

Crocus Bag Relay Rules

Objective:

Teams race to complete a course by hopping in a sack, tagging the next teammate, and having them continue the relay.

Equipment:

- 1 crocus bag per team
- Each team consists of 4 members
- Cones or markers for turning points

Setup:

- Each team lines up behind the start line.
- The first player from each team stands inside the sack, holding it up around their waist.

How to Play:

1. At the signal (whistle, shout, etc.), the first players hop to the turnaround point, and back.
2. Upon return, they hand the sack to the next teammate.
3. The next teammate gets into the sack and repeats the process.
4. This continues until all teammates have completed the course.
5. The first team to have all players finish wins.

Basic Rules:

- Players must stay inside the sack the whole time.

- Hopping is required, running while holding the sack is not allowed.
- If a player falls, they must get up without removing the sack.
- Teams may be disqualified or penalized for cheating (e.g., taking off the sack, running instead of hopping).
- The event official has the right to disqualify a team at their discretion.