

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Banana Rugby

---

## **Banana Rugby**

Much like “Frisbee Rugby.” In a large room that’s easy to clean, two teams each try to advance the banana over the opposite goal line. The banana can be advanced only by passing it. Players may take only 2 or 3 steps before throwing the banana. A team loses possession of the banana if a member takes more than the acceptable number of steps before throwing or if a throw becomes an incomplete pass. Have plenty of bananas on hand; they’re reduced to mush quickly. And spiking the banana after a score is not recommended.



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/icebreaker/banana-rugby>