



TM

CIRCLE SPORTS
— ALL WE NEED —

Circle Sports Manual

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others. Store your Circles in a dry area. Product may rust if wet.

Thank you for purchasing **Circle Sports**. An **on-line version** of this rulebook, as well as video tutorials for **opening and closing your circles** and **playing Circle Sports**, can be found at www.circlesports.ca.

Circle Sports are for everyone. They can be played in a highly competitive way in conjunction with your favourite sport, or with a Beachball as a fun game for people of all abilities. Circle Sports can be played indoors or outdoors by large groups of people or individuals. Their versatility is what makes Circle Sports the game of the future!

This booklet contains the rules for seven Circle Sports and instructions for opening and closing, your Circles. Be sure to read the instructions before opening.

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Opening and Closing Your Circles

Opening:

CAUTION !! - YOUR CIRCLES OPEN VERY QUICKLY! Never let Children use unattended. Be careful when opening your Circles and always open them away from yourself and others.

The best way to open your Circles is to toss them into an **open area** and they will pop open by themselves quickly and easily. Occasionally, with an unlucky throw, your Circles may not open completely. **Keep away from face when manipulating!** If you are opening inside **keep away from breakables**. You can see a video tutorial about opening Circles at www.circlesports.ca.

Closing:

Never force or over stress your Circles. Closing your Circle is **smooth** and **easy** when done properly. However, there are only a few ways to do it and the puzzle of closing them is lots of fun! Once your Circles are closed you can set them down gently and they will remain closed. You can see a **video tutorial** about closing your Circles at www.circlesports.ca. Here are three ways to do it.

Two Person Method (Easiest Method):

Step 1 - Two people face each other and hold opposite ends of the Circle flat, like they have a round table between them, with hands slightly wider than shoulder width apart.

Step 2 - At the same time both people gently fold the Circle upwards, bringing the outer edges together at the top.

Step 3 - Step together while folding the two bottom “flaps” you created down and towards each other, forming three loops.

One Person Two-Handed Method:

Step 1 - Place the Circle in front of you on its’ edge standing vertically and stand on it with both feet, shoulder width apart.

Step 2 - Reach down and grab the outside edges of the Circle between your index fingers and your thumbs.

Step 3 - Bring the outside edges of the Circle together pushing them **forward and away from you** (not squeezing inward in front of you). This is done standing firmly on the Circle and pressing down with your thumbs to create a “top flap” in front of you.

Step 4 - The “top flap” folds down and under the crossing outer edges creating three Circles. Continue to fold downward until the Circles are on the ground laying flat on top of each other.

One person One-Handed Method: This method is a little **trickier, but fun** to do!

Step 1 - Place the Circle in front of you on edge standing vertically and put your right foot on the bottom of your circle and right hand holding the top centre above your foot.

Step 2 - Gripping firmly with your hand facing upward, begin to twist your Circle in a counterclockwise direction (and a little downward) causing the right outer edge to meet the left. Continue twisting the edges past each other creating a “top flap” that will naturally bend downward as you continue to twist downward. But make sure the “top flap” ends up being the **middle circle** of the three circles this creates. Continue to twist until your Circles are closed.

Note: For left hand use left foot and twist clockwise and down.

Quick Overview and General Rules for Circles Sports

For simplicity sake, in this section we will refer to the object of play as the “ball”. More specific rules for other sports such as Badminton or Hacky Sack will be found in their own section, these are the **General Rules** for most Circle Sports.

To Begin:

- Open your Circles, (**Caution! See Instructions**), and place them about ten feet apart. You are encouraged to adjust the distance between your Circles depending on skill level, type of sport being played, and space available, but ten feet is a good starting point.
- Each player stands in their own Circle with one player holding the ball.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Hit the ball into your opponents Circle and don't let them hit it into yours.

Scoring:

- If you hit the ball into your opponent's Circle you get a point.
- If you are the **last player to touch the ball and it does not go in your opponent's Circle, your opponent gets a point.**
- A point is scored every time the ball hits the ground (except on re-serve).
- **Hint: if your opponent hits the ball and it's not going to land in your Circle DON'T TOUCH IT**, let it hit the ground outside your circle and you get a point.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponents circle. If the serve does not go up and down in an arc, the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have **both feet in their Circle** when serving.
- The player who scored the last point serves.
- **Hint:** remember, if you don't think your opponent's serve is going to land in your Circle, don't touch it!

Game Play:

- The ball must always be **struck, never caught, carried, or thrown** (with the exception of some Circle Sports i.e. Frisbee and Hacky Sack).
- The ball may be contacted with any part of the body (exception - no hands in Soccer or Hacky Sack).
- A player can hit the ball as many times in a row as they want (as long as it doesn't touch the ground).
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the ball back to their opponent's Circle to score.
- A ball that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

A Few Extra Suggestions

Adjust the distance between your Circles for your skill level and type of Circle Sport. Closer Circles make it easier for serves, smashes, and general play. More distance between Circles makes it harder.

