bounds. After each successful basket or free throw, the ball is put into play at the end of the court under the basket by the team against whom the score was made.

Violations:

The penalty for a violation is to award the ball to the opponents near the out-of-bounds point.

The following are violations:

1. **Traveling**—taking more than one step with the ball without passing, dribbling, or shooting.
2. **Stepping out-of-bounds**—with the ball or causing the ball to go out-of-bounds.
3. **Double dribbling**—taking a second series of dribbles without another player's having handled the ball; **palming**—(not clearly batting) the ball; or dribbling the ball with both hands at once.
4. Stepping over a restraining line during a jump ball or free throw.
5. Kicking the ball intentionally.
6. Remaining more than 3 seconds under the offensive basket (in the key).

Personal fouls: holding, pushing, hacking, tripping, charging blocking, and unnecessary roughness. When a foul is called, the person who was fouled receives one free throw. If he/she was fouled in the act of shooting and the basket was missed, he/she receives two shots. If, despite the foul, the basket was made, the score counts and one free throw is awarded.

Disqualification: A player who has five personal fouls called against him is out of the game and must go to the sidelines. Disqualification can also result from extreme unsportsmanlike conduct.

NOTE: Students may create variations on the rules or games played however, if arguments occur they must revert to the AES standard rules for play. When creating the variations rules must be clearly stated prior to play.