

Gaga Ball Rules

- Players start by standing inside the Gaga pit with one hand touching the wall of the pit.
- The ball is thrown into the center of the pit. Players chant “Ga!” on the first bounce, “Ga!” on the second bounce, and “Go!” on the third bounce. The ball is now live, and any player can hit the ball.
- Players hit the ball with their hands but cannot pick up the ball, throw it, or hold it.
- If a player is hit below the knee, that player is out. If a player is hit above the knee, they are still in.
- If a fly ball is caught, the player who hit the ball is out.
- If the ball is hit outside the pit, the last player to touch the ball is out.
- The last player standing wins that round.

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Gaga Ball Rule Variations

Multiple Balls: Playing with multiple balls simultaneously increases the pace and intensity of gaga ball. It keeps everyone on their toes as they try to dodge multiple balls coming at them from different directions.

Multiple Hits: Each player has multiple hits before they are out. Decide on the number of hits before the game.

Time Limits: Set a time limit for each round. The player with the fewest hits below the knee at the end of the time limit is the winner.

Team Gaga: Divide players into teams and play a team-based version of gaga ball. The last team with at least one player standing wins.

King of the Pit: Designate a "King" who starts in the middle of the pit. Other players must try to eliminate the King while the King tries to survive. If the King is gets out, the player who got them out becomes the new King.