The AhaBulb Party Game

STUFF EVERY SOCCER PLAYER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 58. More cards and the free daily online game at sesk.info. Built 2026-10-14.

SPORTS & FITNESS

How wide is a full-size soccer goal, measured between the inside of the posts?

- **A** 8 yards
- **B** 6 yards
- **C** 10 yards

FLIP FOR THE ANSWER

A 8 yards

WHY The Laws set the inside of the posts 7.32 m (8 yards) apart. The bottom of the crossbar is 2.44 m (8 feet) off the ground.

STRAIGHT FACE
Why did the goal net go to school? It wanted to catch up on everything.

SESK.INFO #10034

SPORTS & FITNESS

How far from the goal is the penalty mark on a full-size field?

- **A** 18 yards
- **B** 10 yards
- **C** 12 yards

FLIP FOR THE ANSWER

C 12 yards

WHY The penalty mark is 11 m (12 yards) from the midpoint between the goalposts. Players often call it the penalty spot.

STRAIGHT FACE
Why did the penalty spot never get lonely?
Everyone kept coming back to it.

SESK.INFO #10035

SPORTS & FITNESS

How many players can a team have on the field at once in a full soccer match?

- **A** Eleven
- **B** Ten
- **C** Twelve

FLIP FOR THE ANSWER

A Eleven

WHY A match is played by two teams, each with at most eleven players on the field. One of the eleven must be the goalkeeper.

STRAIGHT FACE
Why did the soccer team bring string to the game?
So they could tie the score.

SESK.INFO #10036

SPORTS & FITNESS

What is the fewest players a team can have for a soccer match to start or keep going?

- **A** Five
- **B** Seven
- **C** Nine

FLIP FOR THE ANSWER

B Seven

WHY A match may not start or continue if either team has fewer than seven players. A team that causes a match to stop this way usually forfeits it.

STRAIGHT FACE
Why did the team with seven players stay calm?
They knew they were still in the game.

SESK.INFO #10037

SPORTS & FITNESS

How long is a regular full soccer match?

- **A** Two halves of 45 minutes
- **B** Four quarters of 20 minutes
- **C** Two halves of 40 minutes

FLIP FOR THE ANSWER

A Two halves of 45 minutes

WHY A match lasts two equal halves of 45 minutes. It can only be shorter if the referee and both teams agree before the match and competition rules allow it.

STRAIGHT FACE
Why did the soccer player bring a clock to the game? He wanted to be on time for the second half.

SESK.INFO #10038

SPORTS & FITNESS

After the board shows the added time at the end of a half, can the referee shorten it?

- **A** Yes, if the score is lopsided
- **B** Yes, if both captains agree
- **C** No, it can only be increased

FLIP FOR THE ANSWER

C No, it can only be increased

WHY The fourth official shows the minimum added time the referee decided. The referee may increase it but not reduce it.

STRAIGHT FACE
Why did the clock join the soccer team? It was great at stoppage time.

SESK.INFO #10039

SPORTS & FITNESS

Is it against the rules just to stand in an offside position?

- **A** Yes, always
- **B** Only for the goalkeeper
- **C** No, only if they get involved in play

FLIP FOR THE ANSWER

C No, only if they get involved in play

WHY Being in an offside position is not an offence by itself. A player is only penalised when involved in active play, such as playing the ball or interfering with an opponent.

STRAIGHT FACE
Why did the striker stand perfectly still? He wanted to stay out of trouble, not out of position.

SESK.INFO #10040

SPORTS & FITNESS

Can a player be in an offside position while standing in their own half?

- **A** No, never in their own half
- **B** Yes, anywhere on the field
- **C** Only inside their own penalty area

FLIP FOR THE ANSWER

A No, never in their own half

WHY A player can only be in an offside position if part of their head, body or feet is in the opponents' half. The halfway line itself does not count as the opponents' half.

STRAIGHT FACE
Why do defenders love the halfway line? It's where offside stops being their problem.

SESK.INFO #10041

SPORTS & FITNESS

An attacker is exactly level with the second-last defender when a team-mate passes. Offside position?

- **A** Yes, level counts as offside
- **B** Only if the ball is in the air
- **C** No, level is onside

FLIP FOR THE ANSWER

C **No, level is onside**

WHY A player is not in an offside position if level with the second-last opponent or the last two opponents. Being nearer the goal line than both the ball and the second-last opponent is what makes it an offside position.

