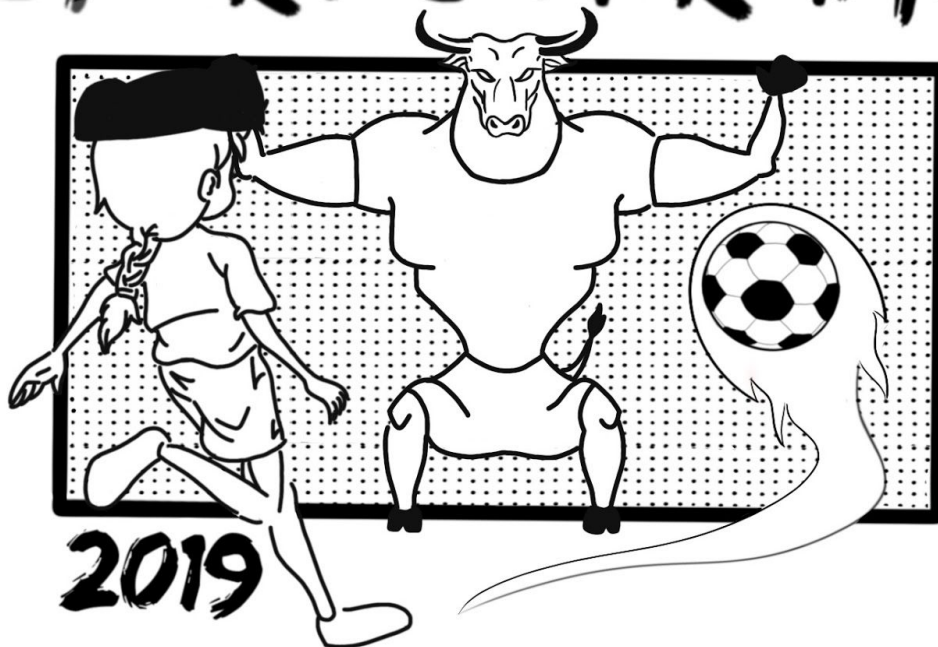


MIRA LOMA HIGH SCHOOL
SPORTS-A-RAMA
OFFICIAL RULE BOOK

SPRING 2019

WILL BE USED ON MARCH 29TH, 2019

SPORTS-A-RAMA



SPORTSMANSHIP & CODE OF CONDUCT

The purpose of Sports-A-Rama is to foster school spirit in the form of friendly competition between the four classes.

Sports-A-Rama is conducted in a family friendly environment. Therefore, all participants are expected to embody the spirit of fair competition and demonstrate sportsmanship in every aspect of Sports-A-Rama.

As a preventative measure, it is within the power of the Sports-A-Rama judges to apply penalties to any class they deem is performing unsportsmanlike conduct. The circumstances and their according penalties are left to the discretion of the Sports-A-Rama judges and activities director.

Coaches and class advisors will choose who participates in what events after a tryout process. Participants may be ejected from the SAR event on the night of SAR for unsportsmanlike or belligerent conduct.

PARTICIPANT RULES:

1. Participants must have at least a 2.0 GPA by the end of second semester's second grading period (March).
2. Anyone on social probation may not participate in Sports-A-Rama.
3. Participants **MUST** follow all practice rules at all times. Practice rules are listed below.
4. Participants **MUST** display good **SPORTSMANSHIP** to other teammates and classes.
 - a. No booing or derogatory phrases.
 - b. Unsportsmanlike behavior during Sports-A-Rama can result in a deduction of class' points based on the discretion of judges.
5. Participants must have their permission forms at the class meetings (1/31-2/5) to be able to vote on their class's SAR theme. Any prospective participants who do not attend the class meeting must turn in their permission form to their class officers by Wednesday, February 8th. To be able to participate in SAR, students need to turn in \$25 to a class officer by February 8th.

Not following these rules will result in dismissal from the practice or SAR event.

If under any circumstances, coaches believe an event is hindering the safety of their class team, they may opt out of one regular scored event without penalty. The Activities Director must be notified by the coaches about the event being dropped by 7PM of 3/28/19. The event will continue with up to the three remaining teams and the possible scores will be adjusted downwards accordingly (ie. if three teams participate, first place is 300 points).

PRACTICE RULES:

Personal Penalties:

An individual team member may receive a penalty for the following:

- being continuously off task.
- displaying unsportsmanlike conduct.
- any inappropriate behavior.
- not following the school/athletic department's rules.
- misuse of equipment.
- treating coaches, advisors, Activities Director, other students, etc. with disrespect.

An official personal penalty can only be given to a student by a class advisor or the Activities Director. However, if there are students causing problems, class officers and coaches are encouraged to report them immediately to the advisors or the Activities Director. Two or more infractions will result in the immediate ejection from SAR, without a refund, by the Activities Director.

Attendance is required at all practices. Participants must wear their designated class practice shirt in order to be counted as present. Practice shirts cannot be altered in any way, and must be visible at all times. Participants may miss up to 20% of practices for school activities and emergency situations only such as prior commitments, illness, etc. If a participant arrives late or departs early, the time missed will be counted as part of the 20%.

Team Penalties:

If a majority of the team is not actively participating in their official SAR practice or displaying unsportsmanlike conduct, points may be deducted by the discretion of the Activities Director or Administration.

General Rules:

Practice time is to be used **ONLY** for practicing SAR events.

All necessary precautions to promote safety should be taken by all participants at all times.

Any participants leaving practice before the designated ending time must check out with their class advisor or Activities Director. Participants may not return to practice after checking out.

ALL SCHOOL RULES ARE ENFORCED DURING PRACTICES. INFRACTIONS OF SCHOOL RULES CAN RESULT IN IMMEDIATE EJECTION WITHOUT REFUND FROM SPORTS-A-RAMA BY DISCRETION OF THE ACTIVITIES DIRECTOR, CLASS ADVISORS, OR ADMINISTRATORS.

SELECTION PROCESS FOR COMPETITION

For the events Tug-O-War, Izzy Dizzy P.K. Shootout, Bull Pull, and Crab Soccer, the victors are decided in two heats: these events are one on one class events.

The pairings for the first heat shall be decided by random draw by Activities Director, so all competitors have an equal chance of facing each other in the first round. Additionally, over the course of the events each class may only be paired with the same class a maximum of three times. In the event that two classes are paired for a fourth time, the Activities Director will reselect classes by random draw.

The two victors of the first heat shall compete against each other in the second heat for the positions of the first and the second place. Thus, the two defeated teams of the first heat will compete in the second heat for the positions of third and fourth place.

