



**Summit
Games
TREK
Rulebook
2026**

Summit TREK Games

7th and 8th grade guys & girls

Official Rules and Regulations

For 2026

INTRODUCTION

This manual is designed for team coaches, circle directors, and line judges who will participate in a Summit Games TREK Event.

Authorization of Summit TREK Games Events

All Summit Games are organized and arranged by Summit Games and Bible Quiz Corporation. If several churches with a TREK club are interested in conducting a Summit TREK Game event in an area where none is scheduled, please contact Summit Games and Bible Quiz.

Organization of Summit Games Events

TREK: A team consists of a minimum of 10 players (five guys and five girls) and a maximum of 14 players (seven guys and seven girls). Four teams will compete on each circle. The number of circles in a meet depends on the number of teams competing.

All players are **limited to five events in addition to the first and tenth events**. Each team member must play in a **minimum of two events** and **no more than seven events**. The number of circles used in a meet, the organization of the meet, and the assignment of teams depend on the number of teams competing and the size of the facility. The Summit Games event specialist has final authority to allocate space available for TREK teams, and to set registration requirements along with determination as to use of the 3-way or 4-way configuration.

Registration **Requirements**

1. Only currently registered churches are authorized to compete in the Summit Coed Game meet.
2. The Summit Coed Game registration form, accompanied by a registration fee, is required. The fee covers part of the operating costs of Summit Games. All game equipment is provided, except basketballs for the Basketball Relay and leg bands for the Three-legged Race.
3. Until the registration fee is paid, a team cannot be officially registered. Teams are accepted on a "first-come, first-paid" basis.
4. **No refunds will be issued to teams withdrawing their registration.**

Processing Registrations

Completed registrations will be accepted according to the order in which they are received. When all team lines on all circles available for the meet have been filled, additional team registrations will be accepted on a standby basis. Such teams will be notified accordingly. All teams accepting a "standby" position are expected to practice as if they were an accepted team. They must also be ready to participate if notified at least 24 hours before the meet. If a standby team is unable to participate when notified of acceptance, it loses its registration fee. Standby teams that are not asked to replace another team will be refunded the full registration fee following the Summit Coed Games meet.

Team Assignments

The procedure for team assignments to a particular team line/color or a particular circle will be specified prior to the meet.

Qualifications of Team Members

1. First year students need to complete the Entrance Booklet. Returning students must complete three units/lessons in TREK.
2. TREK teams may register for only one Summit Games meet per year.
3. All TREK students in 7th or 8th grades (6th grade if part of TREK) **who did not reach their 15th birthday by September 1st** prior to the meet may participate.
4. If short of players, T&T Clubbers who have met their T&T requirements may be substituted for middle school guys and girls respectively.

GENERAL INFORMATION

Good Sportsmanship

Each Team is awarded Sportsmanship Points per event. For unsportsmanlike conduct, sportsmanship points will not be given.

An important aspect of the Summit ministry is teaching good sportsmanship. Whether we win or lose is not as important as putting forth our best effort. Maintaining a friendly attitude at all times demonstrates that Christ can give peace and victory in every circumstance. **No coach should destroy a Christian testimony by even a moment's display of poor sportsmanship. Being a winner for the Lord is more important than winning a Summit Games event.** We encourage all team coaches to enthusiastically motivate their team. However, one should not mistake enthusiasm for unsportsmanlike outbursts. Officials in all sports make "wrong calls," but our officials are trained, devoted, impartial, born-again volunteers who do their best to officiate according to Summit Coed Games rules. Summit Games affords leaders, boys, and girls an opportunity to display a charitable spirit under the pressure of competition. Hundreds of unsaved people may be observing. We need to watch our actions, and all coaches should remind themselves and their team that their testimony for Christ before others is of utmost importance.

Roster Sheet

The team roster sheet indicating name, grade in school, **age and date of birth** of each player must be prepared by the team coach and submitted to the Summit staff at the time of registration.

Team Outfits

Coaches are responsible to be sure that uniforms are respectable and in keeping with Christian standards of dress. Summit recommends that team members wear sweatpants or warm-up pants (**without snaps or zippers on the legs**) for competition. Gym shoes must be worn by everyone on the playing floor. All coaches, line judges, circle directors, and team members are expected to maintain these dress code requirements. **NO SHORTS, SPANDEX, or any other form-fitting apparel is permitted to be worn by Players or Coaches.** In meets where team shirts are provided, coaches are also expected to wear the team shirt that is made available to them. The area "Summit Event Participant Dress Code" can be found on the last page of this rulebook. Coaches may want to bring extra warm ups for players, just in case.

Insurance

Summit does not carry insurance covering team members. All churches **must** obtain insurance information for church-sponsored activities so they can supply their own protection. The coach must have in his/her possession on the gym floor the sponsoring church's permission form signed by a parent/guardian for each player. Extra players brought by a team on a "standby basis," as well as, those recruited from the stands to fill in short teams must have the sponsoring church's permission form signed by a parent/guardian for each player before they can participate.

Summit Coed Games Records

In each circle, two volunteers are responsible for using stopwatches to time the first-place winner in each timed event. A minimum of two timers per circle must be used to establish records.

PROMOTING INTEREST IN SUMMIT GAMES

A good cheering section goes a long way toward helping a team win! The Summit Games meet is an enthusiastic introduction to people who have not had any previous contact with AWANA. Here are some suggestions for encouraging spectators to attend:

1. Summit Games should be promoted at **club meetings**. Clubbers not selected for the team can encourage the team to victory by attending the meet and cheering for friends on the team. Clubbers not on the team should be made to feel as much a part of the Summit Games as team members.
2. Summit Games should be promoted at **Sunday school**. Many boys and girls who don't attend club, as well as adults who are unfamiliar with AWANA, would attend a Summit Games event if invited. Use skits or other interesting methods to give announcements.
3. Summit Games should be promoted in **church**. The Pastor can do much to encourage support of Summit Games club teams in the weekly church bulletin and in his announcements.
4. Summit Games should be promoted to **parents**. People who have never seen a Summit Games event may need an extra push to get them there the first time. A visit or a letter may be all they need.
5. Summit Games should be promoted in the **neighborhood**. An article announcing the team's participation in the area may be written for a local newspaper. Radio and TV interviews can often be arranged.

Summit Games Awards

Individual Summit Games awards may be given to all team members and coaches places 1st – 3rd or 4th

SUMMIT GAMES DAY SCHEDULE

Arrival Time

As announced at your coaches' meeting and/or in confirmation communication, a general guideline would be for teams to arrive about **1 hour to 30 minutes** prior to the start time of the event.

Scorekeeper training will begin PROMPTLY 30 minutes before each game starts.

A coach from every team must bring two completed roster sheets, one completed sponsoring church's permission form for each participant signed by a parent/guardian, and a completed "Day of Event" form for the coach and one for the assistant coach. One roster sheet is submitted to the Summit Registration table at check-in along with the "Day of Event" forms. The Permission forms must be kept by the coach during the event.