When playing in larger groups, try “**winner stays in**” instead of regular scoring, by playing **one** point and switching out the player who **lost** the point with someone **new**. This also works well if you have more than one set of Circles and three or more people.

If you have more than one set of Circles try playing “**doubles**” by placing your Circle beside your partner’s Circle and playing another team. **In doubles you have the option of passing to yourself, your teammate or hitting to score.** You could also try a 3 or 4 player game as individuals, placing your Circles an equal distance apart in a triangle or square.

When **keeping score** with **more than two** players, we suggest scoring “**negatively.**” That is to say, the player who loses the point or makes the mistake gets negative one. The first player to reach negative ten is out, and the remaining players continue the same until a winner is decided.



Circles Beachball

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others.

Blow up your Beachball (**Hint:** Squeeze valve with your teeth a bit to allow air flow while inflating). **Don't over inflate**, as this will make it harder to control the ball during play.

Open your Circles and place them about ten feet apart (this will vary according to skill level and style of play).

Each player stands in their own Circle.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Hit the ball into your opponent's Circle and don't let them hit it into yours.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponent's Circle. If the serve does not go up and down in an arc the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have both feet in their Circle when serving.
- The player who scored the last point serves.
- **Hint:** Remember, if you don't think your opponents serve is going to land in your Circle, don't touch it!

Game Play:

- The ball must always be **struck or juggled, never caught, carried, held or thrown**.
- The ball may be contacted with any part of the body.
- A player can hit the ball as many times in a row as they want (as long as it doesn't touch the ground).
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the ball back to their opponent's Circle to score.
- A ball that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

Scoring:

- If you hit the ball into your opponent's Circle you get a point.
- If you are the **last player to touch the ball and it does not go in your opponent's Circle, your opponent gets a point**.
- A point is scored every time the ball hits the ground (except on re-serve).
- **Hint: if your opponent hits the ball and it's not going to land in your circle don't touch it, let it hit the ground outside your circle and you get a point.**

Multi-Player:

- For group games refer to "A Few Suggestions" on page 5.

Circles Soccer

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others.

Open your Circles and place them about six feet apart. (this will vary according to skill level and style of play)

Each player stands in their own circle.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Get the ball into your opponent's Circle and don't let them get it into yours.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- Hold the ball in your hands and drop it down to your feet kicking it towards your opponent's Circle.
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponent's Circle. If the serve does not go up and down in an arc the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have both feet in their Circle when serving.
- The player who scored the last point serves.
- **Hint:** Remember, if you don't think your opponents serve is going to land in your Circle, don't touch it!

Game Play:

- The ball must always be **kicked or struck** (if desired, you could play **allowing stalls**).
- The ball may be contacted with any part of the body except hands or arms (Soccer rules apply).
- A player can kick or juggle the ball as many times in a row as they want (as long as it doesn't touch the ground).
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the ball back to their opponent's Circle to score.
- A ball that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

Scoring:

- If you get the ball into your opponent's Circle you score a point.
- If you are the **last player to touch the ball and it does not go in your opponent's Circle, your opponent gets a point.**
- A **point is scored every time the ball hits the ground** (except on re-serve).
- **Hint: if your opponent contacts the ball and it's not going to land in your circle don't touch it, let it hit the ground outside your circle and you get a point.**

Multi-Player:

- For group games refer to "A Few Suggestions" on page 5.

Circles Hacky Sack

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others.

Open your Circles and place them about six feet apart (this will vary according to skill level and style of play).

Each player stands in their own circle.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Get the Hacky Sack into your opponents Circle and don't let them get it into yours.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- Hold the hack in your hands and drop it down to your feet kicking it towards your opponents Circle.
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponent's Circle. If the serve does not go up and down in an arc the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have both feet in their Circle when serving.
- The player who scored the last point serves.
- **Hint:** Remember, if you don't think your opponents serve is going to land in your Circle, don't touch it!

Game Play:

- A player may **kick or juggle** the hacky sack as many times in a row as they want (as long as it doesn't touch the ground).
- In Circles Hacky Sack **stalls** are allowed since they are a part of the sport.
- The hacky sack may be contacted with any part of the body **except hands and arms**.
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the hacky sack back to their opponents Circle to score.
- A hacky sack that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

Scoring:

- If you hit the ball into your opponent's Circle you get a point.
- If you are the **last player to touch the ball and it does not go in your opponent's Circle, your opponent gets a point.**
- A **point is scored every time the ball hits the ground** (except on re-serve).
- **Hint: if your opponent hits the ball and it's not going to land in your circle don't touch it, let it hit the ground outside your circle and you get a point.**

Multi-Player:

- For group games refer to "A Few Suggestions" on page 5.