STRAIGHT FACE
Why did the attacker and the defender get along?
They saw eye to eye, perfectly level

SESK.INFO #10042

SPORTS & FITNESS

A player receives the ball straight from a throw-in while behind every defender. Is that offside?

- **A** Yes, it is offside
- **B** No, not from a throw-in
- **C** Only in the penalty area

FLIP FOR THE ANSWER

B **No, not from a throw-in**

WHY The Laws say there is no offside offence if a player receives the ball directly from a goal kick, a throw-in or a corner kick. Free kicks are different and offside does apply.

STRAIGHT FACE
Why do strikers love throw-ins? No flag can ruin their fun.

SESK.INFO #10043

SPORTS & FITNESS

When the referee calls an offside offence, how does play restart?

- **A** A direct free kick
- **B** A penalty kick
- **C** An indirect free kick

FLIP FOR THE ANSWER

C **An indirect free kick**

WHY An offside offence is punished with an indirect free kick where the offence occurred. That is true even if it is in the player's own half.

STRAIGHT FACE
Why was the offside flag so polite? It always gave the other team a free kick.

SESK.INFO #10044

SPORTS & FITNESS

A player carelessly trips an opponent in the middle of the field. What restart does the other team get?

- **A** A direct free kick
- **B** An indirect free kick
- **C** A dropped ball

FLIP FOR THE ANSWER

A **A direct free kick**

WHY Tripping, pushing, kicking and charging an opponent carelessly, recklessly or with excessive force earn a direct free kick. If a foul involves contact, it is a direct free kick.

STRAIGHT FACE
Why are referees great at parties? They always know when to blow the whistle.

SESK.INFO #10045

SPORTS & FITNESS

A player kicks a high, dangerous boot near an opponent's head but makes no contact. What is the restart?

- **A** A penalty kick
- **B** An indirect free kick
- **C** A direct free kick

FLIP FOR THE ANSWER

B An indirect free kick

WHY Playing in a dangerous manner without contact is an indirect free kick offence. Dangerous play means trying to play the ball in a way that threatens injury to someone.

STRAIGHT FACE
Why did the soccer ball avoid the high kick? It didn't want to get booted from the game.

SESK.INFO #10046

SPORTS & FITNESS

An indirect free kick is kicked straight into the opponents' goal without touching anyone. What happens?

- **A** The goal counts
- **B** A penalty kick is given
- **C** A goal kick, no goal

FLIP FOR THE ANSWER

C A goal kick, no goal

WHY A goal cannot be scored directly from an indirect free kick. If it goes straight into the opponents' goal, a goal kick is awarded instead.

STRAIGHT FACE
Why didn't the indirect free kick get a goal? It skipped the team meeting.

SESK.INFO #10047

SPORTS & FITNESS

How far away must opponents stand when a free kick is taken?

- **A** 5 yards
- **B** 10 yards
- **C** 15 yards

FLIP FOR THE ANSWER

B 10 yards

WHY Opponents must stay at least 9.15 m (10 yards) from the ball until it is in play. The only exception is standing on their own goal line between the posts.

STRAIGHT FACE
Why did the defensive wall get a good grade? It stood up for what was right.

SESK.INFO #10048

SPORTS & FITNESS

When is a penalty kick awarded?

- **A** For any foul anywhere on the field
- **B** For a direct free kick offence inside their own penalty area
- **C** For any foul inside the center circle

FLIP FOR THE ANSWER

B For a direct free kick offence inside their own penalty area

WHY A penalty kick is given when a player commits a direct free kick offence inside their own penalty area. A goal may be scored directly from it.

STRAIGHT FACE
Why did the penalty area feel so important? It was the box everyone talked about

SESK.INFO #10049

SPORTS & FITNESS

During a penalty kick, where must the goalkeeper be until the ball is kicked?

- **A** On the goal line between the posts
- **B** Anywhere in the goal area
- **C** At least 1 yard off the line

FLIP FOR THE ANSWER

A On the goal line between the posts

WHY The defending goalkeeper must stay on the goal line, facing the kicker, between the posts until the ball is kicked. At the kick, at least part of one foot must be touching, in line with, or behind the line.