Before arriving at the registration table PLEASE:

- Have your church's permission forms in your possession for each team member
- Two (2) completed rosters (one will be turned in at registration)
- All five (5) volunteers, as well as, the Coach and assistant Coach must personally submit their "Day of Event" form to the registration table.
- Make sure your players have their right hand marked before the team enters the gym as follows: **Event number(s)** written on the back of their right hand if they are participating in events #2, #6, #7 or #9.

Circle and Team Line Locations

Teams will be instructed at the registration table as to where they are to line up prior to their Team entrance into the event. No running or practicing on the circle is permitted before the meet begins. Teams will help reduce congestion if they go to their assigned location and stay there.

Meeting Summit Games Officials

The circle director will give last-minute instructions to team coaches and lead in prayer. Team coaches will be given an opportunity to ask last-minute questions of officials before the event begins.

Flag Ceremony

All team members should be instructed before the meet to face the flag during the ceremony and to place their hands on their heart at the given signal.

Prayer & Gospel Presentation

A brief gospel message is given where unsaved parents and friends (as well as team members) are confronted with the plan of salvation. **This is a central focus of the meet** since many parents, relatives and friends who might never attend a church-based Summit function may have their only opportunity to hear the gospel. It is most commonly done just prior to the start of the events, or at a "halftime" break during the event. Recognition may also be given to TREK clubbers for outstanding achievements. Coaches should instruct team members to sit quietly without talking or whispering during the message and recognition time. **Players are not permitted to leave their team areas.**

SUMMIT GAMES PERSONNEL

Chain of Command on Each Circle

Players should ask questions only of their coach. If the coach has a question or comment, he/she speaks only to the line judge on his/her team line. If the line judge cannot answer the question satisfactorily, he consults the circle director. **The circle director's decision is final. Unless requested by the circle director, no coach is allowed on the game floor to consult him at any time.**

Summit Games Specialist

They oversee the entire operation from planning through team registrations to supervision of the Summit Games meet.

Circle Director's are responsible for:

1. Coaches' meeting at start of meet
2. Circle operation after official start
3. Declaring reruns
4. Indicating event winners
5. Coordination and ultimate responsibilities of line judges
6. Scorekeepers' and Timekeepers' activities
7. Final word on all matters not covered in written rules

Line Judges

In each circle, four trained officials, who are familiar with all Summit Games events, rules governing each, and how to resolve tie events, tie heats, or tie score, assist the circle director in watching for false starts, broken rules, fallen pins, interference, etc.

Official Scorekeepers

One female from each team for each circle records the scores for each event as reported by the circle director.

Official Starter

He gives the starting signal for all circles at the beginning of most events or heats.

Official Timers

In each circle, three timers are responsible for using stopwatches to time the first-place winner in each timed event. A minimum of three timers per circle must be used to establish records. If churches fail to provide the correct number of volunteer staff persons, this role will be eliminated and NO records will be kept.

Team Coaches

A coach is selected from within each club. Only two coaches per team are allowed on the floor during the meet. Since the teams are coed, each team may appoint both a man and a woman coach. Team coaches are not permitted in the playing area at any time during the Games event. They must give directions from the sidelines only, out of the way of players and judges.

1. Coaches may ask their line judge to review a decision with the circle director.
2. A coach may be asked to leave the floor when the circle director considers it necessary.
3. All coaches are to attend the Summit Games coaches' training session.
4. All coaches must remain behind their team line at all times while Summit Games events are in progress.

GENERAL RULES/DEFINITIONS

Arranged alphabetically for quick reference

Adherents

No adherents are permitted on gym shoes, including everything from professional adherents to wet cloths. No cloths will be allowed on the gym floor (unless provided by Summit Games). Violators will be disqualified. The best safety measure is a good pair of gym shoes with a clean tread.

Balloons

Nine- to 11-inch balloons are inflated to about eight inches in diameter (be aware of the possibility of a clubber having an allergic reaction to the powder from the balloons).

Basketballs

Each team **MUST** bring one men's regulation-size basketball to use in events where one is needed.

Breaks of the Game

The Circle Director or Line Judge will determine whether or not the progress of a player (especially in the running games) is impeded by a slower player not moving over after being tapped. If in the opinion of the judges, the player in back is NOT sufficiently faster than the one in front whereas to actually be able to pass at that moment, they will not call interference, and it will be considered "Breaks of the Game".

Circle Pins

All circle pins must be passed with both feet outside the circle in all running events. No jumping of pins is allowed. If a pin has fallen, that point on the circle normally marked by the pin must be passed with both feet outside the circle as if the pin were in its proper place. (Runners may cut inside the circle between circle pins, but they must be outside the circle at each pin.) Anyone knocking over a circle pin during a game disqualifies his/her team from that event or heat. It is recommended that 6 oz. of sand be added to each pin.

Disqualification

A team may be disqualified by the circle director and/or line judges at any time during an event for one or more of the following reasons:

1. After one warning for poor conduct or unnecessary roughness
2. Knocking over a circle pin
3. Causing interference to other participants
4. Player participation in more than the prescribed number of events (see General Rules "Participation")
5. Breaking other game rules not listed here, but described elsewhere in this manual
6. Play which is not according to the spirit of the game (see General Rules "Spirit of the Game")
7. Teams are not disqualified if a player steps outside of the game square during a running event.
8. Coaches should instruct players to go all the way into the center for each event—no matter how hopeless it may seem—because the apparent winners may have been disqualified.

Diving

Diving is plunging head first with hands out to touch the pin.

DIVING IS PERMITTED IN TREK.

False Start

The circle director and line judges will call a “false start” when action is started in an event before the starting signal. The event in that circle is brought to a halt as rapidly as possible, and then restarted by the circle director. Two false starts in one event or heat by a single team disqualifies that team from that event or heat. The remaining teams will be restarted.

Floor Markings

Lines are marked on the floor with tape. The width of the tape provides a margin for error in games which use tape boundaries. If any player’s foot protrudes beyond the tape in these games, his/her team will be disqualified from that event or heat. (See Game Circle Diagram)

Interference

The Circle Director and Line Judges may declare “interference” if, in the opinions of these officials, a team’s fair chance of winning is impaired by something other than normal breaks of the game. This includes hampering of teams’ or players’ progress by someone other than players participating in a particular event or heat, such as officials, spectators, coaches, and nonparticipating players of opposing teams. When a player or coach causes interference, his team will be disqualified from that event. Interference may also be called when players’ progress is hindered by foreign matter or liquid on the floor. When interference is called, the Circle Director may declare a rerun.

Leg Bands

For the three-legged race, each team must bring at least two leg bands. TREK may only use one leg band during the event. If the leg band falls off during competition that team is disqualified for that event.

Participation

All players are limited to five events in addition to the first and tenth events. Each team member must play in a minimum of two events and no more than seven events. No contestant can compete in both long-distance running events or both short distance running events.