For Broom Ball, each class will have an opportunity to play all other classes in the order decided by the Activities Director. These initial 6 games will be the preliminary games. The two teams with the most victories will move on to compete in a championship match. In the event that there is a tie for 2nd place in the number of victories, the number of goals scored per team will be used to break the tie. In the event that the number of goals is equal, a shoot-out with three opportunities to score will take place.

For the events Mata-Box, Opening Ceremony, Tube Dive, Obstacle Course Relay, and Statue/Musical the order of competitors shall be sequential by class order, starting with the freshman.

For Basketball Relay, Bull Pull, and Roll-Y Pull-Y, pairings will be designated by the Activities Director by random draw. Two classes will compete at the same time, but they will not compete in heats. Ranking is determined by final individual class times, including penalties.

For the events Caterpillar Country and Body Slam, the classes will compete at the same time. The class places will be decided based on the shortest time taken to finish the event.

SCORING PROCESS

There are four different types of scoring. Each event lists the scoring type underneath the title of the event. The scoring processes are as follows:

General Scoring Rules:

If a team is disqualified from an event they will be awarded 0 points for the event.

Points earned **within** an event are points toward the event (intra-event points). These are not points toward the class's grand point total. These intra-event points are used to decide the class' place (1st - 4th) in the designated event. For example, each marble in the bucket at Mata-Fan does not count as a point. The number of marbles in the bucket for one class in comparison to the number of marbles in the bucket for the other classes is used to determine their place (1st - 4th). If a class has the most marbles, they will be awarded 1st place and given the point amount for that place.

Flat Scoring:

Each team is given a flat amount of points if the requirements listed in the rules are followed. If ALL requirements are not followed, the team will be given 0 points. No partial amount of flat points will be awarded.

Regular Scoring: First Place – 400 points Second Place – 300 points Third Place – 200 points Fourth Place – 100 points	Half Point Scoring: First Place – 200 points Second Place – 150 points Third Place – 100 points Fourth Place – 50 points
One and a Half Point Scoring: First Place – 600 points Second Place – 450 points Third Place – 300 points Fourth Place – 150 points	Double Point Scoring: First Place – 800 points Second Place – 600 points Third Place – 400 points Fourth Place – 200 points

Tie Break:

If there is a tie, the points between the tied places will be added together and divided in half. For example, if there is a tie between First and Second place for a Regular Scoring event, each team will receive 350 points (ex. $(400 \text{ points} + 300 \text{ points}) / 2 = 350 \text{ points}$.) Some ties mid-event have procedures distinguished in their individual rules.

All final assignment of points and penalties are at the discretion of the activities director.

RULES FOR COUNTING PRELIMINARY EVENTS

ONLY MEMBERS OF THE SPORTS-A-RAMA PRELIMINARY COMMITTEE MAY COUNT MARBLES OR MONEY FROM PRELIMINARY EVENTS.

When counting marbles, they must not be counted by the members that belong to that class. For example, the Seniors may NOT count marbles or money for the Seniors. Also, the prelim “currency” (marbles/money), can only be counted by a class either two years younger or two years older. For example, the Seniors can count the Freshman or Sophomore currency, the Juniors can count the Freshman currency, the Sophomores can count the Seniors currency. Because there are no freshmen in the preliminary committee at any time, both the Seniors and Sophomores will count the Junior currency once each, with at least one member of the Junior class in the Preliminary committee supervising.

Due to the importance of the Preliminary committee, any member can be removed at the discretion of the supervising ASB officer, head of committee, and/or the Activities Director. If any member of any class feels as if a miscount has occurred, a recount will be ensued by the Supreme Court officials. If Supreme Court must count, no further “recounts” will be given.

When counting the marbles, each must be counted one by one aloud to the committee and the Activities Director. The head of the Preliminary Committee must be present. The designated “counter” will use one finger to move a marble from the uncounted pile to the counted pile. The marbles will be counted by 20, and once 20 is reached, they will return to the designated class’ “jar” before continuing the counting process.

The marbles of each class must remain in the jug representing the class for twenty four hours, or until all classes are satisfied with the fairness of the count. Until the 24 hour waiting period is over, the jugs will remained locked away with a secured lock over the top of the jug. Only members of the Preliminary committee may move the jugs, after receiving consent of the designated ASB supervisor.

If any member of the Preliminary committee is found to be “cheating” in any sense (such as hiding marbles, miscounting with a harmful intent, etc), the class of which the member belongs to will suffer a 500 point penalty at the discretion of the the Activities Director. If any member is found to be moving preliminary jugs without the consent of the ASB supervisor, a 200 point penalty will ensue.

SEQUENCE OF EVENTS

PRELIMINARY:

MATA – FAN
TWIRP
PENNY WARS
SKATE NIGHT
BROOMBALL
MATA – BOX

KICKOFF RALLY:

TUBE DIVE (½ Pts.)
CRAB SOCCER (GIRLS) HEAT 1
BASKETBALL RELAY
BODY SLAM (½ Pts.)
STAFF VS SENIOR BASKETBALL RELAY
TUG-O-WAR (*IF TIME ALLOWS*) HEAT 1

SAR RALLY:

ANY EVENT NOT FINISHED AT KICKOFF RALLY

CRAB SOCCER (BOYS) HEAT 1
IZZY DIZZY HEAT 1
CATERPILLAR (½ Pts.)
ROLL-Y PULL-Y (½ Pts.)
BULL PULL (½ Pts.)
ELEPHANT CRAWL

NIGHT OF:

DECORATIONS

OPENING CEREMONY

TUBE DIVE

BODY SLAM

TUG O WAR HEAT 1 & 2

ROLL-Y PULL-Y (Full Pts.)

CRAB SOCCER (GIRLS) 1ST & 3RD

ELEPHANT CRAWL

IZZY DIZZY (3RD)

CATERPILLAR COUNTRY

TUG O WAR 1ST & 3RD PLACE

BULL PULL (2X)

IZZY DIZZY 1ST & 3RD

CRAB SOCCER (BOYS) 1ST & 3RD

OBSTACLE COURSE

STATUE/MUSICAL

****EVENTS DONE AT AN SAR RALLY THAT ARE **NON HEAT EVENTS** WILL BE WORTH HALF POINTS, AND THEN WORTH FULL POINTS WHEN DONE AGAIN THE NIGHT OF *(WITH THE EXCEPTION OF ROLL-Y PULL-Y)*****

PRELIMINARY EVENTS

The winning classes of the Preliminary Events will be announced the day after the event takes place. With the exception of TWIRP, each of these events is weighed equally to a Main Event (See Main Events).

