



University of Nevada, Reno  
**Extension**  
College of Agriculture,  
Biotechnology & Natural Resources

## Four Square

### Materials Needed:

- **1 Rubber playground ball for each court**
- **Space for courts (1 court for every 4-5 people)- can be drawn on large concrete area with sidewalk chalk or taped off with painters tape**



### Set Up:

To ensure all individuals are able to participate, draw one court for every 4-5 participants: Draw a large square and divide it into four smaller squares. Number each square 1-4.

Each of the four players stands in one of the smaller squares.

### How to Play (use standard four square rules):

The player in square #1 serves the ball by bouncing it in their own square once and then hitting it towards another square.

Players hit the ball into another player's square after it bounces in their own square. Players must hit the ball with their hands, and it must bounce in another player's square before they hit it back.

A player is "out" if:

- They fail to hit the ball into another square
- The ball bounces twice before they hit it
- They hit the ball out of bounds
- They hit the ball before it bounces in their square
- They hit the ball incorrectly (e.g., catch and throw the ball)

When a player is out, they move to the lowest-ranked square (#4) or leave the court if there are more than four players waiting to join. The remaining players move up to fill the empty squares, and a new player enters square #4.

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