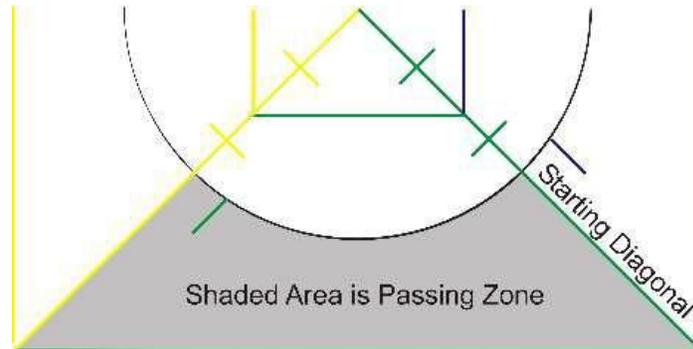
- Participating in running events is as follows; If a runner is participating in more than one running event, it must be one of the following two combinations:
 - Event #2 and Event #7
 - Event #9 and Event #6(See Sprint Relay, Sprint, Marathon Relay & Marathon instructions.)

Passing Rule

This rule applies to all running events except the three-legged race, which has a Tag Rule. (See individual events.) If a runner is tapped by a hand (**not by baton**), **he/she must move immediately to the right to allow the tapping team member to pass**. Failure to move when tapped may result in interference. The Circle Director and Line Judges are the final authority as to whether or not interference took place.

Passing Zone

In all **RELAYS**, the pass of the baton must be completed within the team zone. Passing the baton in any other zone — including passing it over a starting diagonal — disqualifies that team for that event. A completed pass of the baton is when it is in the sole possession of the next runner.



Practices

Each team is allowed an unlimited number of practices in preparing for the Summit Games event. Practices are not permitted on the game floor on game day.

Rerun

A rerun of an event or heat will be held for interference calls. A rerun is also in order when, in the opinion of the circle director and line judges, the awarding of points cannot be determined fairly. A team will not be allowed to participate in the rerun if:

1. Any of its members were the cause of an interference call
2. The team had already been disqualified for a violation previous to an interference call or other situation requiring a rerun (see General Rules "Interference").

Scoring

The scoring for each event is stated in the game rules. The circle director determines who the winners are and reports to the scorekeepers. Players should not leave the circle until the circle director has determined their team standings.

Scoring Pins

Game pins set at the five-foot mark are to be touched, tipped or knocked down by the player's **open** hand only.

Slapping or Batting

Non-flexing movement of the wrist. **NOTE:** Does not count when returning an incomplete pass. **This pertains to Basketball Relay only.**

Spirit of the Game

When a team deliberately stretches existing rules to play a game differently from that planned by the Summit Event Specialist, the spirit of the game has been violated. The circle director and judges will declare the team disqualified from that event or heat, even though the team may have followed the letter of the rules as written.

Starting Diagonal

(See Game Circle Diagram) Events which are run around the circle will be started with the player outside the circle and behind the starting diagonal for his/her team color. All running events are run in a counter-clockwise direction.

Starting Signal

When each team is ready, the line judge on that line signals the circle director. When all line judges in a circle have indicated their teams are ready, the circle director signals the official starter. When all circle directors have signaled, the official starter will start the event.

Tag Rule

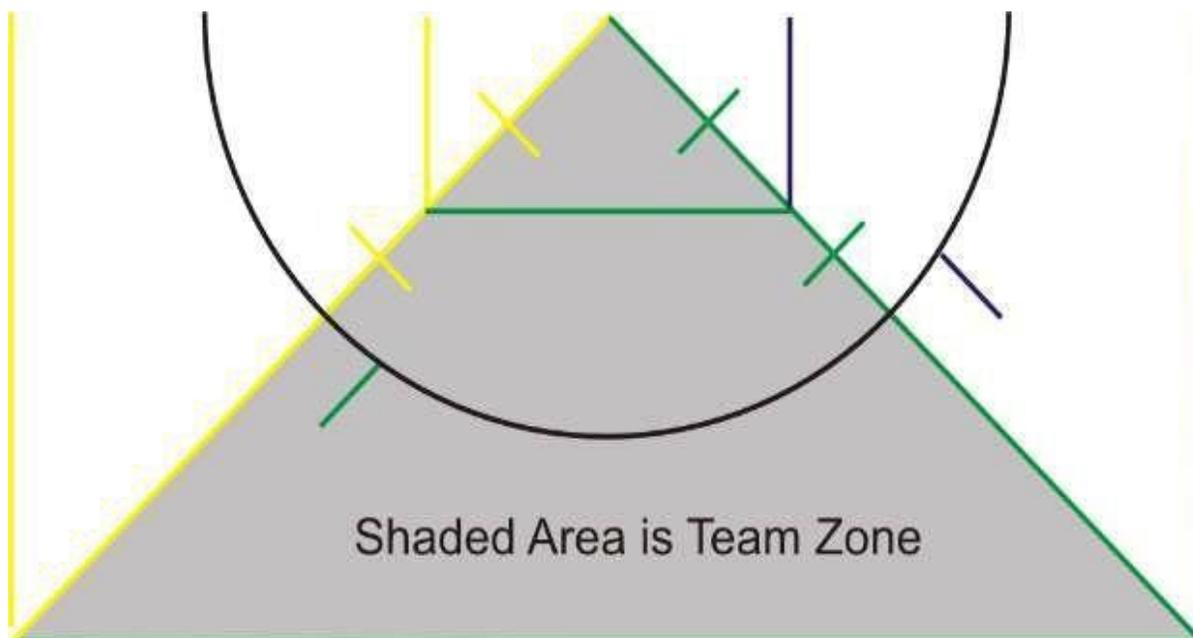
This rule applies to the Three-legged race ONLY. When one runner gains on another and is able to touch or “tag” him/her, or if a runner is passed even without being tagged, the one passed or tagged must quickly drop out of the race to the right. (Unnecessary pushing of another runner will result in team disqualification, although the tagged runner is also disqualified.) In dropping out of the race, tagged runners should leave to the right, away from the circle.

Team Lines

The colored lines on the triangle mark the team lines. Team members not participating in an event must stay seated behind these lines.

Team Zone

(See Diagram) The area bounded by the team line and two diagonal lines forms the team zone.



Tie Game (Event) or Tie Heat

When two teams, in the decision of the circle director touch the scoring pin at the same instant, a tie is declared. Available points are divided equally between the tied teams. If it is a tie for first place in a game having second place, first- and second-place points are added together and split, eliminating second place. **If it is a tie for second place, full second-place points are awarded to both teams that tied for second. (Example: If first place is four points and second place is two points and two teams tied for second, the two tied teams would both be awarded two points.)**

Tie Score (Team Totals)

When two or more teams are tied after the end of the 10th event, the tie is resolved by the best two out of three heats of Basketball Relay. No second-place points.

