

Field Day Events and Rules:

Teams will be split in half, with one group competing in the Blue Zone first and the other in Red Zone for Session A, then switching for Session B. Teams will acquire points in all events (Water Balloon Toss worth double points) with the top 4 teams making the "Super Relay" Finals. Remember, everyone's goal should be to have fun!!!

Blue Zone (recommended that the team captain plan who will participate in each event ahead of time):

- 1. 4-legged Race:** 3 players (2m/1f) required.
The legs of the center runner must be tied to the inside legs of the other two runner using the straps provided (2 for each leg) creating 4 legs. Straps must be tight (one above the knee and one at the ankle) and checked prior to the race. Race up the course, around the cone, and back down to the finish line.
- 2. Between the Knees Ball Pass:** 6 players (4m/2f) required.
3 players should be placed at each end of the course. The ball must be carried down the course between the knees. At the other end, the ball must be passed from one player to the other without placing hands on the ball with both players behind the line. If at any point the ball falls out, hand may be used to put the ball back but it must be done at the point of where the ball fell out, not where the ball rolls to.
- 3. Bat Spin Relay:** 5 players (3m/2f) required.
Players must race to the far end of their lane; make 4 complete revolutions around the bat with the bat on the ground and their forehead on the bat. The official will count off the revolutions. Then the player must race back down the lane and tag the next player, who must be behind the line at the time of the tag. The 5th racer must, upon completing 4 revolutions, must go back down the lane, around the cone, and then return to the finish line.
- 4. Relay Race:** 6 players (4m/2f) take a leg each (2 for wheelbarrow race). All racers will go up the course, around the cone, and back to tag the next racer.
 - Swim fins: Running with swim fins. If they fall off you must put them on in that spot and continue.
 - Potato sack: Hopping in the potato sack.
 - Greased watermelon: Must carry watermelon. If dropped, pick up from spot where dropped.
 - Water balloon carry & pop: Carry water balloon up and down course. Upon crossing finish line, pop the water balloon by sitting on it before next person can continue. If water balloon pops while carrying it, you must return to the start to retrieve a new water balloon and begin again.
 - Wheelbarrow race: 2 players must take use the traditional wheelbarrow position up the course, switch positions and return to the finish line.
- 5. "Jaguar of Tampa" Obstacle Course:** 5 players (3m/2f) take a leg each, tagging next player for the next leg.
 - Ladder Run: Player must step in every opening and finish the run before tagging next player.
 - Hurdles: Player must go over every hurdle. No penalty for knocking down a hurdle.
 - Hula Hoop: Player must "hula" 5 times consecutively, starting over if hula is dropped.
 - Beanbag accuracy toss: Player must stand behind the line and make 4 beanbags through the hole. If you run out of beanbags, you must retrieve them from the board and return to the line to throw again. Once 4 are holed, take the Jaguar keychain off the board and run to the start line and HAND (not toss) to the next player.
 - Monster Energy drink chug: After the receiving the keychain (behind the start line), run back to the beanbag board. Reattached the keychain to the board and chug the Monster Energy drink. Time will stop once the can is empty (with minimal spillage).

Red Zone (6 players must stay at the dodgeball court until eliminated, other events can be done at leisure by any players):

- 1. "EmbroidMe" Dodgeball:** 6 players (4m/2f) per team. Single Elimination Tournament style using no-harm balls. See complete dodgeball rules. Dodgeball players should remain at the court until eliminated.
- 2. "Knight Shooting Sports" Water Cannon Target Course:** 2 players (male or female) will race through an obstacle course picking off targets with a water cannon for the best combined time. Player must stand in ring when shooting. Target must fall off the stand. Failure to knock off a target before moving on is a 15 second penalty per target. Shooting out of the circle will require player to replace all cans knocked off the stand and shoot over. Obstacles are: Army Crawl (crawl under the netting), Balance Beam (run on the beam, returning to the start if falling off), Pyramid Shuttle Run (rebuild a pyramid of block moving only 1 block at a time to another table), and Slalom Flag Run (run weaving in and out of the flags).
- 3. Disc Fling:** 2 players (male or female) from each team. Total distance of both players best throw of 3 tosses each. Distance calculated on the fly, not including any rolls and disc must land in the landing zone to count.
- 4. Horseshoes:** 2 players (male or female) from each team. Each player tosses 4 horseshoes per round, for a total of 2 rounds each player to record a combined score. (Ringer = 3 points, Leaner = 2 points, Shoe-in = 1 point).

All teams will compete at once, after all teams complete in the Blue and Red Zones:

"Innovative Research of West Florida" Water Balloon Toss: 2 players from each team (male or female). All teams will go at the same time. Players will start 5 feet away from each other and take one step back after each successful catch. If a team's balloon is broken for ANY REASON once the competition has started they are eliminated.

