



# Rules

**Revised 8/12**

**Knock Out-** Each Olympic team may provide 4 people for this competition. Two groups of 12 will compete in an a qualifying knockout match (Lightning Round) and the top 3 participants from each group will then move on the championship!

1<sup>st</sup> place- 25 Points

2<sup>nd</sup> place- 15 Points

3<sup>rd</sup> Place- 10 Points

**Pickle Ball-** Each Olympic team may provide two teams of two for this event. Pickle Ball is mini tennis. The ball is served diagonally (starting with the right-hand service-square), and points can only be scored by the side that serves. Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent “spiking.” Games will be played best 2 out of 3 to 11. Rally scoring.

1<sup>st</sup> place- 25 Points

2<sup>nd</sup> place- 15 Points

3<sup>rd</sup> Place- 10 Points

**Bowling-** Each Olympic team may provide two teams of two. Teammates will scotch play alternate roles. Example #1: If the first person knocks down eight pins, the second person will try to pick up the spare. The first person will again bowl the first ball of the next frame. Example #2: If the first person rolls a strike, the second person will bowl the first ball of the next frame. Each team will bowl two games. Scores for each game will be combined for a total score. The team with the highest total score will be the winner. Ties will be broken by comparing the last frame(s) on the scorecard.

1<sup>st</sup> place- 25 Points

2<sup>nd</sup> place- 15 Points

3<sup>rd</sup> Place- 10 Points

**Quiz Bowl-** Each Olympic team may provide up to ten members. Teams will be asked questions on a variety of topics. Each question is worth 2 Points. Each team will have a whiteboard and given a time limit to answer the question. The team with most points at the end will win.

1<sup>st</sup> place- 25 Points

2<sup>nd</sup> place- 15 Points

3<sup>rd</sup> Place- 10 Points

**Sand Coed Volleyball-** Each Olympic team may provide up to six players and must have AT LEAST 2 women playing on the court at any given time. Substituting may be done during a timeout or during a preset rotation system. Games will be two sets to 21, win by two, with the last set being to 15 (If needed). Rally scoring will be used. If there is more than one hit on a side, a woman must hit the ball at least once. Unless otherwise specified, USA Volleyball Rules apply. Court dimensions 59 ft X 29 ft 6".

1<sup>st</sup> place- 35 Points

2<sup>nd</sup> place- 25 Points

3<sup>rd</sup> Place- 15 Points

**Glow Golf-** Each Olympic team may provide two teams of two. Individuals will play the eighteen hole miniature golf course at the Hastings Family YMCA. One “stroke” is counted each time the ball is putt. Balls hit out of bounds will be penalized one stroke and to be hit again from original position. Scores of each participant will be combined. Teams with the lowest total score will win the event for their team.

1<sup>st</sup> place- 25 Points

2<sup>nd</sup> place- 15 Points

3<sup>rd</sup> Place- 10 Points

**Capture the Flag-** Each Olympic team of Six (6) will be going against each other in this fast paced game of capture the flag. Each team will have a pool on their side of the playing field. Each pool will have x amount of + & - ducks in it; the goal is to steal as many positive duck points as possible from the other team. Each duck is numbered with a different point value on it. There will be negative ducks in each pool that are worth negative points! You do NOT want these in your pool! If your flags get pulled than you go to the opposing teams jail and wait to get tagged free. Freed jailers will hold a safety flag marker and must reach the dotted line on their side to continue play. This will be a timed event with two five minute halves. The team with the highest point total at the end will win.

1<sup>st</sup> place- 30 Points

2<sup>nd</sup> place- 25 Points

3<sup>rd</sup> Place- 20 Points

**Tank Races-** Each Olympic team may provide two teams of two. Each team will race against time in our Tank Races! We will have a buoy placed out in the lake for your team to go and paddle around and back! Fastest time around the buoy and back to shore will win!

1<sup>st</sup> place- 35 Points

2<sup>nd</sup> place- 25 Points

3<sup>rd</sup> Place- 20 Points

**Archery-** Each Olympic team may provide two teams of two. Teams will participate in their best impersonation of Robin Hood! Archers will have 5 shots each to gain as many points as possible. The team with the highest combined score will win the points!

1<sup>st</sup> place- 35 Points

2<sup>nd</sup> place- 25 Points

3<sup>rd</sup> Place- 20 Points

**Scavenger Hunt-** Each Olympic team will have one team of four. Teams will have 1 hour to get as many pictures on the list done! Teams of 4 will race around Downtown Hastings and try to finish their list! At least 3 of 4 members need to be in photo. Teams will lose points every 5 minutes they are late to the rallying point (Libs Park shelter).

Points- Based off how many pictured items you get!

**Tug of War-** Each Olympic team consists of six players, teams must have AT LEAST 2 women participate. Gloves are highly recommended. Participants should not let go of the rope quickly after the match. Participants are not allowed to wrap the rope around any part of the body. Cleats are not allowed. A 60-second time limit will be enforced. The competition will be the best 2 out of 3 matches.

1<sup>st</sup> place- 50 Points

2<sup>nd</sup> place- 35 Points

3<sup>rd</sup> Place- 20 Points