Winner of an Event

The circle director declares the winner(s) of each event. (He may consult with the line judges to determine the winner.) If the player touching or tipping the scoring pin has been disqualified, the second-place player receives first-place points. If the second-place player is disqualified, the circle director will award second place to the third-place player. Where it is not possible for the circle director to determine the winner, he may call for a rerun.

Coaches Meeting Topics:

I. Why we are here

- a. To praise and glorify God
- b. To witness to potential unbelievers in the audience through our actions and attitudes

II. Attitude

- a. The attitude of the coaches and judges will be a witness to the audience
- b. We need to remember that we are here for the kids
- c. Arguing with the judges will not be tolerated

III. Sportsmanship

- a. Coaches need to ask questions to their Line Judge not go to the Circle Director
- b. The Line Judge is the go between for the team and the game staff
- c. The Line Judge will go to the Circle Director if there is an issue
- d. If a call does not go the coach's way, they need to maintain a calm and reasonable tone
- e. The Circle Director has the final say on a call
- f. Coaches need to stay off the game square or triangle and out of the line-of-sight between Scorekeepers and Circle Directors

IV. Safety

- a. The Kids safety comes first
- b. Any head contact and the youth is done for the day
- c. We have a medic on site that will evaluate any potential injury
- d. Coaches need to stay off the game square or triangle until summoned by Circle Director or medic
- e. The medic will determine if 911 is required even if a parent or coach requests not to call

V. Questions

- a. Judges will answer last-minute questions from coaches
- b. Judges will make clarifications if necessary

VI. Closing prayer

- a. Circle Director will close the meeting with prayer for the day

Summit TREK GAME EVENTS

EVENT 1—Basketball Relay

10 players; three heats

Heat 1: five girls

Heat 2: five guys

Heat 3: five girls and five guys

Scoring: Heats 1 & 2: 1stplace - three points; 2ndplace - one point
Heat 3: 1st place - four points; 2nd place - two points

Equipment -- Four circle pins, four scoring pins, and one men's regulation-size basketball per team. **(Basketball is to be provided by each team, NOT by Summit)**

One player, standing with both feet on the floor and with both feet in game leader triangle acts as the game leader. He/she may stand or move about anywhere in this triangle, but he/she must have both feet in the triangle when throwing or catching the basketball. In the first heat, one girl is positioned in the middle triangle with four girls on the circle. In the second heat, one guy is positioned in the middle triangle with four guys on the circle. In the third heat, 10 players (5 girls/5 guys) are involved. One guy is positioned in middle triangle. Remaining team players are positioned on the circle (alternating girl, guy, etc., with girl last). In all heats, team members on the circle must stand with both feet outside the circle, **shoulder-to-shoulder**, facing the center triangle. No trailers or stacking is allowed. If any part of player's body touches the floor inside the circle, the entire team is disqualified.

A strip of tape four feet to the right of each circle pin marks an area that must be kept clear for the game leader of the neighboring team when he/she runs into the center. Interference will be called if a neighboring team gets in the way of a game leader running into the center.

At the starting signal, the game leader throws a basketball **chest pass** to the player on his/her left (nearest team starting diagonal). Player #1 catches the ball and throws, chest pass, back to the game leader who throws it to player #2. Play continues until all players on the circle have caught the basketball and returned it to game leader. (The ball must be caught with 2 hands and passed – **no batting or slapping**).

On receiving the basketball from the last player (#5), the game leader immediately **bounce-passes** the basketball back to the last player (#5) again, who also bounce-passes the ball back to game leader. Play continues back down the line with each player throwing a bounce pass. The ball must be caught with 2 hands and passed – **no batting or slapping**).

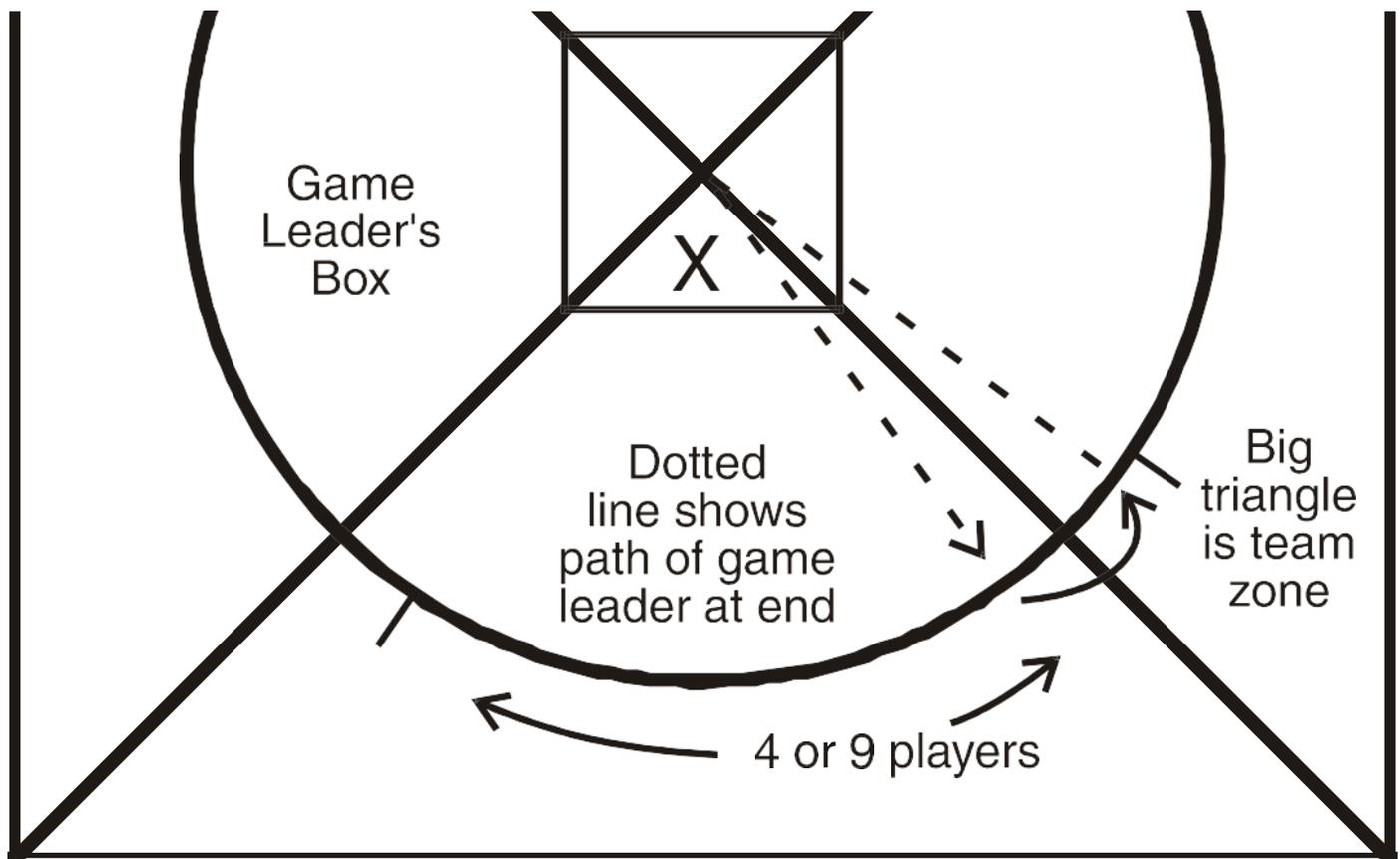
On completion of the bounce pass to and from player #1, the game leader runs out of the game leader triangle with possession of the ball, around his/her circle pin, and into the center of the circle to touch or tip the scoring pin with an **open** hand. The game leader must go around the pin without touching another player. In order to win this event, the game leader must retain possession of the basketball while scoring.