STRAIGHT FACE
Why do goalkeepers love the goal line? It's the only line they never cross early.

SESK.INFO #10050

SPORTS & FITNESS

In soccer, what does a red card mean?

- **A** A warning, the player stays on
- **B** A 10-minute penalty
- **C** The player is sent off

FLIP FOR THE ANSWER

C The player is sent off

WHY The yellow card communicates a caution and the red card communicates a sending-off. A sent-off player must leave the field and the technical area.

STRAIGHT FACE
Why did the referee carry two cards? He liked a colorful conversation.

SESK.INFO #10051

SPORTS & FITNESS

What happens to a player who gets a second yellow card in the same match?

- **A** They are sent off
- **B** They sit out 10 minutes
- **C** Nothing more, two are allowed

FLIP FOR THE ANSWER

A They are sent off

WHY Receiving a second caution in the same match is a sending-off offence. The team then plays with one fewer player.

STRAIGHT FACE
Why did the second yellow card turn red? It was embarrassed for the player.

SESK.INFO #10052

SPORTS & FITNESS

A player makes a reckless tackle on an opponent. What card does the referee show?

- **A** No card, just a free kick
- **B** A yellow card
- **C** A red card

FLIP FOR THE ANSWER

B A yellow card

WHY A careless foul needs no card, a reckless foul must be cautioned, and a foul with excessive force must be sent off. All three still give the other team a direct free kick, or a penalty in the box.

STRAIGHT FACE
Why did the tackle get a yellow card? It was too reckless to be careful.

SESK.INFO #10053

SPORTS & FITNESS

A player is fouled but their team still has the ball and a good attack. What can the referee do?

- **A** Must stop play right away
- **B** Let play continue for the advantage
- **C** Give a dropped ball

FLIP FOR THE ANSWER

B Let play continue for the advantage

WHY The referee can allow play to continue when the fouled team will benefit. If the advantage does not happen within a few seconds, the referee goes back and penalises the foul.

STRAIGHT FACE
Why did the referee wave his arms forward? He wanted everyone to keep moving on.

SESK.INFO #10054

SPORTS & FITNESS

If the ball hits a player's hand, is that always a handball offence?

- **A** No, not every touch is an offence
- **B** Yes, always
- **C** Only inside the penalty area

FLIP FOR THE ANSWER

A No, not every touch is an offence

WHY The Laws say not every touch of the hand or arm is an offence. It is an offence when the touch is deliberate or the arm made the body unnaturally bigger.

STRAIGHT FACE
Why did the soccer ball high-five the player? Bad idea, that's a handball.

SESK.INFO #10055

SPORTS & FITNESS

A ball bounces off an attacker's hand by accident and goes straight into the goal. Does it count?

- **A** Yes, accidents don't count
- **B** Only if the referee missed it
- **C** No, it's a handball offence

FLIP FOR THE ANSWER

C No, it's a handball offence

WHY It is a handball offence to score in the opponents' goal directly from the hand or arm, even if it was accidental. That includes the goalkeeper.

STRAIGHT FACE
Why didn't the hand goal count? The referee said it wasn't handy enough.

SESK.INFO #10056

SPORTS & FITNESS

What happens if a goalkeeper holds the ball in their hands for more than eight seconds?

- **A** An indirect free kick
- **B** A yellow card only
- **C** A corner kick

FLIP FOR THE ANSWER

C A corner kick

WHY A corner kick is awarded if a goalkeeper controls the ball with the hands for more than eight seconds. The referee counts down the last five seconds with a raised hand.

STRAIGHT FACE
Why did the goalkeeper start counting? Someone told him time was on his side, but only for eight seconds.

SESK.INFO #10057

SPORTS & FITNESS

Which of these is required for a legal throw-in?

- **A** One hand is fine if it goes far
- **B** Both hands, from behind and over the head
- **C** Feet may be lifted if facing the field

FLIP FOR THE ANSWER

B Both hands, from behind and over the head

WHY The thrower must face the field, have part of each foot on the touchline or the ground outside it, and throw with both hands from behind and over the head.

STRAIGHT FACE
Why did the soccer player bring both hands to the throw-in? He didn't want to be half-handed.

SESK.INFO #10058

SPORTS & FITNESS

Can a goal be scored directly from a throw-in?

- **A** No, never directly
- **B** Yes, like any kick
- **C** Only from near the corner flag

FLIP FOR THE ANSWER

A No, never directly

WHY A goal cannot be scored directly from a throw-in. If the ball enters the opponents' goal, a goal kick is awarded. If it enters the thrower's own goal, a corner kick is awarded.

STRAIGHT FACE
Why didn't the throw-in score? It was all arms and no kick.

SESK.INFO #10059

SPORTS & FITNESS

A team stalls before taking a throw-in. After the referee's five-second countdown ends, what happens?

- **A** A yellow card only
- **B** The throw-in is retaken
- **C** The throw-in goes to the other team

FLIP FOR THE ANSWER

C The throw-in goes to the other team

WHY If a player unfairly delays a throw-in, the referee signals a five-second countdown with a raised hand. If the throw is not taken by then, it is awarded to the opposing team.

STRAIGHT FACE
Why did the throw-in start counting? It wanted to make every second count.

SESK.INFO #10060

SPORTS & FITNESS

The ball goes over the goal line, missing the goal, and an attacker touched it last. What restart?

- **A** A corner kick
- **B** A throw-in
- **C** A goal kick

FLIP FOR THE ANSWER

C A goal kick

WHY A goal kick is awarded when the whole ball crosses the goal line, without a goal, after last touching an attacking player. If a defender touched it last, it is a corner kick instead.

STRAIGHT FACE
Why did the goal kick go so far? It had a lot of kick in it.

SESK.INFO #10061

SPORTS & FITNESS

A defender knocks the ball over their own goal line, not into the goal. What does the attacking team get?

- **A** A corner kick
- **B** A goal kick
- **C** A penalty kick

FLIP FOR THE ANSWER

A **A corner kick**

WHY A corner kick is awarded when the whole ball crosses the goal line, without a goal, after last touching a player of the defending team. The ball is placed in the corner area nearest where it went out.

STRAIGHT FACE
Why was the soccer field so tidy? Every corner was kicked into shape.

SESK.INFO #10062

SPORTS & FITNESS

The ball is rolling right on the touchline, with part of it still over the line. Is it in play?

- **A** No, touching the line is out
- **B** Yes, until the whole ball is over
- **C** Only if a player is touching it

FLIP FOR THE ANSWER

B **Yes, until the whole ball is over**

WHY The ball is out of play only when it has wholly passed over the goal line or touchline, on the ground or in the air. The lines belong to the areas they enclose.

STRAIGHT FACE
Why was the ball still in play on the line? It was just hanging in there.

SESK.INFO #10063

SPORTS & FITNESS

When does a goal count?

- **A** When any part of the ball crosses the line
- **B** When the whole ball crosses the line
- **C** When the ball touches the net

FLIP FOR THE ANSWER

B **When the whole ball crosses the line**

WHY A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. No offence may have been committed by the scoring team.

STRAIGHT FACE
Why did the goal line take up a hobby? It needed something to cross off its list.

SESK.INFO #10064

SPORTS & FITNESS

When can VAR help the referee?

- **A** For every throw-in and foul
- **B** For clear errors or serious missed incidents in reviewable calls
- **C** Only when a coach asks for a review

FLIP FOR THE ANSWER

B **For clear errors or serious missed incidents in reviewable calls**

WHY VAR covers goals, penalty incidents, direct red cards, mistaken identity and, where competition rules allow, clearly incorrect corner-kick awards. The referee makes the final decision.

STRAIGHT FACE
Why did the VAR bring popcorn? It watches every match closely.

SESK.INFO #10065

SPORTS & FITNESS

In a senior top-division official match, how many substitutes may competition rules allow a team to use before extra time?

- **A** Five
- **B** Three
- **C** Seven

FLIP FOR THE ANSWER

A Five

WHY For first teams in top divisions, official competition rules may allow up to five substitutes. Competition rules may allow one additional substitute in extra time.

STRAIGHT FACE
Why did the substitute bring a ladder? He heard he was going up on the board.

SESK.INFO #10066

SPORTS & FITNESS

Which player may handle the ball inside their own penalty area?

- **A** Any defender
- **B** The goalkeeper
- **C** The team captain

FLIP FOR THE ANSWER

B The goalkeeper

WHY Handling the ball is a foul for every player, with one exception: the goalkeeper inside their own penalty area. Outside it, the keeper follows the same rules as everyone else.

