

Lime and Spoon Relay

Objective:

Teams race to carry a lime balanced on a spoon from a starting point to a designated turnaround point and back, without dropping the lime.

Equipment:

- One spoon per team.
- One lime per team.
- Cones or markers for start and turnaround points.

Rules:

1. Each team will consist of 4 members
2. **Start Line:** Each team lines up behind the starting line, with the first player holding a spoon with a lime balanced on it.
3. **Carrying the Lime:** Players must hold the spoon in one hand only, often with the arm extended. No touching the lime with any part of the body. If the lime falls the user is allowed to pick up the lime and place it back on the spoon. If a player picks up the lime because it has fallen, the player must place the lime back on the spoon at the point where the player picks up the lime.
4. The official has the right to disqualify any team at their discretion.
5. **The Relay:**
 - The first player walks or runs to the turnaround point and back.
 - If the lime is dropped, the player must stop, pick it up, rebalance it on the spoon, and resume from where it fell.
 - Once back at the start, the lime and spoon are handed to the next player.
6. **Winning:** The first team to have all players complete the course correctly wins.