If any line player drops the basketball, it can be retrieved by any of the line players, provided the player does not step inside the circle or outside his/her team zone. The ball, however, must be thrown to the game leader by the player who missed or dropped it. The team is disqualified if his/her foot passes through the imaginary planes extending vertically from the circle lines. The team is disqualified for knocking over the scoring pin or circle pin prior to completion of the event. Balls landing inside the circle and within the team zone may be retrieved:

1. By players on the circle, as long as they do not step or cross the circle line with their foot or touch inside the circle with any part of their body.
2. By the game leader, as long as he/she does not step or cross the middle triangle line with his/her foot or touch the inside the circle with any part of his/her body.

The game leader must remain within the center triangle. If a team's basketball goes out of the team zone, the team is disqualified. Players must stay in position – **no "trailers."** No player should attempt to retrieve a basketball that lands in a neighboring team zone. The game leader must stay in the triangle, except when going for the pin. His/her hands may not touch the floor outside the center triangle.

Basketball Relay Diagram



EVENT 2—Sprint Relay

Four runners (two laps each); one heat
(1st and 3rd runners are guys; 2nd and 4th runners are girls)

Scoring: 1st place - four points; 2nd place - two points

Equipment: three circle pins, one baton per team, and three scoring pins on the five-foot marks.

Each participant runs **two laps** and hands baton off to each consecutive runner.

The baton must be completely passed within the team passing zone (see General Rules “Passing Zone”), or the team is disqualified. When the runner completes his/her laps, he/she must leave to the right, away from the circle.

The fourth runner goes around team circle pin and into center triangle for the team scoring pin. The pin must be touched or tipped only by a player’s **open** hand. The winner must retain possession of the baton to be awarded points for this event.

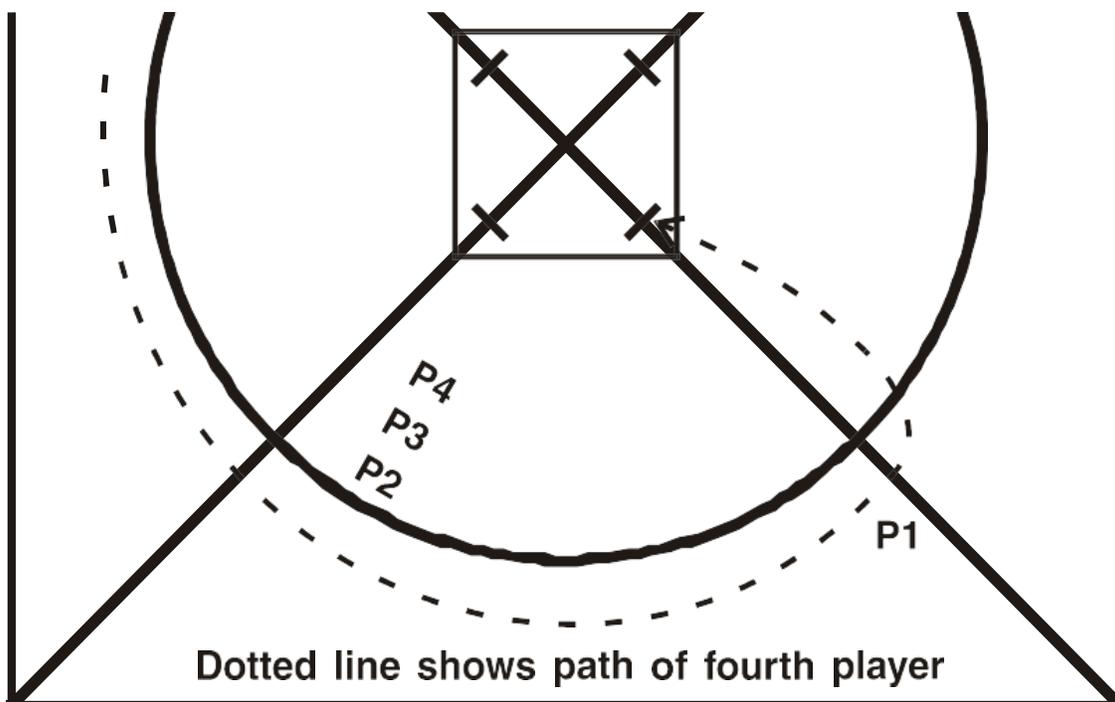
Contestants who knock over a circle pin are disqualified.

Dropped batons may be picked up and play resumed. However, if a baton leaves any team zone, that team is disqualified. Contestants should continue running even though someone tags or passes them.

Passing Rule applies (see General Rules “Passing Rule”). See Diagram 5 for runners’ lineup.

➤ Sprint Relay (event #2) runners cannot participate in the Sprint Race (event #6) or the Marathon Medley (event #9), but they may participate in the Marathon Race (event #7).

Sprint Relay Diagram



EVENT 3—Three-legged Race

Four runners (two laps per pair); two heats

Heat 1: two girls

Heat 2: two guys

Scoring: 1st place - four points; 2nd place - two points

Equipment: Three circle pins and three scoring pins positioned on the five-foot mark of each team's diagonal line. **Teams must furnish their own official Three-legged Race bands**, which are available from AWANA headquarters. TREK can ONLY use one leg band in the event.

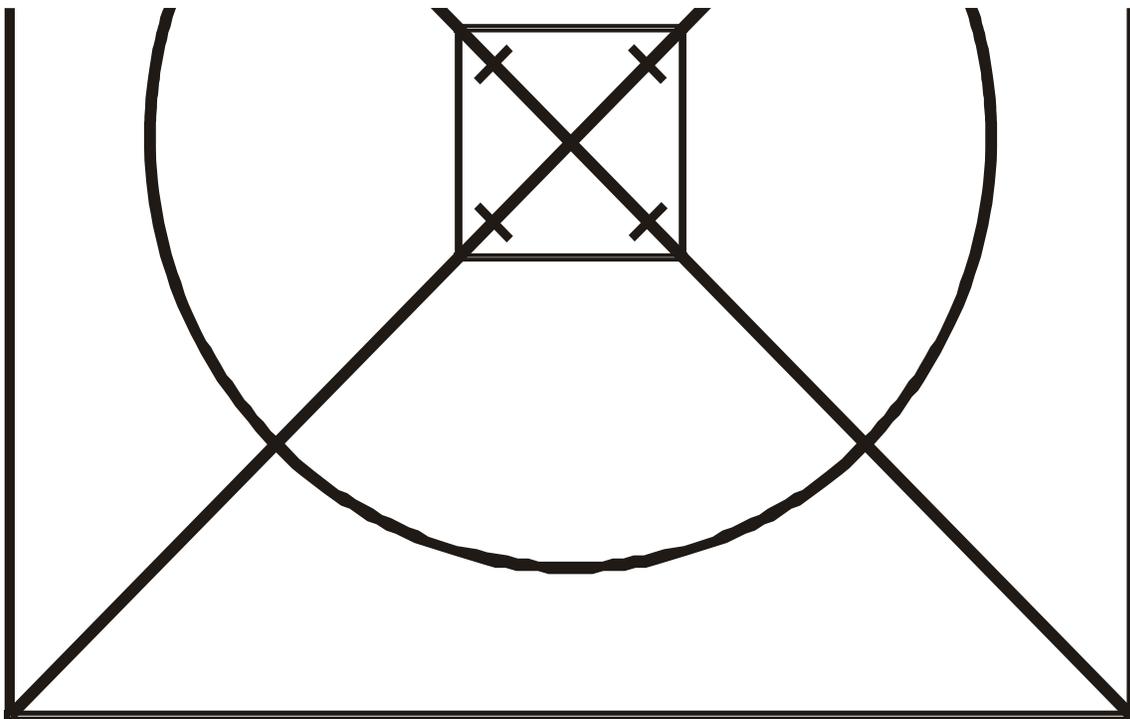
The coach securely bands the right ankle of one player to the left ankle of another. Each pair stands outside the circle, behind the starting diagonal.

At the starting signal, the two players run as a pair for **two full laps** around the circle. Contestants complete the race by going around their team circle pin and into the center triangle for the team scoring pin. The pin must be touched or tipped only by a player's **open** hand. The first team player to touch his/her team scoring pin with an open hand wins that heat.

A team is disqualified for the heat if the pair knocks over a circle pin or if the ankle band comes apart.

If any team member falls to the floor, that team is not disqualified unless that team is passed or tagged by contestants from another team. **Tag Rule applies (see General Rules "Tag Rule")**.

Three-legged Race Diagram



EVENT 4—Three or Four-Way Tug

Four players - two heats

Heat 1: two girls

Heat 2: two guys

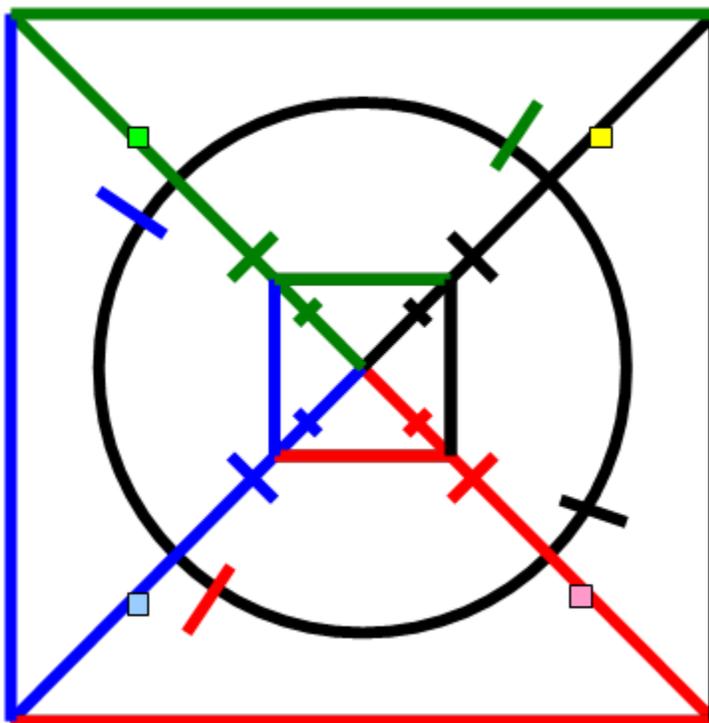
Scoring: 1st place ONLY - four points each heat

Equipment: Seven-foot, four-way rope (spliced in the middle for even pull) and four colored beanbags, one of which is placed on the 17-foot mark on each team diagonal line.

The beanbag on the 17-foot mark at the start of the event is moved one foot towards the center of the game square at 15-second intervals. An audible signal is given when it is time to move the bag. The bag is moved a maximum of four times toward the center of the circle (see Diagram).

Team members may wear gloves for this event only.

There are two players per team in each heat with the starting position between the five-foot and eight-foot lines. Players grab hold of the rope with their hands; no player is allowed to “wrap” the rope around any part of his/her hand or body. At the starting signal, the team pulls along or down its color diagonal until one team player picks up its beanbag. Both team members must be holding the rope when the beanbag is picked up. Temporary loss of the rope during the tug will not disqualify a player, but the player who picks up the beanbag must have one hand securely on the rope at the same time to win (the other team player must have their hand on the rope also). To make it easier to reach the beanbag, players, while holding the rope, may use their feet to draw the beanbag closer. If a bag is moved off the mark on the diagonal line during play, it will be placed on the proper mark at each 15-second signal provided that by doing so the team is not giving up an earned advantage. When beanbag is moved, it is to be centered on top of the tape. The winning team is the first team to grab the beanbag while both members are still holding onto the rope.