MATA – FAN

Scoring: Regular

Basketball games take place in Mira Loma's big gym. The boys' game takes place on February 1st as well as the girls' game. Both basketball games are a combined event, and the points collected from each game are cumulative.

- Upon purchase of ticket, one marble will be distributed to each *individual student* who buys a ticket.
- Attendees may purchase multiple tickets, however, marbles will only be awarded based on the number of individuals present at the event.
- The marble may be placed into the “mata-jug” of the desired class.
- Attendees do not have to stay the entire time, but they must pay the entrance fee and place the marble within the “mata-jug” to be awarded a point.
- Non-Mira Loma students are welcome and will also receive one marble upon ticket purchase; it can be placed in the “mata-jug” of their choice.
- All proceeds will be given to athletics.
- The places will be announced to the student body the following day over the announcements.

PENNY WARS

Scoring: Regular

Each class is allocated a “mata-jug” which must remain in C6. The class with the most points (not money) wins the event. Members of Student Government will be assigned to count the money.

- An intra-event point is earned for each cent in the container. All types of US coins will be accepted. Any foreign currency found inside the “mata-jugs” will not be counted and will not count for the class’ total.
- Any **paper money** placed in a class’s “mata-jug” will count as sabotage. A class that gets sabotaged may keep the money, but the amount will be subtracted from their overall total. If any loose coins are placed in the “mata-jugs” after the loose coin due date (3/15) they will not count as sabotage or go towards a class’s overall score.
- Each class will be awarded a 5% bonus in funds for the amount in the container up to \$100. This bonus will be deposited to the respective class’ fund but will not count towards the Penny Wars competition total.
- The money that is earned will be deposited into the classes' respective treasuries.
- Money may not be withdrawn from the class accounts to contribute towards Penny Wars, violation will result in disqualification from the event. Any money raised must go into the class account.
- Penny Wars officially begins on 2/11.
- Any loose change will not be accepted after 3/9 at 3:15 PM
- Bank issued penny rolls will not be accepted after 3/16; Penny Wars officially ends at 3:15 PM on 3/15.
- On the last day 3/15 from 2:55 PM to 3:15 PM, all bank-rolled pennies are to be placed in the class’ designated area.
- Class Officers are responsible for converting the coins into cash for deposit once the event is complete.

SKATE NIGHT

Scoring: Regular

Skate Night will take place at Foothill Skate Inn (4700 Auburn Blvd, Sacramento, CA 95841) on 3/19. Marbles will be used to keep count of those who attend. Each class will receive a “mata-jug” in which to place the marbles.

- Upon ticket purchase, one marble will be distributed to each *individual* who buys a ticket.
- Attendees may purchase multiple tickets, however, marbles will only be awarded based on the number of individuals present at the event.
- The marble may be placed into the “mata-jug” of the desired class.
- Attendees do not have to stay the entire time, but they must pay the entrance fee and place the marble within the “mata-jug” to be awarded a point.
- Non-Mira Loma students are welcome and will also receive one marble; it can be placed in the “mata-jug” of their choice.
- Classes will be awarded places based upon how many marbles are in their “mata-jug” at the end of Skate Night.
- Half the proceeds will be given to the classes and the other half to Foothill Skate Inn.
- The places will be announced to the student body the following day over the announcements.

TWIRP

Scoring: Half Points

The TWIRP dance will take place on the Mira Loma campus in the cafeteria on 2/8. .

- All Mira Loma students with a valid ID card will receive a marble at the door.
- The marble may be placed into the “mata-jug” of the desired class.
- Only one ticket may be bought for each attending participant.
- Attendees do not have to stay the entire time, but they must pay the entrance fee and place the marble within the jar to be awarded a point.
- All proceeds from this event will be given to the Sophomore class.

BROOMBALL

Scoring: Regular

Equipment:

- Broomball ball
- 10 Broomball sticks
- 2 goals

Class Participants:

- 7-10 players on each roster
- 5 players on the court during play, at least 2 of each gender

This event will take place in the big gym on 3/6 to 3/14 during lunch. This event occurs in 'pool play'. Each game is 12 minutes; after 6 minutes have elapsed, teams will have a 30 second intermission and before resuming play, switch sides. During this intermission, team members may switch positions. First possession is determined by a coin flip. Each team has 2 defensive players and 3 offensive players. Defensive players must stay within the 3-point line, however their broomball stick may cross the 3 point line. Offensive players must stay on their offensive half of the court, however their broomball stick may cross the half point line.

During offensive possession of the ball, the offensive team may take as many shots as they can before the 30 second shot clock has expired. If a defensive player gains possession of the ball and passes it to their offensive teammate, then that team achieves offensive possession regardless of the shot clock. The winner will be decided by the team who has the most points (1 goal = 1 point) at the end of 12 minutes.

If the ball goes out of bounds, the game clock will be frozen; the offensive team retains possession for remainder of the shot clock. If the ball gets stuck on the net, the game clock will be frozen and the ball reset. If the game ends in a tie, then the following steps will be determined at the discretion of the Activities Director.

***Teams are only allowed to make substitutions in case of injury or at half-time.

Teams may substitute all of the players at half-time.

Regulations:

- No high-sticking (broom end may not reach higher than the waist of the player).
- Players must stay on their feet at all times.
- Players must keep at least one hand on their broomball stick at all times.
- No hands may make contact with the ball.
- Any body part (except hands) may be used to only STOP the ball, no forward advancement.

- Feet may not be used to kick or advance the ball.
- No blocking or offensive screening allowed (ie no body checking).
- Violence, whether intentional or unintentional, will result in a penalty. This call will be made by the event judges.
- Defensive players must keep their hands above the marked tape on the broomball stick (Offensive players do not have to)

Penalties:

- For any violation of the regulations as interpreted by the referee, by the *defensive team*, the player must sit out for the possession with a reset shot clock, during which time no substitute will be permitted.
- For any violation of the regulations as interpreted by the referee, by the *offensive team*, possession will be given to the other team with a reset shot clock.