STRAIGHT FACE
Why are goalkeepers good at parties? They know how to handle things.

SESK.INFO #10067

SPORTS & FITNESS

A teammate deliberately kicks the ball to their own goalkeeper. What may the goalkeeper NOT do?

- **A** Kick it away
- **B** Pick it up with their hands
- **C** Stop it with their chest

FLIP FOR THE ANSWER

B Pick it up with their hands

WHY This is the back-pass rule. If the keeper handles a ball a teammate deliberately kicked to them, the other team gets an indirect free kick.

STRAIGHT FACE
Why did the goalkeeper keep their hands in their pockets? It was a back pass, not a hand-off.

SESK.INFO #10068

SPORTS & FITNESS

A teammate throws the ball straight to their own goalkeeper from a throw-in. Can the keeper catch it?

- **A** Yes, a throw is not a kick
- **B** Only outside the penalty area
- **C** No, not with their hands

FLIP FOR THE ANSWER

C No, not with their hands

WHY The back-pass rule also covers throw-ins. A goalkeeper may not handle the ball received straight from a teammate's throw-in, so the other team gets an indirect free kick.

STRAIGHT FACE
Why did the keeper refuse the throw-in? It was a little too handy.

SESK.INFO #10069

SPORTS & FITNESS

In U.S. Soccer's position profiles, which players are asked to connect all parts of the team?

- **A** Goalkeepers
- **B** Outside backs
- **C** Midfielders

FLIP FOR THE ANSWER

C Midfielders

WHY U.S. Soccer's center midfielder profile calls for maximum effort to connect the team and selfless effort to connect all parts of it.

STRAIGHT FACE
Why are midfielders great at parties? They connect everyone.

SESK.INFO #10070

SPORTS & FITNESS

Which player's main job is scoring goals, with head and feet?

- **A** The center forward
- **B** The center back
- **C** The goalkeeper

FLIP FOR THE ANSWER

A The center forward

WHY Forwards play closest to the other team's goal. U.S. Soccer's profile for the center forward starts with scoring, one touch, with head and feet.

STRAIGHT FACE
Why do forwards love math class? They are always counting goals.

SESK.INFO #10071

SPORTS & FITNESS

U.S. Soccer writes its main formation as 1-4-3-3. What does the first 1 stand for?

- **A** The captain
- **B** The goalkeeper
- **C** One striker

FLIP FOR THE ANSWER

B The goalkeeper

WHY Formation numbers run from back to front. U.S. Soccer puts the goalkeeper first, so 1-4-3-3 means 1 goalkeeper, 4 backs, 3 midfielders and 3 forwards.

STRAIGHT FACE
Why was the 1-4-3-3 so organized? Everyone knew their number.

SESK.INFO #10072

SPORTS & FITNESS

Which piece of equipment must every soccer player wear under the Laws of the Game?

- **A** Gloves
- **B** A headband
- **C** Shin guards

FLIP FOR THE ANSWER

C Shin guards

WHY IFAB Law 4 lists shin guards as compulsory equipment, along with a shirt with sleeves, shorts, socks and footwear. They must be covered by the socks.

STRAIGHT FACE
Why did the shin guard go to school? To get a little more leg-ucation.

SESK.INFO #10073

SPORTS & FITNESS

What is U.S. Soccer's heading guideline for players 10 and under?

- **A** No heading in practice or games
- **B** Heading in games only
- **C** Up to 30 minutes a week

FLIP FOR THE ANSWER

A No heading in practice or games

WHY U.S. Soccer says players 10 and under should not head the ball at all. It is part of its Recognize to Recover program to protect young players' brains.

STRAIGHT FACE
Why did the young player bring a ball to the library? To use their feet, not their head, for once.

SESK.INFO #10074

SPORTS & FITNESS

For U12 to U14 players, how much heading practice does U.S. Soccer allow each week?

- **A** No more than 30 minutes
- **B** No heading at all
- **C** As much as the coach wants

FLIP FOR THE ANSWER

A No more than 30 minutes

WHY Older youth players can head the ball, but U.S. Soccer limits practice to 30 minutes a week and 15 to 20 headers per player, so they learn the skill with fewer hits.

