



On this page, two group games: Pushball is played by teams of 10 to 50 on football field. Object—to push, roll, pass, or carry 6-foot ball over goal line. At start of game both teams rush for ball in midfield.

In tug-of-war, rope 150 feet long and 1½ inches thick is standard. Object is to pull center of rope and/or opponents over a line five yards from where opponents started. There are 18 other group games described in Navy's Physical Fitness Manual.

