



BALLISTA

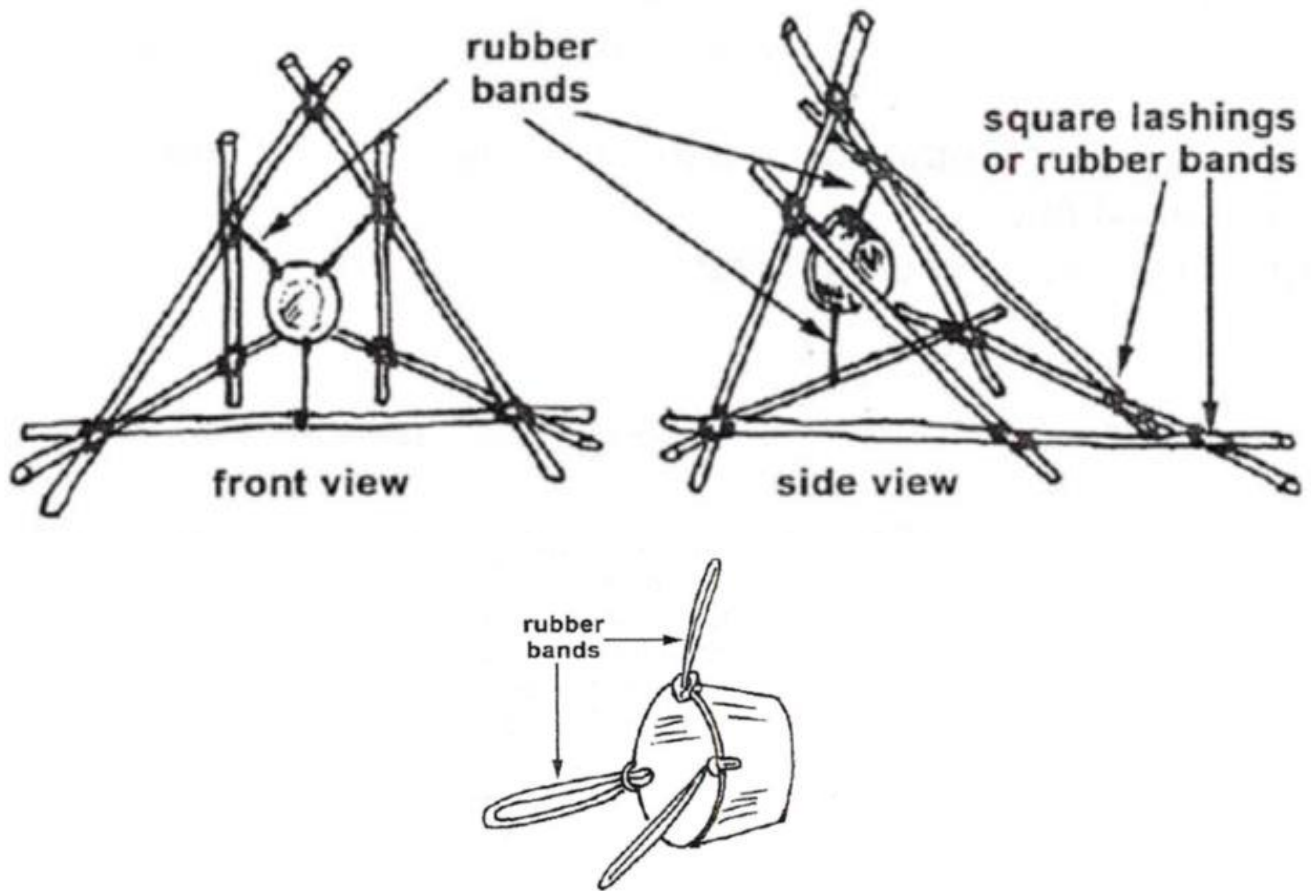
You will need:

- 7 poles, all the same length (bamboo or light gadget wood)
- Large rubber bands
- Ice cream container, bucket, flower pot, or similar
- Something sharp to poke holes in your container
- Rolled up socks, ball, or water bomb

Instructions:

1. With adult supervision, carefully poke a hole in three sides of the container.
2. Feed a rubber band through each hole and use a [lark's head knot](#) to tie it off. Tie another three rubber bands to each rubber band attached to the container, to make a rubber band chain of four.
3. Lay three poles out on the ground in a triangle, with ends of poles overlapping by 5-10cm. Use a rubber band to [square lash](#) the ends together. This will form the base.
4. Use another two poles to make a second (upright) triangle off one side of the base. Square lash the bottom of each of these poles to the base, then square lash the top of the two poles to each other. This will form an upright triangle.
5. Take another pole, and lash the bottom of this pole to the inside of the base, approximately $\frac{1}{4}$ of the way in from the point (opposite the upright triangle).
6. Repeat Step 5 with another pole, but lash to the other side on the inside of the point.
7. Take the top of the pole from Step 5, and lash to the same side of the upright triangle, approximately $\frac{1}{3}$ of the way down.
8. Repeat Step 7 with the pole from Step 6, but on the other side of the upright triangle. These two poles should now be parallel.
9. Use the rubber band chains to tie the container to the upright triangle frame. One rubber band chain should be tied to the base, and the other two rubber band chains to either side of the upright triangle.

Read on for **diagrams** and instructions for using your ballista!



To use the ballista: Put your rolled up socks, ball, or water bomb in your container. Pull back the container as far as you can, and launch (let go)!

Make sure you're mindful of your surroundings while playing with your ballista, and never aim anything at another person's head or face.

Instructions and diagrams from "Ropes 'N Poles", [GirlGuiding New Zealand](#) (2000).

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