



GAME RULES

Boston Children's Hospital values gender diversity. Teams should be composed of people representing a mix of gender identities with no more than half of a team representing one gender in order to maintain equity and inclusion in the competition. This should be true for the team as a whole as well as any smaller groups put together for specific events.

Obstacle Course

- Teams:
 - Teams will consist of 6 participants and must be gender diverse.
- 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 team members have completed 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 a group with the fastest times will be awarded points. First place 5 points, second place 3 points and third place 1 point.

Tug of War

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- Competition Format:
 - The competition will be single elimination in 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.
 - 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.



GAME RULES

Football Toss

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- 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 another 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 target behind the farthest hula-hoop. If a participant can throw a ball into their target, their team will be awarded 10 points. The football must stay in the target.
- Point System:
 - The top 3 teams in a group with the most points will be awarded points. First place 5 points, second place 3 points and third place 1 point.

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.
 - Once the participant returns to the start, they will pass the backpack 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 backpack must be on the participants back.
 - 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. The participant cannot run back to back turns.



GAME RULES

- The top 3 teams in a group with the fastest times will be awarded points. First place 5 points, second place 3 points and third place 1 point.

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 bar.
 - Each team will have to collectively get a soccer ball over the bar 20 times while staying behind the designated spot.
 - If a participant cannot get the ball over the bar, that participant will go to the back of the line and wait for their turn to try again.
 - Once a team gets the ball over the bar 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 a participant cannot score a goal, that participant will go to the back of the line and wait for their turn to try again.
 - Everyone must rotate in a consecutive order; participants cannot cut anyone in line.
- Point System
 - The top 3 teams will be determined by time. The fastest team to complete both activities wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 point.

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 the participant flips over is not the correct letter in the sequence, the participant must flip it back to face down. the participant will do this until they find the correct puck.
 - Participants cannot touch another team's pucks.
 - Everyone must rotate in a consecutive order; participants cut anyone in line.
- Point System:
 - The top 3 teams will be determined by time. The fastest team to complete the phrase wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 point.



GAME RULES

Basketball Shootout

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- Competition Format:
 - One team plays at a time per basket.
 - Each team will have 3 total hula-hoops, 2 team members 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 a group with the most baskets will be awarded points. First place 5 points, second place 3 points and third place 1 point.

Hula Hoop

- Teams
 - Teams will consist of 10 participants and must be gender diverse; if you have less than 10 participants on your team, then the first people to go will need to run to the end of the line so the hula hoops go through at least 10 people.
- Competition Format:
 - Each team will be given 1 hula hoop.
 - Participants must stand in a straight line holding hands.
 - Participants must stand with arms and elbows fully extended.
 - Once the time starts, the first participant can pick up the hula hoop.
 - The hula hoop must go over each participant's head in order for the pass to count.
 - Once the hula hoop gets to the last person, it must go fully over them and then it gets sent back to the beginning.
 - If the hula hoop touches the ground, then the team must start over.
 - The game is over once the team successfully gets the hula hoop down and back 3 times in a row.
- Point System:
 - The top 3 teams will be determined by time. The fastest team to get the hula hoops down and back wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 point.