

2023 RULES

WOOD PLANK SHUFFLE:

1. Four (4) people needed.
2. Team will get on wood planks.
3. The team will walk 20 yards to one cone and 20 yards back.
4. Will be timed. Fastest team wins.



POTATO SACK RELAY RACE:

1. Team of 4 (2 on each side of field). One potato sack will be provided per team.
2. The first player puts both legs into sack, and hops down 20 yards.
3. Once across, tag the next person in line.
4. That person will hop back 20 yards.
5. The relay continues until all 4 players complete.

KAYAK RACE:

1. Team of 4. All 4 will kayak.
2. Each team will be provided with a kayak, paddles, and life jackets. **Teams are required to put valuables (sunglasses, jewelry, etc.) in a basket before entering a kayak.** This is to prevent lost items in the pond.
3. Two people will be on each side of the pond.
4. One person will paddle across to the other side.
5. Once to the other side, one person will retrieve the kayak and switch positions.
6. The relay continues until all 4 players complete.
7. The clock will stop when the 4th kayak is completely out of the pond.
8. All participants are required to wear a life jacket. You may provide your own or you will need to wear the one that is provided.
9. Each team will be timed and will be placed accordingly within their division.
10. **If a kayak flips, go to the nearest bank and a teammate needs to help pull you out.**
11. **No flip flops. Secure shoes only**

GOLF:

1. 1 man, 1 woman per team
2. Each team will participate in a "closest to the flag" contest.
3. Each person will get 3 attempts to get the ball closest to the flag.
4. The ball closest to the flag will be recorded for scoring.
5. Golf clubs (right & left) and balls will be provided.

VEGGIE TALE RELAY:

1. 2 people are needed per team.
2. Each member will put on a veggie costume.
3. There will be stations on the track where members will be required to complete an active task.
4. One person from each team will go at a time, then tag the next person until all team members have gone.
5. Time will be recorded. The fastest team will win.

CO-ED TUG-OF-WAR:

1. Team of 8 (at least 2 women per team). **Tuggers are welcome to wear gloves but must bring their own.**
2. Winner determined by: Team advancing opponent farthest from designated mid-point at the end of time limit. Team able to pull the lead puller of opposing team across midpoint of neutral zone.
3. Rope is 70 feet long, 1 ½ inch in diameter.
4. There will be no lying on the ground or digging in prior to pull. For digs/rope wraps: Team will receive warning of 5 seconds to fix. After the second warning, the team will be disqualified.
5. Metal cleats or body weights of any kind are prohibited.
6. Rope may not be wrapped around any individual in any manner.
7. Rubber or nylon cleats are allowed. Gloves are allowed.
8. "Stick-em," a sticky spray product used in basketball (or substance of this nature) is not allowed in the Tug-of-War event.