MATA BOX

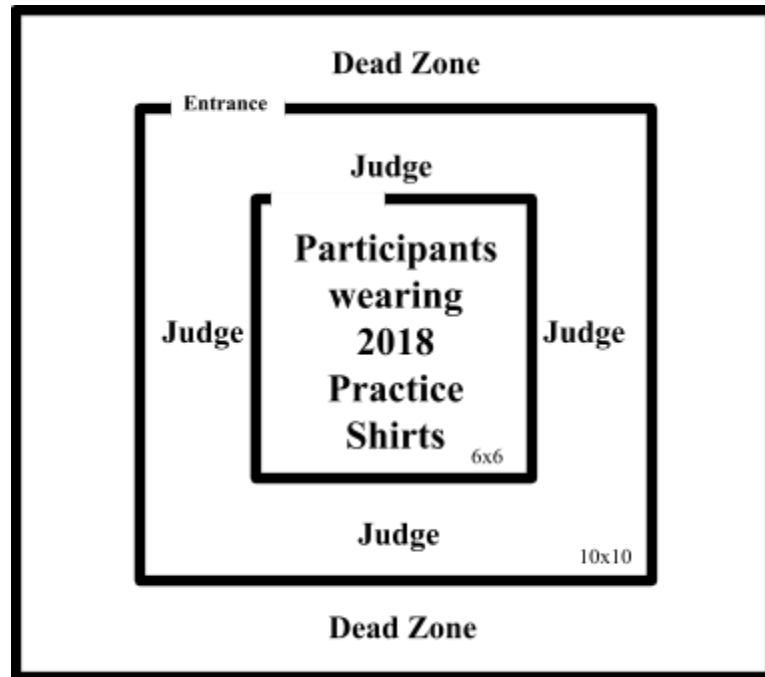
Scoring: Regular

The class who fits the most individuals within the Mata Box according to the regulations will win. Individual classes will participate on one day (3/19) during lunch. In order to enter the Mata-box, the participant must be dressed in their class' 2019 SAR Practice Shirt with closed toed shoes.

At lunch, all class participants wearing their class' 2019 SAR Practice Shirt will assemble in a line in the quad to perform the following activity:

1. All participating members must be wearing their class's 2019 SAR Practice Shirt and closed-toe shoes.
2. Participants must fit entirely into a 6'x 6' box. The box height must not exceed 10'.
3. Participants must only enter through the designated entrance.
4. Participants must enter within the allotted time (3 minutes) in order to be counted.
5. Anyone who enters the 6' X 6' door with their feet on the ground must keep at least one foot in the box at all times.
6. The class may appoint one individual to facilitate the event, this individual is the only non-Judge allowed in the Judge's Box. If more than one person is intentionally in the dead zone or Judge's Box assisting the team, 25 people will be deducted from the class' total.
7. Participants within the box after the designated 3 minutes must be able to hold their positions within the box for an additional 1 minute. The beginning and end of the 1-minute time period will be signified with a whistle.
8. Anyone who steps outside the dimensions of the Mata-box during the designated 1 minute period will not be counted and their hand will be marked to signify the penalty. If an individual who steps out is holding, carrying or supporting another individual, both individuals will be counted out and their hands marked .
9. Stepping on the tape line is permitted however stepping past the line will be counted out.
10. To survey the participants that step outside, there will be at least four judges, one at each side of the exterior box.
11. In order to count the participants, there will be an exterior box to the 6'x6' box where judges will count the exiting participants. The participants must exit from the same space they entered from. As the participants exit they must show the top side

- of both of their hands to the judge counting.
12. Judges will tabulate the score as participants exit; any individual with a mark on their hand will not be counted.
 13. No spectators are allowed in the 'Dead Zone' (3rd box outside Judge's box). Spectators must watch from behind this box.



Matabox Diagram

MAIN EVENTS

OPENING CEREMONY

Scoring: One

Class participants:

- Every SAR participant must be included in Opening Ceremony

Each class will choreograph a routine that relates to their corresponding theme. The classes will line up outside of the gym before they enter. Performance order starts with Freshmen and ends with Seniors. There will be a 45 second minimum and 1 minute and 30 second maximum time allotment allowed for the entrance total. Points cannot and will not be docked for the length of your entrance as long as it is within the time range. Preference will not be given to longer or shorter performances.

The time starts at the signal of the Class President. The performance is finished when the Class President gives a signal to the Activities Director. The next class cannot enter the gym until everyone from the previous class is seated. Props and accessories are allowed, however full costumes are prohibited. All participants must be wearing their respective class' SAR shirt. Judges will be positioned on all sides of the gym.

Each class will be given the opportunity to rehearse their opening ceremony routine at the final rehearsal practice. All classes will be in the big gym and will be respectful audience members in the preview of all the classes performances.

Any lifts or stunts may be prohibited by the Activities Director if they deem it unsafe.

Penalties:

- For each 15 seconds over the maximum time or below the minimum time, 50 points will be deducted from your score (1:31-1:45) 50 points deducted, (1:46-2:00 another 50 points deducted, etc).
- If anything is left in the gym that will inhibit the next group, a 50 point penalty will be deducted (props, costume items, etc.)
- Every member of the team must be involved in the opening ceremony, or the team will be disqualified from the event.
- The choreography must be kept "school appropriate" due to the fact that this is a family friendly event, therefore no sexual content, excessive violence etc. Inclusion of such will negatively affect the class' standing.
- Opening ceremony music is due before the dress rehearsal the week of Sports-A-Rama.

TUBE DIVE

Scoring: Regular

Equipment:

- 1 large inner tube
- 1 large mat

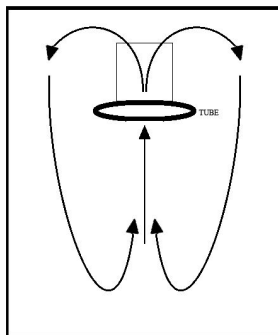
Class participants:

- 20 males
- 20 females
- 5 of either gender

Forty-five people from each class will have 60 seconds to file as many people as possible through the inner tube. The start and end of this time period will be signified by an air horn blast. The first run through the inner tube must be in a single file line. The participants will run through the center of the tube as two judges count each individual. They will then make their way to the back of the line, and repeat the process. Participants must pass the red mat completely in order to be counted. At the end of the allotted time the judges will give the final tally and places will be assigned by the number of students counted. This will go sequentially from freshmen to seniors.

