**Events List**

**Football Throws**
- Teams:
  - Teams will consist of 8 participants, 3 of which must be of the minority gender.
- Competition Format:
  - 3 team members will stand in a hula-hoop. 1 participant per hula-hoop. 1 participant standing in a hula-hoop must be of the minority gender. Those 3 participants will remain within their hula-hoop for the duration of the event.
  - 5 team members will line up behind the cone across from their other team members to throw the footballs.
  - Each throwing team member will have five throws to throw the football at any of their teammates standing within the hula-hoops set up at different distances.
  - In order to be awarded points, the hula-hoop team member must catch the ball in the air while keep both feet within the hula-hoop.
  - The farthest hula-hoop is worth 3 points.
  - The middle hula-hoop is worth 2 points.
  - The closest hula-hoop is worth 1 points.
- Point System:
  - The top 3 teams in your group with the most points will be awarded points. First place 20 points, second place 15 points and third place 10 points. If a tie occurs, the two even teams will participate in an additional round against one another as a tie breaker.

**50 Meter Relay**
- Teams:
  - All team members must participate.
- Competition Format:
  - Each participant will run 25 meters down and 25 meters back, running a total of 50 meters. Once they have completed 50 meters, they will then pass a baton to their teammate. Their teammate will then do the same.
  - Each runner must stay in their own lane.
  - Each team will be timed individually.
- Point System:
  - The final time of all 20 team members will be your team time. If a team does not have 20 members then participants must run multiple times. You cannot run back to back turns.
  - The top three teams in your group with the fastest times will be awarded points. First place 20 points, second place 15 points and third place 10 points.
**Rowing**
- Teams:
  - Teams will consist of 10 participants, 4 of which must be of the minority gender.
  - If a team does not have 10 members then participants must row multiple times. You cannot row back to back turns.
- Competition Format:
  - Each participant must row 300 meters. When they complete 300 meters, the next participant will do the same until the team has reached 3,000 meters.
  - Each team will have their own rowing machine.
  - Each machine will be timed individually.
- Point System:
  - The final time for all team members to complete 3,000 meters will be your team time.
  - The top three teams in your group with the fastest time will be awarded points. First place 20 points, second place 15 points and third place 10 points.

**Obstacle Course**
- Teams:
  - Teams will consist of 6 participants, 3 males and 3 females.
- Competition Format:
  - Team members will travel through physical and mental obstacles one at a time for the fastest cumulative time.
  - Each team member must travel one at a time through the obstacles. The next team member cannot begin until the previous team member has completed all obstacles, finishing with the inflatable obstacle course.
  - Team members are not allowed to bypass an obstacle. All obstacles must be completed prior to moving on to the next obstacle.
  - Once all members of the team complete all individual obstacles, concluding with the inflatable obstacle course, the team will need to complete the ski walk and put together the tangram.
- Point System:
  - The top 3 teams in your group with the fastest time will be awarded points. First place 20 points, second place 15 points and third place 10 points.
Tic Tac Toe Dash

- Teams:
  - Teams will consist of 6 participants, half of which must be of the minority gender.
  - Each team will play against an opposing company.
- Competition Format:
  - There will be 2 teams per tic tac toe board.
  - Each team will be given 3 pinnies, a different color than the opposing company.
  - Each team will line up behind their respective cones. When the whistle blows the first person from each team will run to the board with a pinnie and place it in the desired spot. Once they have placed the pinnie they run back and tag their teammate who then does the same thing.
  - If all 3 pinnies are on the board but tic tac toe has not been achieved, then a player is allowed to move 1 of their pinnies in attempt to achieve tic tac toe then run back to the cone.
    - You may NOT touch the opposing teams pinnies.
  - The game is played until one team achieves tic tac toe.
  - To determine the top team of the day overall, the championship game of each round will be timed.
- Point System
  - 46 teams will receive a first-round bye based on fundraising.
  - The top 3 teams in your group will be awarded points. First place 20 points, second place 15 points and third place 10 points.

Tug of War

- Teams:
  - Teams will consist of 8 participants, 3 of which must be of the minority gender.
- Competition Format:
  - The competition will be single elimination in a bracket format.
  - The winning team must pull the losing team 5 yards so that the rope marker crosses the line.
  - Gloves are allowed. Gloves will not be provided.
  - Cleats are not allowed.
  - Participants must stay on their feet and not sit, kneel, or lie down. The rope must not wrap around any participant.
  - The winner from each group will play a winner from a different group at the end of the day.
- Point System:
  - 46 teams will receive a first-round bye based on fundraising.
  - 40 points will be awarded to the first-place team, 30 points will be awarded to the second place team and 20 points will be awarded to the third place team.
**Soccer Scramble**

- **Teams:**
  - Teams will consist of 8 participants, 3 of which are of the minority gender
- **Competition Format**
  - All teams participate at the same time
  - Teams are set up around the perimeter of the field
  - All soccer balls are in the middle to begin the game
    - There are 3 different colors of balls. Silver is worth 3 points, Blue is worth 2 points and yellow is worth 1 point
  - Members will be lined up next to their team kiddie pools with the first person in line ready to run into the middle
  - When the whistle blows, the first member in line runs out and retrieves a soccer ball using only their feet. The team member must get the soccer ball into their team’s kiddie pool without using their hands.
  - Once the team member gets that ball into the kiddie pool, the next team member runs out onto the field to collect a soccer ball
  - The rotation will continue until all the soccer balls on the field have been collected
- **Point System:**
  - The top 3 teams will be determined by the number of balls and the colors of those balls in the team’s goal at the end of the game. If a tie occurs the teams with the same amount of points will participate in a two-minute sudden death and whichever teams has the most points at the end of the two minutes will determine the tie breaker.

**Basketball Shootout**

- **Teams:**
  - Teams will consist of 8 participants, 3 of which must be of the minority gender.
- **Competition Format:**
  - One team plays at a time per basket.
  - 3 team members will stand in a hula-hoop per shot. 2 participants per hula-hoop.
  - 2 team members can move around freely retrieving basketballs and passing the balls back to the participants within the hula-hoops. Team members on the sidelines that are not participating in the game are not allowed to retrieve basketballs.
  - Each team will be given 3 basketballs.
  - Each team will have 2 minutes to make as many baskets as possible.
  - The participants in the hula-hoops must alternate shots with their partner. Once they have shot, they will step out of the hula-hoop and their partner will take their place.
  - Only the participants inside the hula-hoop can shoot the ball.
  - Hula-hoops are not to be moved by participants in any way.
- **Point System:**
  - The top 3 teams in your group with the most baskets will be awarded points. First place 20 points, second place 15 points and third place 10 points.