



LIVE FIT COALITION
5100 Township Line Road, LL
Drexel Hill, PA 19026
www.livefitco.org * livefitco@gmail.com

Fitness Challenge Games and Regulations

Tug-O-War *(Limit 2 teams per school)*

1. Teams to consist of up to 8-10 members and one coach.
2. Sneakers **Required**.
3. Gloves may be worn.
4. Overall pull to be 12 feet and winner is the team to pull their opposition 6 feet from the starting mark.
5. No hand over hand pulling allowed. Team members must step backward with the rope when pulling.
6. Anchorman to loop rope around one shoulder to secure rope. Knots **are not** permitted on the rope end.
7. All team members to remain on their feet at all times, hands on the ground are NOT allowed apart from the anchorman who is permitted to use one hand on the ground.
8. Teams through coaches or captains will be reminded of the rules prior to commencement of competition. Only coaches can consult with the judge and the judge's decision is final.
9. A team member is permitted to pull for only one team during a competition.

Fitness Points: 1st Place = 50 pts, 2nd Place = 25 pts, 3rd Place = 15pts

Potato Sack Race/Egg-On-Spoon *(Limit 2 teams per activity)*

Each school may enter up to four (4) participants per team. Each participant will be provided a large burlap bag. A starting line and a finish line will be marked at 30-40 feet apart. Players will line up at the starting line. Each participant will step inside a bag and hold on to the top of it. Participants must remain in the bags at all times while hopping to the finish line.

Egg-On-Spoon: Each school may enter up to six (6) participants per team. Each participant will be provided a large wooden spoon and plastic egg. A starting line and a finish line will be marked at 30-40 feet apart. Players will line up at the starting line. Each participant will place the egg on the spoon and run to the finish line without dropping the egg.

The first person to cross the finish line is the winner. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. Sneakers **REQUIRED**. No spiked footwear.

Fitness Points: 1st Place = 25 pts, 2nd Place = 15 pts, 3rd Place = 10pts



LIVE FIT COALITION

5100 Township Line Road, LL

Drexel Hill, PA 19026

www.livefitco.org * livefitco@gmail.com

Three –Legged Race *(Limit 2 teams per school)*

Each school may enter up to eight (8) participants per team. Each participant will be provided a large burlap bag. A starting line and a finish line will be marked at 30-50 feet apart. Players will line up at the starting line. Each participant will be connected to a partner at the areas of the mid-thighs and ankles. Participants must remain connected at all times while running to the finish line. The first team to cross the finish line is the winner. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. Sneakers **REQUIRED**. No spiked footwear.

Fitness Points: 1st Place = 50 pts, 2nd Place = 15 pts, 3rd Place = 10pts

Relay Race *(Limit 2 teams per school)*

This is a four (4) member competition. Each school may enter up to four (4) participants per team. Each runner has to hand off the baton to the next runner within a firm zone, generally marked by triangles on the track. The second, third and anchor runners opens her/his hand for the baton and starts jogging while looking back at the incoming runner. Sneakers **REQUIRED**.

The relay race team may be disqualified from the contest for the following reasons:

1. Improperly overtaking another competitor
2. Preventing another competitor from passing
3. Willfully impeding, inappropriately crossing the course, or in any other way, interfering with another competitor
4. Making two false starts
5. Making an inappropriate or improper baton exchange
6. Breaking a "Tie"
 - Prior to commencement to pull, judge will ask coaches if they are ready, then give the command 'take your mark', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the race has commenced.
 - Teams will leave area of competition during ties in which they are not involved.
 - Two warnings for infringements of the rules or inappropriate behavior, including foul language, will be given. A further warning will result in disqualification.
7. **The judge/referee's decision is final**

Fitness Points: 1st Place =75 pts, 2nd Place = 50 pts, 3rd Place = 25pts



LIVE FIT COALITION

5100 Township Line Road, LL

Drexel Hill, PA 19026

www.livefitco.org * livefitco@gmail.com

50 YARD DASH *(Limit 2 teams per school)*

Fifty yards relates to 150 feet and is slightly less than 50 meters. Each school may enter up to four (4) participants per team. Basically, the participant will run as fast as possible over 50 yards. Runners are timed with a stopwatch and the person with the fastest time is the winner. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. The rules stated for the above relay race also apply to this competition. Sneakers **REQUIRED**.

Fitness Points: 1st Place = 50 pts, 2nd Place = 25 pts, 3rd Place = 15pts

Obstacle Course *(Limit 2 teams per school)*

Each school may enter up to four (4) representatives per team to compete in the obstacle course. Each participant will line up at the starting line. When the signal is given, each runner has to successfully complete the various components of the course. Each participant will be timed by stopwatch and the runner completing the course in the shortest period of time will be declared the winner. Sneakers **REQUIRED**. No spiked footwear. Multiple heats will be run in order to identify the 1st, 2nd, and 3rd place winners. The course will consist of the following challenges.