Penalties:

- Teams will be **disqualified** if the *first run* through the inner tube is not in a single file line
- If a participant does not go to the end of the line before passing through the tube, that student will not be counted
- Students who do not go to the end of the red mat after exiting the tube will not be counted



Tube Dive Diagram

BODY SLAM

Scoring: Regular

Equipment:

- 4 Stopwatches (1 timing each team)

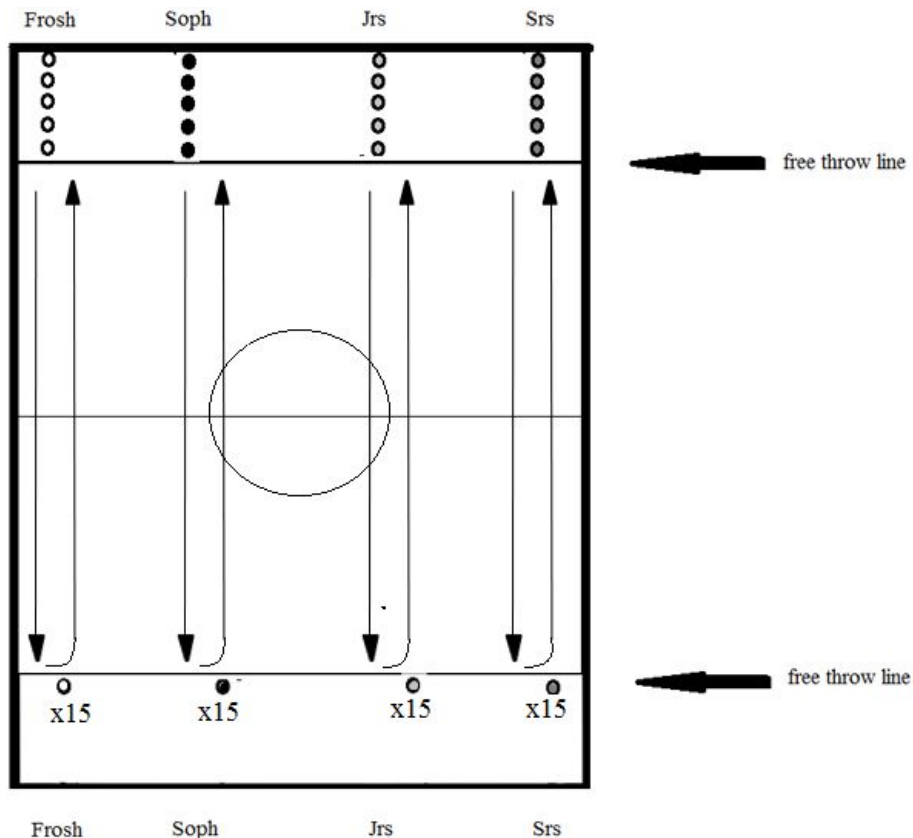
Class Participants:

- 15 males
- 5 females

The object of the event is to have the females pull/drag the males from the free throw line to the other free throw line. The males must not help in any way. They must be “dead weight” and cannot stand up or use hands/feet to push them along. At the start of the event one female runs across the gym to the line of males (female participant may cross the free throw line) and begins dragging a male back across the gym to the starting free throw line. The next girl may proceed to do the same once the first girl has tagged her hand. For the last male, two girls may cross the gym together to drag him. Places are assigned by fastest time. All classes compete at the same time. All males must stay seated until their class has completed the event.

Penalties:

- +3 seconds for leaving early (running before getting tagged)
- +3 seconds for more than one female on the active floor at a time (besides for the last guy)
- +3 seconds for males helping while they’re being dragged



TUG-O-WAR

Scoring: Regular

Equipment:

- 1 large rope
- 1 flag

Class participants:

- 15 males
- 15 females

This event occurs in two heats (see Selection Process for Competition). The object of the event is to win in a game of Tug-O-War. Each class will provide 30 members to line up on their respective side of the rope. There will be a flag placed at the middle of the rope that will hover over the center of a wrestling circle. The team who pulls the flag until it exits the wrestling circle wins.

Penalties:

- Anyone who uses gloves, stick-em, or any other outside help for traction will be removed from the event and will not be replaced
- Anyone who is not wearing shoes will be removed and will not be replaced
- Anyone who wraps the rope around their hand or any body part (including the participant at the end of the rope) will be removed and will not be replaced

BULL PULL

Scoring: Regular

Equipment:

- 2 large ropes
- 8 double-scooter boards
- 4 cones
- 4 green flags
- 2 Stopwatches (1 timing each team)

Class Participants:

- 4 males
- 4 females

This event occurs in two heats. (See Selection Process for Competition). A whistle will signify the start of the competition. One end of the rope will be tethered to a post and the other will be held taught by four participants. Each relay team will be composed of four people, all will begin on the side of the rope being pulled by participants. On the whistle, the first person, starting at the side of the rope being pulled, will pull themselves along the rope head first towards the finish line on the pole side of the rope. Each participant on the relay must keep their back on the scooter boards with their body off of the ground. At least one body part must be touching the rope at all times. One foot must be above the rope at all times, but does not have to be touching it. Once the first participant crosses the finish line, a judge at the pole side of the rope will wave a green flag when the participant's whole body crosses the finish line, signaling the next person in the relay to go. After all four participants (1234) have crossed the finish line on the pole side, the fourth relayer will immediately turn around and race back to where they started. A line judge will wave a green flag on the puller side once the participant crosses the finish line, signaling the original third person in the relay to follow. The four rollers will all follow in the reverse order (4321) and cross the finish line on the puller-side. The event will finish when the original first person of each team crosses the finish line after completing the second leg of the race.

Two teams will compete on the court at one time in heats. The places will be determined by the fastest time.

Penalties:

- +5 seconds for a false start
- +10 seconds for not having a body part touching the rope
- +5 seconds if any part of the participant's body touches the floor
- +3 seconds for any interference between participants

CATERPILLAR COUNTRY

Scoring: Regular

Equipment:

- 1 pole
- 4 green flags
- 4 Stopwatches (1 timing each team)

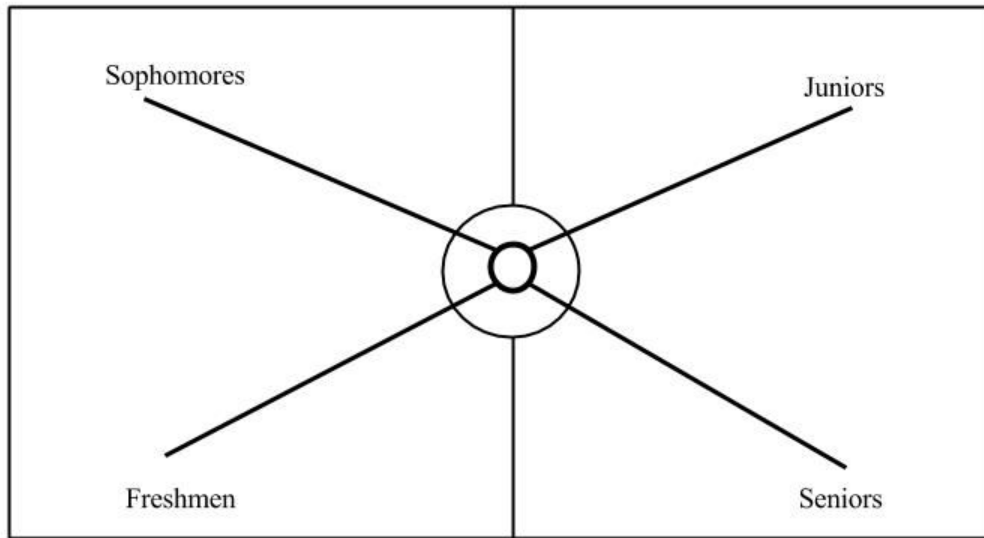
Class participants:

- 15 males
- 15 females
- 1 additional person of either gender

Each class has a line of 15 people followed by another 15 people standing behind a common line designated by tape. A whistle will signal the start of the event. A line of 15 people from each class will run to the designated pole in the center of the gym. This formation would be referred to as the “caterpillar”. The first person in line bends over and holds the pole in front of them, while each following person grabs the waist of the person in front of them, bends over and places their head to the side, forming a flat surface with their backs. One additional person at the end of the line will act as a “stepstool” and will crouch down at the end of the caterpillar line. The step stool will not finish with a person on their back. In addition to the stepstool, one of the 15 crawlers will act as a “butterfly”. The butterfly will be able to assist with the first 14 crawlers, pushing them up if they fall or helping them keep their balance, and will signal to the rest of the team when the next person can go. If the butterfly signals too early, a penalty will ensue. The butterfly will then be the last crawler for the team.

Once the stepstool is in place, the first person from the next line will run and climb onto the caterpillar. **People may not jump onto the caterpillar; it is dangerous and can cause injury.** The crawlers must move on his/her hands and knees all the way to the pole and straddle the back of the first male/female, facing the pole. They must hold onto the pole. The next crawler will do the same. The second crawler must hold onto the shoulders of the first crawler with both hands, then the butterfly will signal the next crawler to start crawling. Each caterpillar base must only have one crawler on their back. The event continues until all of the crawlers are sitting on the caterpillar, therefore all the caterpillars cannot dismount until all four classes have completed the event. Places will be assigned by fastest time.

***See next page for caterpillar diagram.



Caterpillar Diagram

Penalties:

- +5 seconds for a false start (running before the whistle OR the butterfly's signal, crawlers beginning before complete assembly of caterpillar, or running before the previous crawler is seated)
- +5 seconds if any of the males or females remove their grip from the pole or the person in front of them
- +5 second penalty for having more than one crawler on one back
- If any crawler jumps/catches air, the team will automatically be disqualified from the event

CRAB SOCCER

Scoring: Regular

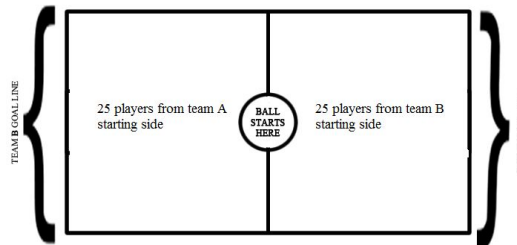
Equipment:

- Crab soccer ball

Class Participants:

- Male team, 25 males
- Female team, 25 females

This event occurs in two heats (see Selection Process for Competition). Two classes with participants of the same gender will compete at a time. A maximum of five people from each class are allowed around the center circle of the gym at the beginning of the game. **NO HANDS MAY TOUCH THE BALL.** Reduce contact (no pushing/kicking other players,) and no standing or jumping. In order to make a goal, the crab soccer ball must be hit onto the opposite wall, or the backboard/hoop. If the ball goes out of bounds, the crowd and/or the officials will push it back. There is a time limit of 2 minutes for heats. A tie will result in a sudden death: first team to score wins. There will be up to an additional 1.5 minutes designated for sudden death. The first heat games cannot end in a tie so if the score is even after 1 round of sudden death, whatever side the ball is on, that team loses. The 3rd/1st place matchups can end in a tie.



Crab Soccer Diagram

Penalties:

- Members will be removed for the following:
 - Standing
 - Pushing/kicking recklessly or belligerently
 - Not having shoes on
 - Not having a wristband
 - Touching the ball with their hands
- Teams can be disqualified for unsportsmanlike conduct from the crowd or participants, belligerence towards the other team, or a multitude of players who aren't adhering to the rules.
- Goals can be discounted at the judges' discretion if the crowd moves the crab soccer ball

a significant amount towards one of the goals

IZZY DIZZY P.K. SHOOTOUT

Scoring: Regular

Equipment:

- 4 bats
- 2 soccer balls
- 2 flags

Class Participants:

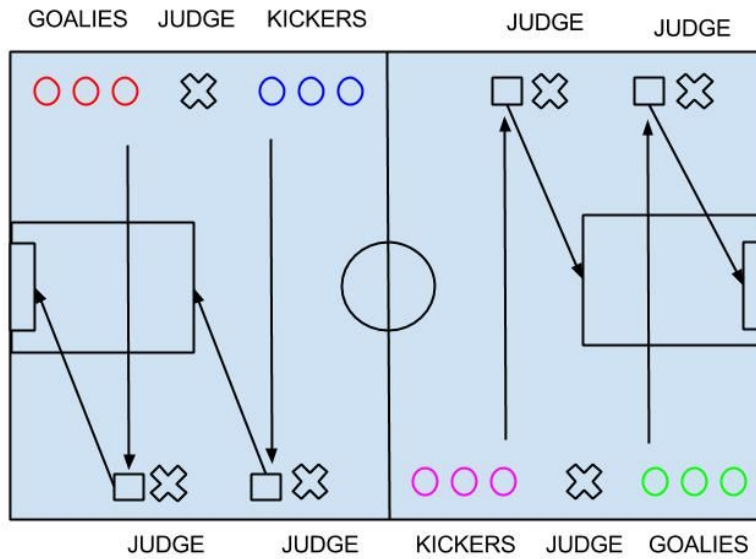
- 3 male shooters
- 3 male goalies
- 3 female shooters
- 3 female goalies

This event occurs in two heats (see Selection Process for Competition). A whistle will signal the beginning of the competition. The teams will line up behind the starting line and when the judge brings the flag down the participants will run to the spin area. The participants will spin around the bat with the tip of the bat placed on their forehead and the bottom of the bat on the floor. The goalie must spin around the bat 8 times and the kicker must spin 10 times. Any spin made outside of the designated area will not be counted. Players can only leave the area once they complete their spins. Once the spins are completed, they can then take their place at the goal, while the shooter can kick the ball. Shooters kick the ball at the goal, while the goalie tries to block it. The next participants must wait until the flag is brought down again. The flag will be brought down when the kicker and goalie have removed themselves entirely from the playing field. The team with the most goals wins.

