

2024 GAME RULES

Boston Children's Hospital values gender diversity. Teams should be composed of people representing a mix of gender identities with no more than half of a team representing one gender in order to maintain equity and inclusion in the competition. This should be true for the team as a whole as well as any smaller groups put together for specific events.

Obstacle Course

- Teams:
 - Teams will consist of 6 participants and must be gender diverse.
- Competition Format:
 - Team members will travel through physical and mental obstacles one at a time for the fastest cumulative time.
 - Each team member must travel one at a time through the obstacles. The next team member cannot begin until the previous team member has completed all obstacles, finishing with scoring a basket in the hoop.
 - Team members are not allowed to bypass an obstacle. All obstacles must be completed prior to moving on to the next obstacle.
 - Once all team members have completed all individual obstacles, they may then move on to any final team obstacles to complete together.
- Point System:
 - The top 3 teams in a group with the fastest times will be awarded points. First place 5 points, second place 3 points and third place 1 points.

Football Toss

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- Competition Format:
 - 3 team members will stand in a hula-hoop. 1 participant per hula-hoop. 1 participant standing in a hula-hoop must be of the minority gender. Those 3 participants will remain within their hula-hoop for the duration of the event.
 - 5 team members will line up behind the cone across from their other team members to throw the footballs.
 - Each throwing team member will have to make 3 total completions with the receivers. They can take as many throws as necessary to make those 3 completions. Once those 3 completions have been made, the team then transitions to the next throwing team member.
 - Each receiver must make 5 total completions. Once the receiver has made 5 total catches, they need to sit down within their hula-hoop.
- Point System:
 - The top 3 teams will be determined by time. The fastest team to complete all the completions wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 points.



50 Yard Relay

- Teams:
 - All team members must participate.
- Competition Format:
 - The first team member will push a ball with a stick, weaving through multiple cones set in front of them. Once they reach the 25 yards down, they will turn around and weave their way back through the cones, while continuing to push the ball.
 - Once the participant returns to the start, they will pass the stick and ball to the next pair of teammates.
 - No individual can take back-to-back turns.
 - This pattern will continue until 20 turns have been completed.
 - Each team must stay in their own lane.
 - Each team will be timed individually.
- Point System:
 - The combined time of all 20 participants will be the final team time. If a team does not have 20 members, participants must run multiple times. A participant cannot run back-to-back turns.
 - The top 3 teams in a group with the fastest times will be awarded points. First place 5 points, second place 3 points and third place 1 point.

Soccer Kicks

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- Competition Format:
 - Each team member must kick a ball through three separate obstacles successfully navigating through the following in one kick: one set of wide cones, one underneath a cross bar, and one into the net.
 - Each team member will have 5 attempts to score up to 15 individual points.
 - Once 8 team members have completed their turns, the individual scores will be tallied for a team score.
 - Successfully kicking the ball through the wide set of cones is 1 point.
 - Successfully kicking the ball through the wide set of cones AND under the cross bar is 3 points.
 - Successfully kicking the ball through the wide set of cones, under the cross bar AND in the net is 5 points.
- Point System
 - The top 3 teams will be determined by overall score. The team with the most combined points after 8 individuals goes wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 point.



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Backyard Relay

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
- Competition Format
 - Teams are set up with two team members at each activity.
 - The order of activities alternates between cornhole and ladder golf, two sets each.
 - The first individual must get three bags on the board OR one in the hole before the teammate at their cornhole board can start throwing their bags.
 - If you miss the board, you must retrieve your own bean bags before trying again.
 - Once both teammates at the first corn hole board finish, the relay transitions to ladder golf
 - The first individual at ladder golf must land three bolas around the ladder before the teammate at that station can start throwing their bolas.
 - After completing the first ladder golf station, the pair at the second cornhole station can begin.
 - The same rules as the first cornhole station apply to the second cornhole station.
 - The same rules for the first ladder golf station apply to the second ladder golf station.
 - The relay ends when the final team member completes their second ladder golf station.
- Point System:
 - The top 3 teams will be determined by time. The fastest team to complete the relay wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 points

Volleyball

- Teams:
 - Teams will consist of 6 participants and must be gender diverse.
- Competition Format:
 - Teams will have 3 minutes to compete.
 - A referee will flip a coin to determine which team will serve first.
 - Each team is allowed three touches on their side before the ball must be sent over the net to the other team.
 - 8 teams will compete on 4 courts to determine the winners of the first round.
 - The winners of round one will advance to the second round competing for a spot in the heat championship.
 - The winners of round two will advance to the heat championship and losers of round two will compete for heat third place.
- Point System
 - The team with the most points at the 3-minute mark will move onto the next round.
 - If there is a tie at the end of the 3 minutes, one more point will be played to determine the winner. A coin will be flipped to determine which team will serve.
 - 1st place team will be awarded 5 points.
 - 2nd place team will be awarded 3 points.
 - 3rd place team will be awarded 1 point.

Hula Hoop

- Teams
 - Teams will consist of 10 participants and must be gender diverse.
- Competition Format:
 - Each team will be given 1 hula hoop, 2 buckets and 1 sponge.
 - Participants must stand in a straight-line, holding hands with arms and elbows fully extended.
 - Once the time starts, the first participant can pick up the hula hoop.
 - The hula hoop must go over each of the participants head for the pass to count.
 - Once the hula hoop gets to the last person, it must go fully over them and then it gets sent back to the beginning.
 - If the hula hoop touches the ground, then the team must start over.
 - After successfully traveling down and back three times in a row, team members can unlink their arms and the game transitions to the water element.
 - One end of the line will contain a full bucket of water and sponge, and the other end will contain an empty bucket marked with a fill line.
 - The goal is to fill the empty bucket to the fill line by passing the sponge down the line to each team member. The sponge cannot be thrown and must pass to each member of the line.
 - The team with the fastest time to successfully reach the fill line wins.
- Point System:
 - The top 3 teams will be determined by time. The fastest team to get the empty bucket to the fill line wins.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 points.

Red Light, Green Light

- Teams:
 - Teams will consist of 8 participants and must be gender diverse.
 - One pair per team will compete at a time.
- Competition Format:
 - Team members will pair up to participate in a three-legged race using a potato sack to connect their legs.
 - When the event lead announces green light, the duos will run forward. When the event lead announces red light, the duos must stop immediately.
 - If the duo is unable to stop immediately, they are out.
 - When the duo is disqualified, the points they earn is based on where they finish on the field, marked from 1 at the closest to the starting line and 20 closest to the finish line.
 - Each pair must stay in their own lane.
- Point System:
 - The combined scores of all 4 pairs will be the final team points.
 - The top 3 teams in a group will be awarded points. First place 5 points, second place 3 points and third place 1 points.