STRAIGHT FACE
Why did the coach set a timer for heading drills? To keep everyone's head in the game.

SESK.INFO #10075

SPORTS & FITNESS

Which of these may be a symptom of a concussion?

- **A** Feeling extra hungry
- **B** Headache and dizziness
- **C** Sharper focus

FLIP FOR THE ANSWER

B Headache and dizziness

WHY A concussion is a type of brain injury. Symptoms include headaches, dizziness or balance problems, vision problems, and feeling foggy. Anyone with these after a hit should see a doctor.

STRAIGHT FACE
Why did the soccer ball sit on the bench? It needed to keep its head in the game.

SESK.INFO #10076

SPORTS & FITNESS

A player shows signs of a concussion after a hit. What should happen first?

- **A** Let them play if they say they feel okay
- **B** Wait until halftime to decide
- **C** Remove them from play right away

FLIP FOR THE ANSWER

C Remove them from play right away

WHY Do not try to judge it yourself or let the player decide. CDC says remove the athlete right away; only a healthcare provider should assess a possible concussion.

STRAIGHT FACE
Why did the coach carry a whistle and a clipboard? To call the plays and play it safe.

SESK.INFO #10077

SPORTS & FITNESS

Can an athlete with a suspected concussion go back in the same day?

- **A** Yes, after 10 minutes of rest
- **B** No, not the same day
- **C** Yes, if the symptoms seem mild

FLIP FOR THE ANSWER

B No, not the same day

WHY Going back too soon, while the brain is still healing, raises the chance of a repeat concussion. The athlete needs a healthcare provider's OK first.

STRAIGHT FACE
Why did the soccer cleats take the rest of the day off? They knew when to call it.

SPORTS & FITNESS

The ACL is a ligament that helps keep which joint stable?

- **A** The shoulder
- **B** The ankle
- **C** The knee

FLIP FOR THE ANSWER

C The knee

WHY The ACL runs through the middle of the knee. It stops the shinbone from sliding out in front of the thighbone and helps the knee resist twisting.

STRAIGHT FACE
Why did the knee go to the party? It wanted to joint in.

SPORTS & FITNESS

What does a good warm-up do before a soccer game?

- **A** Gets blood flowing and warms your muscles
- **B** Lowers your heart rate before play
- **C** Stretches cold muscles as hard as you can

FLIP FOR THE ANSWER

A Gets blood flowing and warms your muscles

WHY A warm-up, like an easy jog, gets your body ready for harder play. Stretch only after your muscles are warm, because stretching cold muscles can cause injury.

STRAIGHT FACE
Why do soccer players warm up? Because the cold shoulder is a foul.

SPORTS & FITNESS

On a hot day, which can be a sign your body is overheating?

- **A** Sharper focus and better balance
- **B** Heavy sweating, dizziness and nausea
- **C** More energy and faster sprinting

FLIP FOR THE ANSWER

B Heavy sweating, dizziness and nausea

WHY When your body gets too hot, you can feel very sweaty, dizzy, weak or sick to your stomach. If you or a teammate has these symptoms, CDC says to get medical care right away.

STRAIGHT FACE
Why did the soccer ball sit in the shade? It was tired of being kicked around in the heat.

SPORTS & FITNESS

On a very hot day, when does CDC suggest holding practice?

- **A** Earlier or later in the day
- **B** Right at midday
- **C** Whenever, if players wear dark layers

FLIP FOR THE ANSWER

A **Earlier or later in the day**

WHY The middle of the day is when the sun is hottest. Practicing in cooler hours, wearing light clothes and pacing activity all help prevent heat illness.

STRAIGHT FACE
Why did the team practice at sunrise? They wanted an early goal.

SESK.INFO #10083

SPORTS & FITNESS

What does CDC say about drinking water when you exercise in the heat?

- **A** Only drink after the game
- **B** Drink more and don't wait for thirst
- **C** Only drink when you feel thirsty

FLIP FOR THE ANSWER

B **Drink more and don't wait for thirst**

WHY People who exercise on hot days are more likely to get dehydrated. Thirst can come late, so drink before you feel it.

STRAIGHT FACE
Why did the water bottle get a trophy? It was outstanding in its field.

SESK.INFO #10082

1
AhaBulb POINT

1
AhaBulb POINT