- 1) **Speed**- Players will run and jump three hurdles ranging in height from 8 to 14 inches
- 2) **Agility**- Test of coordination and quickness. Player will successfully navigate a flat ladder an approximate distance of 5 yards, in a sideways motion. At no time can both feet occupy the same block of space.
- 3) **Balance**- Players will walk a distance of 12 feet on a balance rope as quickly as possible. Feet cannot touch the ground.
- 4) **Flexibility**- Player will crawl under a stationary archway. Height is approximately 24 inches from the floor.
- 5) **Jumping**- Players will complete the course by jumping into a potato sack and hopping to the finish line

Fitness Points: 1st Place = 100 pts; 2nd Place = 75 pts; 3rd place = 50 Pts



LIVE FIT COALITION

5100 Township Line Road, LL

Drexel Hill, PA 19026

www.livefitco.org * livefitco@gmail.com

Basketball Foul Shot *(Limit 2 teams per school)*

Each school may enter a team of up to eight (8) members per competition level. Each team will be given two (2) minutes to make as many foul shots as possible. The participants will line-up single file, with the first shooter in the front of the line. Basketballs will be provided by the referee and on a signal shooter number one will attempt his/her shot and run to the back of the line. The second shooter will then move up, acquire the basketball, attempt to make the shot, and proceed to the end of the line. This process will continue until the two (2) minute time allotment has expired. Sneakers **REQUIRED**. No spiked footwear. The foul shot team may be disqualified from the contest for the following reasons.

1. Crossing the foul line
2. Taking more than 5 seconds to attempt the shot

TIPS:

1. Stand at the center of the line
2. Don't jump, it interferes with balance
3. Take time to establish a routine. Find a way to keep everything the same every time. This will help the participant to make every shot, once what works is identified.
4. Completely ignore distractions

Fitness Points: 1st Place =75 pts, 2nd Place = 50 pts, 3rd Place = 25pts

**** Rain Date is Thursday, June 7, 2012.**



LIVE FIT COALITION

Fitness Challenge Games and Regulations

Relay Race *(Limit 2 teams per school)*

This is a four (4) member competition. Each school may enter up to four (4) participants per team. Each runner has to hand off the baton to the next runner within a firm zone, generally marked by triangles on the track. The second, third and anchor runners opens her/his hand for the baton and starts jogging while looking back at the incoming runner. Sneakers **REQUIRED**.

The relay race team may be disqualified from the contest for the following reasons:

8. Improperly overtaking another competitor
9. Preventing another competitor from passing
10. Willfully impeding, inappropriately crossing the course, or in any other way, interfering with another competitor
11. Making two false starts
12. Making an inappropriate or improper baton exchange
13. Breaking a "Tie"
 - Prior to commencement to pull, judge will ask coaches if they are ready, then give the command 'take your mark', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the race has commenced.
 - Teams will leave area of competition during ties in which they are not involved.
 - Two warnings for infringements of the rules or inappropriate behavior, including foul language, will be given. A further warning will result in disqualification.
14. The judge/referee's decision is final

Fitness Points: 1st Place =100 pts, 2nd Place = 50 pts, 3rd Place = 25pts

50 YARD DASH *(Limit 2 teams per school)*

Fifty yards relates to 150 feet and is slightly less than 50 meters. Each school may enter up to four (4) participants per team. Basically, the participant will run as fast as possible over 50 yards. Runners are timed with a stopwatch and the person with the fastest time is the winner. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. The rules stated for the above relay race also apply to this competition. Sneakers **REQUIRED**.

Fitness Points: 1st Place = 80 pts, 2nd Place = 40 pts, 3rd Place = 20 pts



LIVE FIT COALITION

Fitness Challenge Games and Regulations

Three –Legged Race *(Limit 2 teams per school)*

Each team will be comprised of two (2) participants. A starting line and a finish line will be marked at 30-50 feet apart. Players will line up at the starting line. Each participant will be connected to a partner at the areas of the mid-thighs and ankles. Participants must remain connected at all times while running to the finish line. The first team to cross the finish line is the winner. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. Sneakers **REQUIRED**. No spiked footwear.

Fitness Points: 1st Place = 50 pts, 2nd Place = 25 pts, 3rd Place = 10 pts

Obstacle Course *(Limit 2 teams per school)*

Each school may enter up to four (4) representatives per team to compete in the obstacle course. Each participant will line up at the starting line. When the signal is given, each runner has to successfully complete the various components of the course. Each participant will be timed by stopwatch and the runner completing the course in the shortest period of time will be declared the winner. Sneakers **REQUIRED**. No spiked footwear. Multiple heats will be run in order to identify the 1st, 2nd, and 3rd place winners. The course will consist of the following challenges.