Finals:

"SUPER RELAY" - The top 4 teams based on the points awarded in each event will field their best 5m/3f to compete in a head-to-head extended relay race combining elements of all the relay races, obstacle course, and water cannon target course while the rest of the teams cheer you on!



Schedule of events

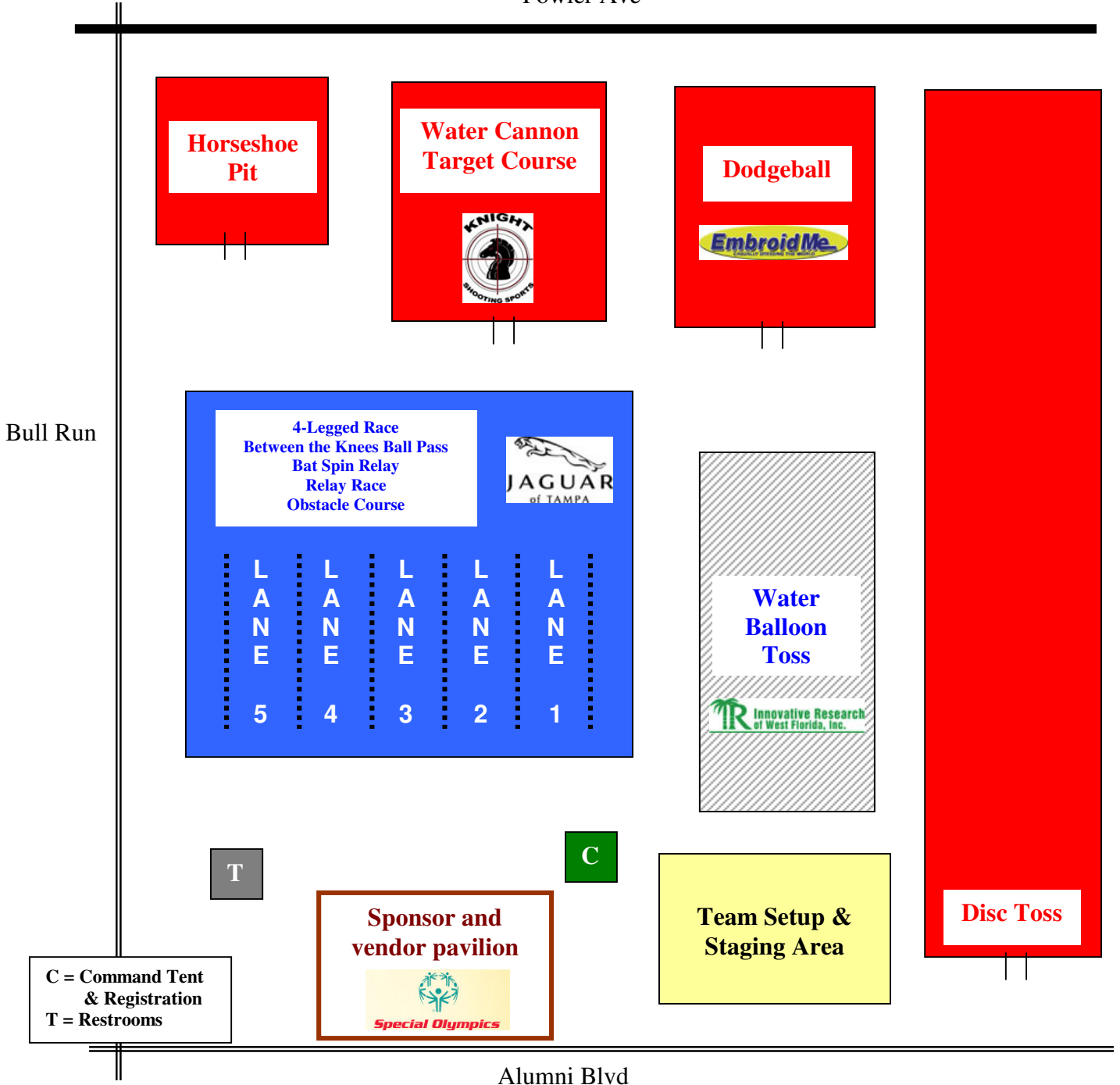
12-2pm – Team registration, check-in, warm up, lunch
 2pm – Opening Ceremonies & Stretching
 2:15-3:30pm – Session A games (group 1-Blue; 2-Red)
 3:30-4:45pm – Session B games (group 1-Red, 2-Blue)
 5:00-5:45pm – Water Balloon Toss & “Super Relay” Finals
 5:45pm – Closing Ceremonies
 6:30pm - After party with free beer at The Bullring



← To I-75

Fowler Ave

To I-275 & The Bullring →



Parking in Sun Dome Parking Lot ↘