



GAMES

Obstacle Instruction (in order as seen on course)	Burpee Penalty	Reset Required
Red = Round 1 Grey - Round 2 Purple = Round 3		
1. 5 ft. Wall - teammates must help each other get over it	None	N/A
2. Guillotine Wall (sponsored by S.T.A.T.) - one or more teammate(s) must pull the weight up using the rope while the remaining teammates pull the filled tote tank underneath the suspended weight to the other side.	No burpee penalty for putting wall down at any point or for changing out teammates' roles	None
3. Spinning Hurdle - teammates must help each other over the hurdle	Burpee penalty applies if not completed *No MAX # of attempts	N/A
4. Inverted Wall - teammates must help each other up and over the wall	None	N/A
5. By the Balls Grip Strength Relay - Team must pass an object suspended by baseballs from teammate to teammate from start to finish. Teammates may not step out of their own designated spot once set. Three total objects must be successfully passed.	Burpee penalty applies for: dropping any object to the ground, any teammate touching any part other then the baseballs, any teammate stepping outside their designated area	Reset occurs by next team moving the objects in the opposite direction
Team Builder #1 - A surprise team activity will end round one, "egg on your face" results in burpees!	Yes	None

<p>Remember or Run! - you wanted less running, here is your opportunity! But, you have to work for it! Study the sign, remember the details, answer a question correctly and BYPASS the ENTIRE FIELD!</p>	None	N/A
<p>6. 6ft Wall - teammates must help each other get over it</p>	None	N/A
<p>7. Awkward Item Carry Relay - Teams will have various objects to choose from to carry out and back. Only one member may travel at a time carrying <u>their</u> object. Teammates MAY set their object down to rest and re-pick up their item to finish OR they may leave their object and run back to their team where another teammate may go retrieve their item and finish the carry. However, all 4 teammates must attempt/complete their own carry before the team may move on. Two or more people may not carry the same item.</p>	None	Reset occurs by returning objects back to where they started from
<p>8. Tractor Push (sponsored by Corriher Tractor) - teams will push a tractor a certain distance.</p>	None	Reset occurs by next team pushing the tractor in the opposite direction
<p>9. Build a Bridge - teams will use limited building supplies to create a moveable bridge that all for teammates will remain on top of while deconstructing and reconstructing it to move the entire thing from start to finish.</p>	Burpee penalty applies if any teammate falls off the bridge before completing the distance	Reset occurs by next team building in the opposite direction
<p>10. Teeter Totter - entire team must pull the teeter totter down and navigate up and over all at the same time.</p>	Burpee penalty applies if any team member falls off	N/A

<p>11. Yoke Carry and Balance - each teammate must carry a set of yokes over their shoulders and navigate a balance beam.</p>	<p>Burpee penalty applies for any team member falling off the balance beam</p>	<p>Reset occurs by returning objects back to where they started from</p>
<p>12. 7ft wall - teammates must help each other get over it</p>	<p>None</p>	<p>N/A</p>
<p>13. Low Crawl - team must navigate a low crawl. Look out! The occasional “grenade” may make a splash landing in your path!</p>	<p>None</p>	<p>N/A</p>
<p>14. Overhead Carry - team must carry designated object overhead out and back.</p>	<p>Burpee penalty applies if team drops or sets down the object before completing the distance, the carry must be completed above the head or higher</p>	<p>Reset occurs by returning objects back to where they started from</p>
<p>15. Target Hit - as a team, a total number of 3 points must be scored. Scoring occurs in either making a bucket or hitting the target hole. It does not matter who scores what, however, the team must go in the same order once they start. Each teammate will only get 2 tosses</p>	<p>Burpee penalty applies if team does not score 3 points</p>	<p>Reset occurs via volunteers</p>
<p>16. Hi/Low Cobweb - the team must navigate the hurdles by either crawling over, under, or maneuvering left and right while remaining interlocked with teammates.</p>	<p>Burpee penalty applies if teammates let go of each other before completion</p>	<p>N/A</p>

<p>17. Bucket 2 Bucket Transfer Relay - each teammate will pick up a bucket, gather an equal amount of weight into it, and then place themselves in each corner around a designated square. One by one, each teammate will transfer the entire contents of their bucket to the next teammate in line until the 4th teammate has all of the weight and carries it back to the start. After each teammate transfers their weight, they must hold a plank until their 4th teammate carries all the weight back to the start.</p> <p>*teammate 1 carries least amount of weight but holds the plank longest *teammate 4 carries the most weight but does not hold a plank at all</p>	<p>Burpee penalty applies if any team member drops their plank before completion **NOTE** Plank form/modified plank form</p>	<p>Reset occurs as all teammates bring their buckets back to the start line and teammate 4 dumps out their bucket entirely</p>
<p>Team Builder #2 - A surprise team activity will end round three, communication and dexterity will be key</p>		

Participant Signature:

Print Name:

Proudly Presented By:

