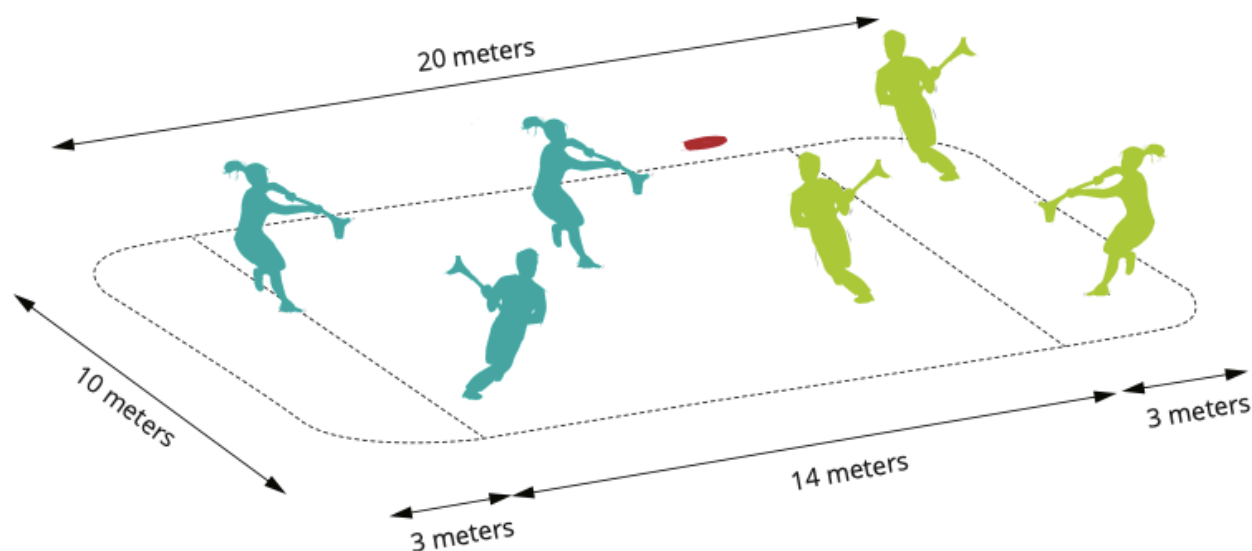


You.Fo the Basics

For Teachers Games 2024



You.Fo Basic Set-up



Key Rules of You.Fo

1. Teams are made up of a minimum of 3 participants on playing at anyone time but you can have any number of substitute players
2. There are no boundaries other than two scoring zones at each end and the run must be caught in the zone by your team-mate for score to count.
3. Games will be 2 x 10 minute halves in length and teams will change ends each time they score.
4. Games will start and re-start each time with teams running from the scoring end they are defending into the middle to collect the ring.
5. When a participants catches the ring they are not allowed to run with it they can only pivot.
6. You.Fo is a self-umpired game and if the ring is contested on the ground between two players from opposing teams a game of Rock, Paper, Scissors decides who gets it.
7. You.Fo is non contact where possible, a defender must stand 1 metre away from player with the ring and can only block with there stick