During each heat, two classes will compete on one side of the gym. First, the older class will be goalies and the younger class will be kickers. Then, they will switch. Each team has 3.5 minutes per round.

During the rally, if a matchup ends in a tie, those two teams will go into sudden death. In sudden death, the two teams will have 3 alternating attempts to score with no repeat participants. There will be no spinning. If the score is tied after 3 attempts, the game will then go into another round of sudden death.

If the finals (night of) ends in a tie, then the teams involved will equally split the total points of the corresponding places.



Izzy Dizzy Diagram

Penalties:

- Goals will not count unless each participant spins the required amount of times within the box (listen to the judge for the “okay” to go)
- If participants spin before the flag is waved, they must go back and run again
- If any spins are out of the marked zone participant must redo those spins
- If participant lifts head from bat, they must redo those spin(s)
- If the bat is lifted off the ground, the participant must redo those spin(s)

ROLL-Y PULL-Y

Scoring: Regular

Equipment:

- 12 scooters (6 per team)
- 2 broomball sticks (1 per team)
- 5 cones
- 2 stopwatches (1 timing each team)

Class Participants:

- 3 males
- 3 females
- 1 male puller
- 1 female puller
- 1 puller of either gender

The object of this event is to create a centipede formation as quickly as possible without it breaking. Strategy on the creation of the “mata-pede” is determined by the team, there are no rules on how to link the mata-pede. Roll-y Pull-y teams are comprised of 3 male “rollers”, 3 female “rollers”, 1 male “puller”, 1 female “puller”, and 1 “puller” of either gender. Rollers will be required to sit on a scooter board behind free throw lines of opposite sides of the gym. They are pulled across the gym floor by the designated pullers.

All rollers must be sitting. At the start of the event, signaled by a whistle, one puller on the Freshman/Sophomore side of the gym will retrieve the broomball stick in the middle of the gym and continue to the line of rollers on the Junior/Senior side of the gym. He/she will then begin pulling the first (male) roller with his/her broomball stick across the gym to the Freshman/Sophomore side. Once there, a female roller from the team will attach onto the male roller that has just been scooted to that side. The roller can be pushed until they connect with the previous roller or reach the free throw line. 3 rollers are to start behind the free throw line at the Freshman/Sophomore side of the gym while 3 other rollers are to start behind the free throw line at the Junior/Senior side of the gym. Two pullers will stand with 3 rollers behind the free throw line on the Freshman/Sophomore side of the gym, and the third will stand at the Junior/Senior side. The gym will be separated into two lanes with cones, and a broomball stick will lie in the middle of each lane. Success in this event is achieved by attaching all 6 rollers together, forming a mata-pede, and crossing the finish line.

The pullers will switch off after every two people join the mata-pede. At any switch of pullers, the initial puller must release the broomball stick and cross the free throw line before the

next puller can cross the line and grab the broomball stick. During this time, the front roller of the mata-pede may not release his end of the broomball stick. Once pullers have switch and the fourth person is attached to the mata-pede, the pullers who are not currently pulling can push the mata-pede train.

Places will be awarded according to the fastest time. Two classes will be on the floor at one time, but they will not be competing against each other. This event will happen once. The class with the fastest total time will take first place, the second fastest time will take second place, and so on. The better of the two times will be used to determine places.

Penalties:

+3 seconds for each of the following

- Any release of the broomball stick by the front roller of the mata-pede
- Any roller crossing the designated free throw line before attaching to the mata-pede
- Any failure of completing a successful transition of pullers. This includes more than one puller past the free throw line of the Freshman/Sophomore side of the gym.
- Any detachment within the formation of the mata-pede in between any rollers
- Any time that any roller comes in contact with the gym floor
- Any contact between participants and cones located at the center of the gym

+10 seconds for the following

- Crossing the free throw line without every sitter attached to the mata-pede

BASKETBALL RELAY

Scoring: Regular

Equipment:

- 2 Basketballs
- 6 small cones
- 2 Stopwatches (1 timing each team)

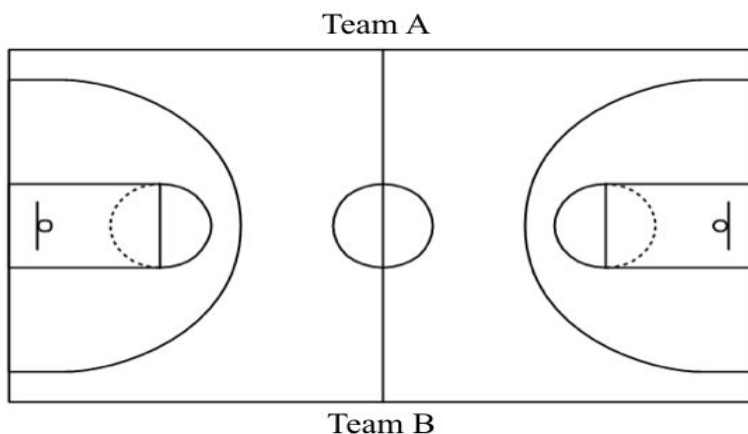
Class Participants:

- 3 Females
- 3 Males

Two classes will line up at opposite ends of half court. At the start of the whistle, the first player must dribble the basketball and go make a layup at one end of the floor (both players will go towards the same hoop), after making this layup they will dribble to the other end of the court and make another layup. The participants must dribble and make the layup from their respective side of the court. After this is done they will pass the ball to the next person in their line. The next person in their line may only cross half court once the layup has been made. The ball must be passed with two hands. After the participant has completed they must sit down at the back of the line. All six players will repeat this process. Once the first two classes finish, the next two classes will follow. The class places will be assigned by fastest time. The timer ends when the last shot is made. The time will be recorded to the tenths place.