Circles Volleyball

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others.

Open your Circles and place them about ten feet apart. (this will vary according to skill level and style of play)

Each player stands in their own circle.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Hit the ball into your opponent's Circle and don't let them hit it into yours.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponent's Circle. If the serve does not go up and down in an arc the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have both feet in their Circle when serving.
- The player who scored the last point serves.
- **Hint:** Remember, if you don't think your opponents serve is going to land in your Circle, don't touch it!

Game Play:

- The ball must always be **struck or juggled, never caught, carried, held or thrown** (Volleyball rules apply).
- The ball may be contacted with any part of the body.
- A player can hit the ball as many times in a row as they want (as long as it doesn't hit the ground).
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the ball back to their opponent's Circle to score.
- A ball that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

Scoring:

- If you hit the ball into your opponent's Circle you get a point.
- If you are the **last player to touch the ball and it does not go in your opponent's Circle, your opponent gets a point.**
- A **point is scored every time the ball hits the ground** (except on re-serve).
- **Hint: if your opponent hits the ball and it's not going to land in your circle don't touch it, let it hit the ground outside your circle and you get a point.**

Multi-Player:

- For group games refer to "A Few Suggestions" on page 5.

Circles Badminton

CAUTION - YOUR CIRCLES OPEN VERY QUICKLY! Be careful when opening your Circles and always open them away from yourself and others.

Open your Circles and place them about ten feet apart. (this will vary according to skill level and style of play)
Each player stands in their own circle.

Object of the Game:

- Be the first to ten points (must win by 2 points).
- Hit the Birdie into your opponent's Circle and don't let them hit it into yours.

Serving:

- Decide who serves first (perhaps rock paper scissors).
- The serve must always go **up** after being struck, **not downward or straight**. The serve should travel in an **arc** towards the opponent's Circle. If the serve does not go up and down in an arc the player receiving the serve may call a **re-serve** (no point is awarded).
- The player serving must have both feet in their Circle when serving.
- The player who scored the last point serves.
- **Hint:** Remember, if you don't think your opponents serve is going to land in your Circle, don't touch it!

Game Play:

- The Birdie must always be **struck, never caught, carried or thrown**.
- The Birdie must always be contacted by the racket.
- A player can hit the Birdie as many times in a row as they want (as long as it doesn't touch the ground).
- A player **may leave their Circle** at any time; however, players must have **at least one foot** in their own Circle when sending the ball back to their opponent's Circle to score.
- A Birdie that lands on the line is in.
- Players may **not** move Circles during play.
- Players may **not** interfere with opponent's play in any way.

Scoring:

- If you hit the Birdie into your opponent's Circle you get a point.
- If you are the **last player to touch the Birdie and it does not go in your opponent's Circle, your opponent gets a point**.
- A **point is scored every time the Birdie hits the ground** (except on re-serve).
- **Hint:** if your opponent hits the Birdie and it's not going to land in your circle don't touch it, let it hit the ground outside your circle and you get a point.

Multi-Player:

- For group games refer to "A Few Suggestions" on page 5.

Circles Frisbee and Golf

Circles Frisbee and Golf are a little different than other Circle Sports, in that players **throw their Circles** and then aim to land the disk or ball in the Circle.

Here are a few ways to play Circles Frisbee and Golf:

One Circle for the group

- A player throws one Circle anywhere in the play area.
- Players take turns throwing or hitting their disk or ball from the same spot, aiming to land in the Circle.
- Players get one point for landing their disk/ball in the Circle (on the line is in).
- Players alternate throwing the Circle.
- First player to five points wins.

Each player with their own circle (version1)

- In this version players will be aiming for the Circle that they throw.
- Each player throws their Circle anywhere in the play area. Alternate who throws first each time.
- Players then throw or hit their disk or ball from the same spot, aiming for their **own** circle.
- If a player lands their disk or ball in their own Circle, they get a point. **HOWEVER**, if more than one player lands in their own Circle, **ONLY the player who is farthest from the throwing spot gets a point**. In other words there is a Maximum one point awarded per round.
- On the line is in.
- First player to five points wins.

Each player with their own Circle (version2)

- In this version players will be aiming for the Circle their **opponent** throws.
- Each player throws a Circle anywhere in the play area. Alternate who throws first each time.
- Players then throw or hit their disk or ball from the same spot, aiming for the Circle **thrown by their opponent**.
- If a player lands their disk/ball in the Circle thrown by their opponent they get a point (on the line is in).
- First player to five points wins (play tie-breaker if necessary).
- **Note:** There is no maximum points per round in this version, all players can score in each round.