FORWARD FACING GAME RULES

Rowing
- Teams:
  - Teams will consist of 10 participants, 4 of which must be of the minority gender.
- Competition Format:
  - Each participant must row 300 meters. When they complete 300 meters, the next participant will do the same.
  - Each team will have their own rowing machine.
  - Each machine will be timed individually.
- Point System:
  - The final time of all 10 team members for 3,000 meters will be your team time. If a team does not have 10 members then participants must row multiple times. You cannot row back to back turns.
  - The top three teams in your group with the fastest time will be awarded points. First place 5 points, second place 3 points and third place 1 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 5 points, second place 3 points and third place 1 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:**
  - 4 teams will receive a first-round bye based on fundraising.
  - 10 points will be awarded to the first-place team, 6 points will be awarded to the second place team and 2 points will be awarded to the third place team.

---

**Football Toss**

- **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 10 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 point.
  - There will be a barrel behind the farthest hula-hoop. If a participant can throw a ball into their barrel, their team will be awarded 10 points. The football must stay in the barrel.

- **Point System:**
  - The top 3 teams in your group with the most points will be awarded points. First place 5 points, second place 3 points and third place 1 points.

---

**50 Yard Relay**

- **Teams:**
  - All team members must participate.

- **Competition Format:**
  - Each participant will go 25 yards running forwards and 25 yards running backwards, completing a total of 50 yards.
  - Each team will have 5 items that need to fit into a backpack.
  - The first participant will run 25 yards forwards picking up an item every 5 yards and putting it in their backpack. Once they complete 25 yards, they must run backwards 25 yards to the start. The backpack must be on the participants back and zipped up.
  - Once the participant returns to the start, they will pass the back pack to their teammate. That teammate will unpack the backpack placing an item every 5 yards. Once they finish the 25 yards, they must run backwards to the start. The back pack must be on the participants back and zipped up.
This pattern will continue until 20 turns have been completed.
- Each runner must stay in their own lane.
- Each team will be timed individually.

**Point System:**
- The combined time of all 20 team members will be the final team time. If a team does not have 20 members, 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 5 points, second place 3 points and third place 1 points.

**Soccer Kicks**
- **Teams:**
  - All team members must participate.
- **Competition Format:**
  - Each team will split their members in half and line up behind each other on either side of the rope.
  - Each team will have to collectively get a soccer ball over the rope 20 times while staying behind the designated spot. If you cannot get the ball over the rope, you will go to the back of the line and wait for your turn to try again.
  - Once a team gets the ball over the rope 20 times successfully, they will move onto the next soccer activity.
  - Each team will then line up opposite a small soccer goal.
  - Participants will take turns attempting to score a goal from behind a designated spot.
  - Each team will have to collectively score 20 goals.
  - If you cannot score a goal, you will go to the back of the line and wait for your turn to try again.
  - Everyone must rotate consecutively in order; you cannot cut anyone in line.
- **Point System**
  - The top 3 teams will be determined by time. The fastest teams to complete both activities win.
  - The top 3 teams in your group will be awarded points. First place 5 points, second place 3 points and third place 1 points.

**Pick a Puck**
- **Teams:**
  - All team members must participate.
- **Competition Format**
  - Teams are set up opposite their designated pucks.
  - In that puck space, there will be 20 pucks with 1 letter on 1 side of each puck, spread out with the letter side face down.
  - Each team will have to spell the phrase “COMPETE HAVE FUN DO GOOD”.
  - Each team must retrieve the letters in same order as the phrase (i.e. “C” first). Team members will go one by one to retrieve a puck.
  - If the puck you flip over is not the correct letter in the sequence, you must flip it back to face down. You will do this until you find the correct puck.
You cannot touch another team’s pucks.
Everyone must rotate in a consecutive order; you cannot cut anyone in line.

• Point System:
  o The top 3 teams will be determined by time. The fastest teams to complete the phrase win.
  o The top 3 teams in your group will be awarded points. First place 5 points, second place 3 points and third place 1 points.

**Bike Challenge**

• Teams:
  o Teams will consist of 10 participants, 4 of which must be of the minority gender.

• Competition Format:
  o Each participant must bike for 1 minute. After 1 minute, the next participant will do the same.
  o Each team will have their own bike machine.
  o Distance will be tracked on the bike.

• Point System:
  o The final distance of all 10 team members in 10 minutes will be the total team distance. If a team does not have 10 members, participants must bike multiple times. You cannot bike back to back turns.
  o The top three teams in your group with the farthest distance will be awarded points. First place 5 points, second place 3 points and third place 1 points.

**SCORING ADDITION:** If you place 1st, 2nd or 3rd in an event overall throughout the entire day, you will get bonus points. 15, 10 and 5 – respectively.