



FIELD DAY

PART 1 | 1:15 - 2:45

All teams are assigned to a station; Balloon Relay Race, Blindfolded Partner Race, or Three Legged Relay Race

You will be at each station for approximately 20 minutes
There will be a 10 minute break between stations

You will be competing for the best time at each station; not against the individual teams at your station

PART 2 | 3:00 - 3:40

All teams will go to the field to play in the Capture the Balloon Flag game

The game will last for 20 minutes, or until there are no teams left; whichever comes first

Best costume winner will be announced and awarded 10 extra points

PART 3 | 4:00 - 5:00

During the break, the officiants will total each teams' scores and rank them. From there, the teams will be placed into brackets based on their scores from Part 1 and 2

The dodgeball tournament will then begin based on the brackets

The overall winners of the field day will be determined by the winners of the dodgeball tournament

PART 4 | AFTER PARTY

BALLOON RELAY RACE



OBJECTIVE:

Finish as quickly as possible; timed event

DIRECTIONS:

Place balloon between you and your partner using your hands

At the whistle, move down the field using only your bodies to transport the balloon
If the balloon falls out, you must stop where you are and get the balloon back up without using your hands

Once you cross the cones, transfer the balloon to the next pair of teammates

Repeat until all three pairs have finished and crossed the finish line

RULES:

If your hands touch the balloon after the race begins, you must go back to the start

No kicking the balloon down the field if it falls; you must return to where the balloon was dropped before starting again

Knocking over an obstacle will result in a time deduction

POINTS:

3rd Place: 5 Pts
2nd Place: 10 Pts
1st Place: 15 Pts

BLINDFOLDED RACE



*2 Blindfolded, the rest of team gives directions

OBJECTIVE:

Finish as quickly as possible; timed event

DIRECTIONS:

Team chooses two participants to be blindfolded and put through the course

- One of them goes through the course while the other one waits outside the arena
- After first one finishes, second person is brought in and goes through the course
- The two times are added together for the final score

The non-blindfolded teammates give instructions to the blind folded on how to get through the course without knocking over an obstacles

RULES:

For every solo cup that gets knocked over, time will be added

No peeking; any suspicions by an officiant of peeking will result of disqualification

POINTS:

3rd Place: 5 Pts
2nd Place: 10 Pts
1st Place: 15 Pts

THREE LEGGED RELAY RACE



OBJECTIVE:

Finish as quickly as possible; timed event

DIRECTIONS:

Stand next to your partner and tie a bandanna between the inside legs at the ankle

At the whistle, move towards the finish line, avoiding touching any obstacles in the way

- Touching/Knocking over an obstacle will result in a time penalty

RULES:

Legs must stay attached at all times; if the bandanna comes off, you must go back to the start

POINTS:

3rd Place: 5 Pts
2nd Place: 10 Pts
1st Place: 15 Pts

CAPTURE THE BALLOON FLAGS



OBJECTIVE:

Collect the most balloons

DIRECTIONS:

Put a flag belt on with one flag/balloon facing the back

Spread out throughout the field where you want to be; strategize with your team for the best starting placement

At the whistle, run around and try to get the flag/balloons of opposing teams

Once you get a flag, bring it over to your team's basket and drop it in, then go back out for more

You must take the balloon you pulled to the basket before going back out for more balloons (ie you cannot pull multiple balloons at once)

If your balloon is pulled, immediately exit the field

The team with the most balloons collected at the end of the game wins

RULES:

Do not physically touch other players on purpose

You cannot block other players from getting to you or your teammates' balloons

If your balloon is pulled, you must immediately exit the playing field

You cannot use a wall to block opponents from getting your flag

Do not have more than one flag/balloon in your hands at once

You cannot pull your own balloon or your teammates' balloons

POINTS:

3rd Place: 5 Pts
2nd Place: 10 Pts
1st Place: 15 Pts

Bonus: the last person left with a balloon will earn an extra 5pt for their team

DODGEBALL



OBJECTIVE:

Be the last team with players still in

DIRECTIONS:

All players line up on the endline of their side of the field

The balls are lined up at the center field line

At the whistle, both teams are free to run up to the center line and take a ball

RULES:

A player is out if:

- They throw a ball that is caught by the other team
- They get hit by a ball thrown by the other team. (If the ball does bounce off an opposing player and is then caught the thrower will then be out. This is true even if a different player catches the ball. However if the ball bounces off another ball, the ball is dead).
- Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out
- They hit another player above the shoulders
- They cross the center line

POINTS:

3rd Place: 5 Pts
2nd Place: 10 Pts
1st Place: 15 Pts