EVENT 5-- Agility Race

Four runners (one lap each); four heats

Heats 1 & 2: one girl each

Heats 3 & 4: one guy each

Scoring: 1st place - three points each heat; 2nd place - one point each heat

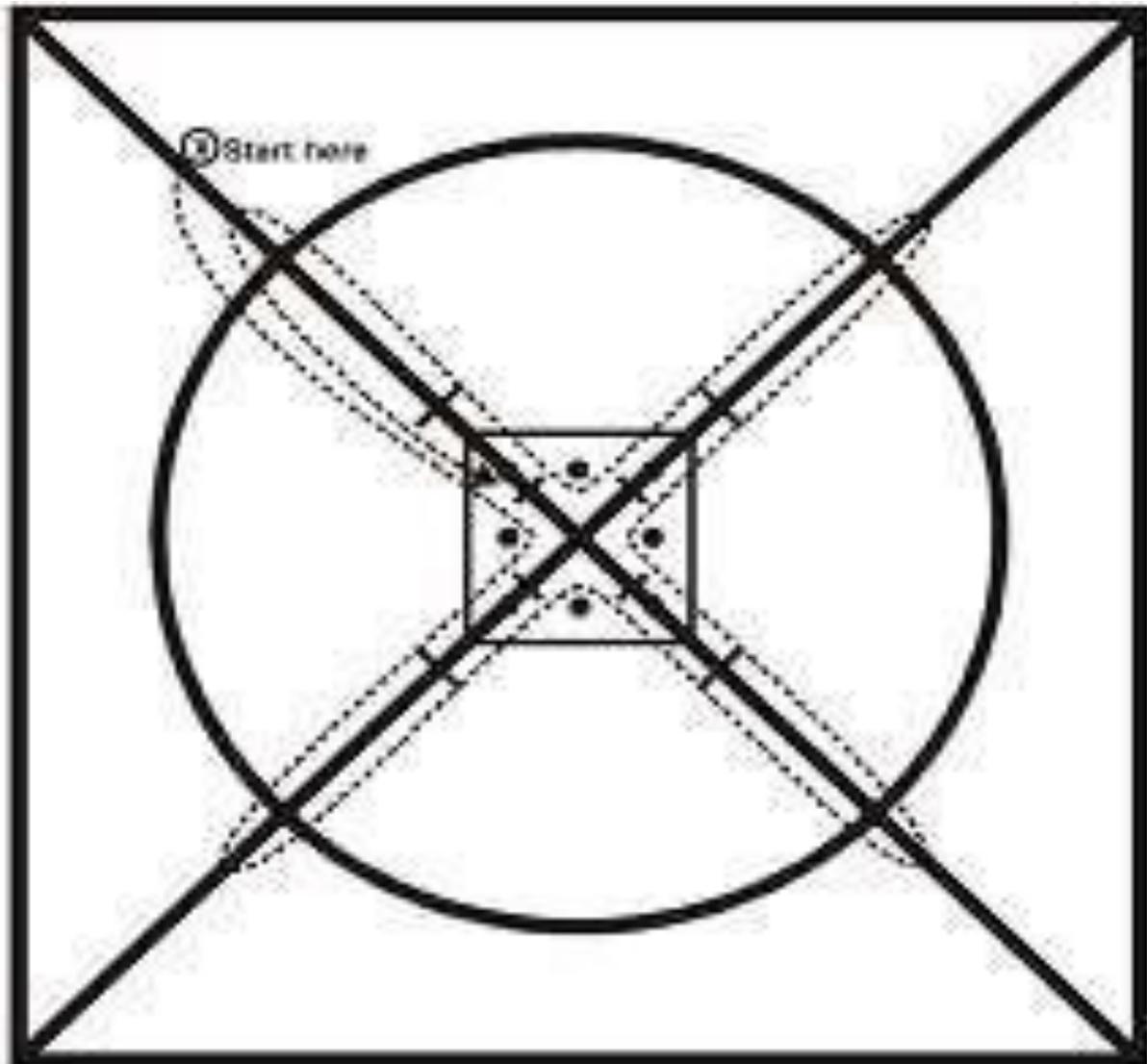
Equipment: Four circle pins, four team color pins on five-foot marks, and four scoring pins on five-foot marks with four additional pins on the other five-foot marks

Each runner in each heat starts at the team starting line. Players proceed around each circle pin, as well as pins positioned on the five-foot mark in the center of each team zone (see Diagram).

After completing **one lap**, players run around their own team circle pin and into the center triangle. The first runner to touch or tip the team scoring pin with his/her **open** hand wins that heat.

Contestants who knock over any pin except their own scoring pin at the end of the event is disqualified.

Passing Rule applies (see General Rules "Passing Rule")



EVENT 6 -- Sprint Race

Two runners; two heats

Heat 1: girl - three laps

Heat 2: guy - three laps

Scoring: 1st place - four points each heat; 2nd place - two points each heat

Equipment: four circle pins and four scoring pins on the five-foot marks.

The Sprint runner stands outside the circle, just behind his/her starting diagonal. At the starting signal, the team player runs **three entire laps** around the circle, goes around the team circle pin, and into the center for the team scoring pin.

The first runner to touch or tip team scoring pin with his/her **open** hand only wins that heat. Contestants who knock over a circle pin are disqualified. **Passing Rule applies (see General Rules "Passing Rule")**.

- A Sprint Race (event #6) runner cannot participate in the Sprint Relay (event #2) or the Marathon Race (event #7), but they may participate in the Marathon Medley (event #9).

EVENT 7—MARATHON RACE

Two runners; two heats

Heat 1: girl - seven laps

Heat 2: guy - seven laps

Scoring: 1st place - four points each heat; 2nd place - two points each heat

Equipment: Four circle pins and four scoring pins on the five-foot marks.

The runner stands outside the circle, just behind his/her starting diagonal.

At the starting signal, **seven complete laps** are run around the circle. The contestant then runs around his/her team circle pin and into center for the team scoring pin.

First runner to touch or tip the team scoring pin with his/her **open** hand only wins that heat. Contestants who knock over a circle pin are disqualified. **Passing Rule applies (see General Rules "Passing Rule")**.

- A Marathon Race (event #7) runner cannot participate in the Sprint Race (event #6) or the Marathon Medley (event #9) but they may participate in the Sprint Relay (event #2).

EVENT 8 -- Beanbag Bonanza

10 players; two heats

Heat 1: five girls

Heat 2: five guys

Scoring: 1st place - four points each heat; 2nd place - two points each heat

Equipment: Four circle pins, four team scoring pins, one colored bag, and one striped beanbag per team.

The **colored beanbag** is placed in the center of each team's center triangle. The five players line up on their circle line. Player #1 holds the **striped beanbag** in his/her hand.

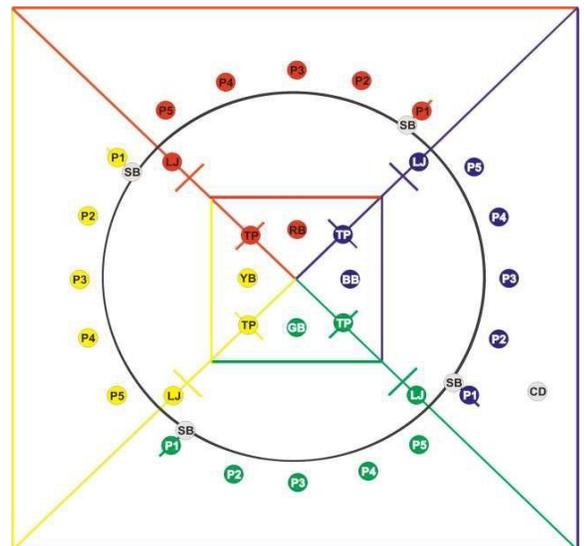
At the starting signal, player #1 (the player farthest from the starting diagonal) runs into the team center triangle, switches the striped beanbag for the colored beanbag, runs back to the circle line, and hands the colored bag to player #2. Player #2 runs into the team center triangle and switches the colored beanbag back for the striped beanbag, returning to the circle line to hand the striped beanbag to player #3, who repeats the action. Play continues until player #5 switches the bags. He/she then hands his/her bag to player #1, and play continues for a **second round**.

Each player will run into the circle two times.

The second time player #5 goes in, he/she does not switch the bags, but runs into the center of the circle. First player to touch or tip their team scoring pin with her/his open hand while retaining possession of the beanbag wins that heat.

No player may step over the circle line until he/she is handed the bag from the previous player. **If the player does step over the line, the team is disqualified.**

The beanbag must be **placed by hand all the way to the floor, not dropped or tossed**, within the team's inner triangle. Each time a bag is **placed** in the triangle, no part of the bag may be outside the triangle, or the team will be disqualified. If the bag goes out of the team's zone, that team will be disqualified. When a player returns from **placing** the beanbag in the triangle, he/she must **hand (not toss)** the beanbag just picked up to the next player. Players must stand an arm's length apart. No bunching or rotating is allowed.



EVENT 9 -- Marathon Medley Four runners; one heat
Girl, one lap; guy, two laps; Girl, three laps; guy, four laps

Scoring: 1st place - four points; 2nd place - two points

Equipment: Four circle pins, one baton per team, and four scoring pins on the five-foot marks.

This relay is run basically the same as Sprint Relay with each runner increasing the required number of laps.

Runner 1 (girl) runs one lap and passes baton to runner 2.

Runner 2 (guy) runs two laps and passes baton to runner 3.

Runner 3 (girl) runs three laps and passes baton to runner 4.

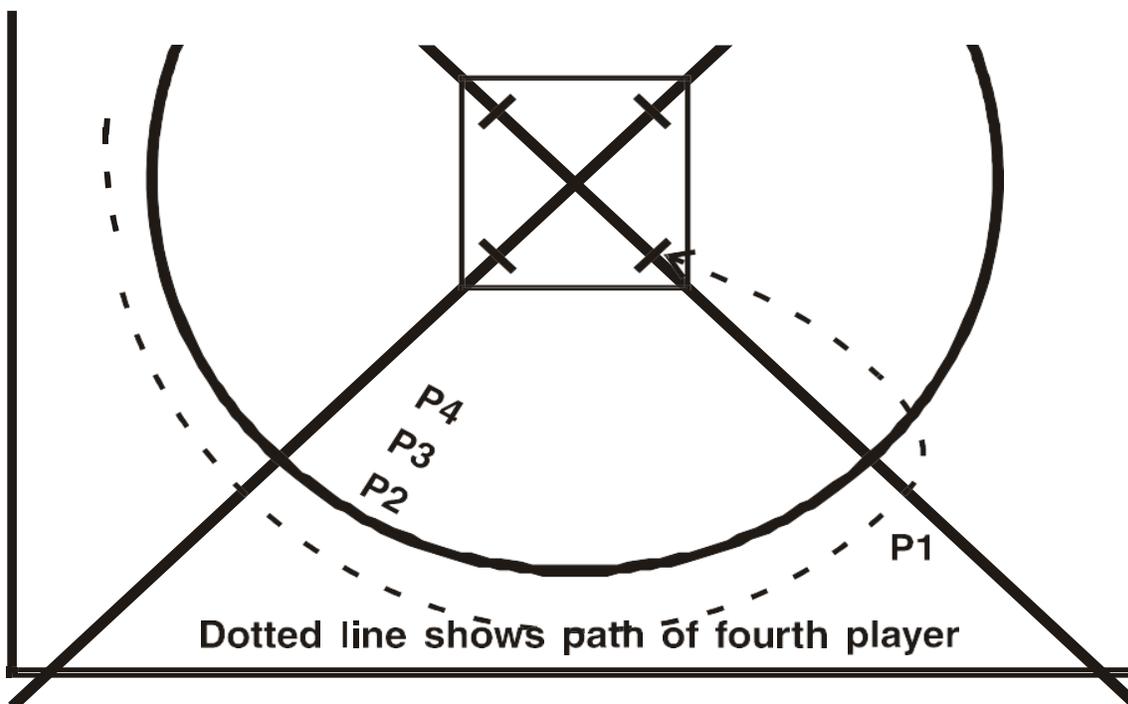
Runner 4 (guy) runs four laps, runs around his circle pin, and into the center for the scoring pin.

First player to touch or tip their team scoring pin with her/his **open** hand while retaining possession of the baton wins that heat. Runners who have completed their laps must leave to their right, away from the circle. Contestants who knock over a circle pin are disqualified.

Tag Rule does not apply. Contestants should continue running even though someone passes them. **Passing Rule applies (see General Rules "Passing Rule").**

- Marathon Medley (event #9) runners cannot participate in the Sprint Relay (event #2) or the Marathon Race (event #7), but they may participate in the Sprint Race (event #6).

Marathon Medley Diagram



EVENT 10 --Balloon Relay

10 players; two heats

Heat 1: five girls

Heat 2: five boys

Scoring: 1st place - four points each heat; 2nd place - two points each heat

Equipment: One balloon per team, colored wristband, and the scoring pins at five-foot mark, which determines the winner for each heat in this event (Be aware of the possibility of a clubber having an allergic reaction to the powder from the balloons).

The diagonal line is divided into three zones. A tape marker, eight feet from the center, divides Zone 1 and Zone 2; Zone 3 is outside the circle at the 17-foot mark.

Each heat plays as follows: **Five players**, straddling the diagonal line, line up and face the center (see Diagram). Throughout the event, the only time a player is not facing the center of the circle is when he/she is retrieving a balloon that went astray, or when he/she is running forward to Zone 1 or to the center of circle at end of heat.

The first player is in Zone 1, and the fifth player is in Zone 3. The first player holds the balloon with both hands with the balloon touching the back of his/her neck while waiting for the starting signal.

At the starting signal, the balloon is passed **through the legs** of the first four players to the fifth player, who is in Zone 3. It is not necessary for each player to touch the balloon.

Only the players in Zones 1 and 3 will be disqualified for crossing floor markings and then **only** when they are passing the balloon.

The player in Zone 1 must not step over the 8' tape marker between Zones 1 and 2. When passing the balloon through his/her legs, player **must straddle** the diagonal line. The player in Zone 3 must not step over the 17-foot line, and he/she **must straddle** the diagonal line when receiving the balloon from Zone 2 (see General Rules "Floor Markings").

On completion of the pass from Zone 1, players 1-4 may begin to assume the positions required for the next cycle. No player may pass the balloon to him/herself.

When the player in Zone 3 receives the balloon, he/she runs to front of the line and takes new position in Zone 1.

When the player who started in Zone 1 has worked his/her way back to Zone 3 and has received the balloon, he/she runs in to touch or tip the scoring pin.

He/she must maintain possession of an unbroken balloon to receive points for this heat. If a balloon breaks, the team is disqualified for that heat.

Possession of the balloon occurs at the time of contact (touch).

Balloon Relay Diagram

