

RULES AND REGULATIONS FOR CONCLAVE ATHLETIC EVENTS

INDIVIDUAL EVENTS

Connect Four: One person takes a turn after the other and places one piece in the holder until one has connected 4 of the same color. 10 minute game.

100 Yard Dash: Top three place in each age group.

Gavel Toss: One Practice Throw. Best throw of three counts. Top three place.

Soccer Obstacle: One practice run. Fastest of three trials will count. Top three place.

Frisbee Throw: One practice throw. Best throw of three counts. Top three place.

Softball Throw: One practice throw. Best throw of three counts. Top three place.

Foul Shooting: 5 warm-up shots. Best of 20 shots. Shoot 5 extra shots to be used for tie breaker possibilities. Top three place.

Cross Country Run: One mile cross country run. First three to finish in each age group.

TEAM EVENTS

UNO: The team with the least amount of points wins. 10 minute game.

3 Legged Race: Must have legs tied together. Start at the starting line and race to the other line, turn around and return to the start line to finish. Top three teams place.

Wheelbarrow Race: Must have one person on hands with teammate holding legs. Go to the other line, switch positions and return to the start line to finish. Top three teams place.

Corn Hole: Points as follows. Bag in the hole - 2 points, bag on the box - 1 point. Team with the most points wins. 10 minute game.

CHAPTER EVENTS

Dodgeball: If you are hit you are out. If the opponent catches the ball that you threw you are out. Time limit for holding the ball is 10 seconds. No headshots. If you step over the center line or out of bounds, you are out. Top three chapters place.

Tug of War: Best two out of three tries, swapping sides. Even number of players on each side. Top three chapters place.

Ultimate Frisbee: One team throws to the other to start the game. When you have the Frisbee you cannot move, you must stop and throw it. If the Frisbee is dropped, out of bounds, or intercepted, the other team gets the Frisbee. Once a point has been scored the other team gets the Frisbee. 1 point is scored when the Frisbee is in the opposite teams end zone. Team with the most points at the end of 15 minutes wins. Top three chapters place.

Volleyball: One team serves the ball. If the ball hits the ground, goes out of bounds, or hits the net, one point is awarded. The team that scored will serve next. 11 points wins. Top three chapters place

Archery Tag: If you are hit with an arrow you are out. If the opponent catches an arrow you are out. No headshots. The team that eliminates the most players in a 15 minute game wins. Top three chapters place.

Kickball: If the ball is kicked out of bounds the player has another opportunity to kick. If player catches the ball the kicker is out. Three outs is a turnover. Once the ball is kicked the other player must get the ball and throw it to the base before the player gets there to be out. The ball is rolled three times. It must go over the base to be an out. A home run is a score of 1 point.