1. **Speed** - Players will run and jump three hurdles ranging in height from 8 to 14 inches
2. **Agility** - Test of coordination and quickness. Player will successfully navigate a flat ladder an approximate distance of 5 yards, in a sideways motion. At no time can both feet occupy the same block of space.
3. **Balance** - Players will walk a distance of 12 feet on a balance rope as quickly as possible. Feet cannot touch the ground.
4. **Flexibility** - Player will crawl under a stationary archway. Height is approximately 24 inches from the floor.
5. **Jumping**- Players will complete the course by jumping into a potato sack and hopping to the finish line

Fitness Points: 1st Place = 100 pts; 2nd Place = 75 pts; 3rd place = 50 pts



LIVE FIT COALITION

Fitness Challenge Games and Regulations

Basketball Foul Shot *(Limit 1 team per school)*

Each school may enter a team of up to eight (8) members. Each team will be given two (2) minutes to make as many foul shots as possible. The participants will line-up single file, with the first shooter in the front of the line. Basketballs will be provided by the referee and on a signal shooter number one will attempt his/her shot and run to the back of the line. The second shooter will then move up, acquire the basketball, attempt to make the shot, and proceed to the end of the line. This process will continue until the two (2) minute time allotment has expired. Sneakers **REQUIRED**. No spiked footwear. The foul shot team may be disqualified from the contest for the following reasons.

3. Crossing the foul line
4. Taking more than 5 seconds to attempt the shot

TIPS:

5. Stand at the center of the line
6. Don't jump, it interferes with balance
7. Take time to establish a routine. Find a way to keep everything the same every time. This will help the participant to make every shot, once what works is identified.
8. Completely ignore distractions

Fitness Points: 1st Place = 50 pts, 2nd Place = 25 pts, 3rd Place = 15 pts

Football Toss *(Limit 2 teams per school)*

Each school may enter up to 5 team members. Each participant will be given one (1) minute to throw the football from a distance of 20-25 feet through a "hole" as many times as possible. This is the old football through the hanging tire game. Although a tire may not be used for the contest, the concept is the same. The accumulative number of times that the football makes it through the hole will determine the winning team. Sneakers **REQUIRED**. No spiked footwear. The football toss team may be disqualified from the contest for the following reasons:

- 1) Crossing the foul line
- 2) Taking more than 5 seconds to attempt the shot

Fitness Points: 1st Place = 50 pts, 2nd Place = 25 pts, 3rd Place = 15 pts



LIVE FIT COALITION

Fitness Challenge Games and Regulations

Human Bridge *(Limit 2 teams per school)*

Each team will consist of eight (8) members. There are seven team members at the starting line, and one team member standing at a distance of 30-50 yards away. From the start line, team member #1 runs as quickly as possible to tag the team member #2 waiting 30-50 yards away. Once tagged, team member #2 will sprint to a marked cone near the starting line and with feet firmly planted bend over touching the ground with both hands forming a “human bridge”. Continue with each participant running to tag a waiting team member 30-50 yards away, the tagged participant then runs to and crawls under the human bridge, then immediately stands and bends to form the next section of the bridge. The last runner will be signaled to sprint to the human bridge crawl under his/her seven classmates and get into the bridge position. The winner is the team that completes the bridge in the shortest period of time. Sneakers **REQUIRED**. No spiked footwear.

1. Participants must stay in the bridge position until the last runner is in place
2. Participants that fall while in the bridge position must run back to the starting line and begin the process again.
3. If gaps occur, participants who remain in the bridge position will move closer together. Move in the direction of the first person forming the bridge.
4. The human bridge team may be disqualified from the contest for the following reasons:
 - a. Participants do not stay in the “bridge” position until the end of the game
 - b. Participants leave the starting line before the previous runner is in the “bridge” position

Fitness Points: 1st Place =100 pts, 2nd Place = 75 pts, 3rd Place = 50 pts

Shuttle Run *(Limit 2 teams per school)*

Each team will be comprised of two (2) participants. This test requires the participants to run back and forth between two parallel lines as fast as possible. Set up two lines of cones 30 feet apart or use line markings, and place two blocks of wood or a similar object behind one of the lines. Starting at the line opposite the blocks, on the signal "Ready? Go!" the participant runs to the other line, picks up a block and returns to place it behind the starting line, then returns to pick up the second block, then runs with it back across the line. After the second block crosses the finish line with runner #1, runner #2 immediately repeats the process returning both blocks to its original starting place. The team with the fastest time wins. Multiple heats will be run until 1st, 2nd, and 3rd place winners are identified. Sneakers **REQUIRED**. No spiked footwear.

Fitness Points: 1st Place =75 pts, 2nd Place = 50 pts, 3rd Place = 25pts