Penalties:

- +10 seconds for skipping a basket
- +3 seconds for traveling or double-dribbling
- +3 seconds for passing with only one hand
- +3 seconds for the next participant running early



Team A
Team B
Basketball Relay Diagram

OBSTACLE COURSE RELAY: THE NIGHT OF

Scoring: Regular

Equipment:

- Tube dive
- Red mat
- Blue cheer mat
- 6 tires
- Quad steps
- Balance beam
- 6 small cones
- 1 large cone
- Army crawl
- Broomball stick
- 3 scooter boards

Class participants:

- 2 males
- 2 females

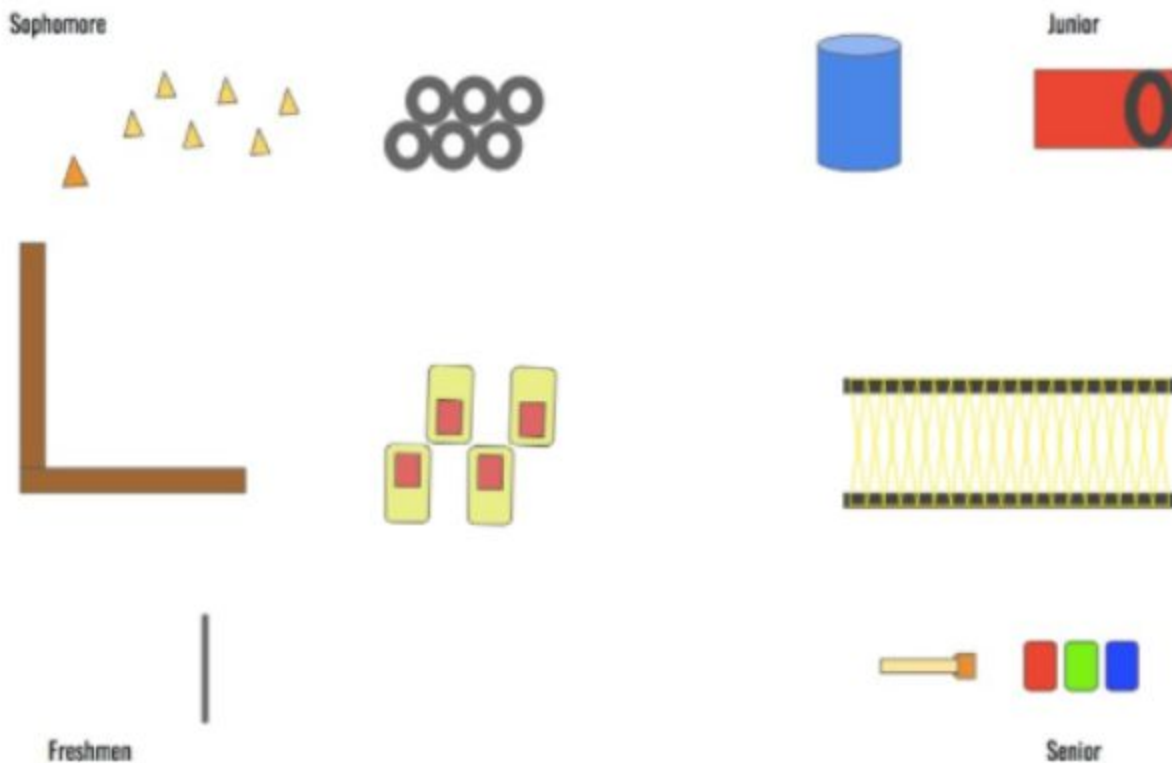
The classes will compete sequentially from freshman to seniors. The class participants may compete in any order they would like to. Judging will be based on the total time it takes each class to send all four participants through the obstacle course. Since the event is relay style, the time that determines the winning class is cumulative. The time will be recorded to the tenths place.

The participants will start by doing a somersault through the tube and then jumping over the blue cheer mat. They will then step through each of the tires, jump on each of the quad steps, run across the balance beam (step before and after the tape), and zig-zag through the cones. Lastly, participants will jump onto each box jump, slide through the army crawl, and end by the scooter boards. Three of the participants will sit on the scooter boards and be pulled by the remaining person to the marked finish line. Participant order does not need to correlate with the order in which they complete the course. Time ends when the last participant is past the finish line.

*there is no penalty for stepping on the tape, but you must

Penalties:

- +3 seconds for a false start (leaving before the whistle or before the prior participant finishes)
- +3 seconds for missing a somersault
- +3 seconds for not running the entire distance of the balance beam (ie. not stepping before the tape or after)
- +3 seconds for each cone missed or hit
- +3 seconds for missing a tire
- +3 seconds for scooter board train disconnecting
- +3 seconds for coaches or teammates running out on the floor
- +15 seconds for every skipped obstacle



Obstacle Course Diagram

ELEPHANT CRAWL

Equipment:

- 4 Stopwatches (1 timing each team)
- 4 pennies (for first crawler)
- 1 large mat for all teams
- 4 cones
- tape

Class Participants:

- 15 participants

The four classes will start at one end of the gym, each team lined up single file holding the hand of the person in front and behind them. The second person holds the first person's hand under the first person's legs, and the third person's hand under their own legs. This is repeated until the fifteenth person who is only holding the hand of the person in front of them. On the start whistle, each team will simultaneously race across the gym, maintaining formation, until the first player of the team reaches the cone on the other end of the gym. Once the cone has been reached, the entire comes to a stop, still in formation. Then, the last player will sit back as the player in front of them walks backwards over them, still maintaining formation. This is repeated until the entire line is seated, laying flat. Then, the first player stands up and walks forward over the entire line, into the original arrangement, still maintaining formation. The event is complete when every member has stood back up, still maintaining formation.

Penalties:

- Letting go of hands results in DISQUALIFICATION
- +3 seconds for false start

<https://www.youtube.com/watch?v=fLwHLm79qXc>

ELEPHANT CRAWL DEMO VID (FIRST EVENT)

DECORATIONS

Scoring: Double Points

Decorations are judged by designated staff judges. It is suggested that the classes

decorate the gym seats, the basketball backboard, the side wall, the back wall of their section, and the bleacher railing.

- Decoration time officially begins at 3:10 PM the day of SAR (3/29).
- Decorations cannot interfere with seating or extend onto the active gym floor.
- Each class will have 40 minutes of access to the scissor-lift for set up.
- Only (non-student) adults are allowed to operate the lift.
- The decorations must stay within school safety rules (no sparklers, no fires, etc.)
- No helium tanks are allowed inside the gym.
- No outlet will be provided, however battery-operated devices may be used.
- **By 6:00 PM, each class must be finished and outside the gym with their section clean for the judges to judge the decorations.**

Each class is responsible for their own section for setup and clean-up;

Student Government will not do it for you!

STATUE/MUSICAL

Scoring: Double Points

Class participants:

- Every SAR participant must be included in this event

Each class will choreograph a routine that relates to their corresponding theme. Classes will stay inside the gym to view other classes' statues. When it is their turn to perform, the classes will line up outside of the gym before they enter. Performance order starts with Freshmen and ends with Seniors. There will be a 3.5 minute minimum time allotment and 6 minute maximum allowed for the statue total. Points cannot and will not be docked for the length of your statue as long as it is within the time range. Preference will not be given to longer or shorter performances.

The time starts at the signal of the Class President. Props and accessories are allowed, however full costumes are prohibited. All props and accessories must be approved by Supreme Court. All participants must be wearing the class SAR shirt and it must be visible and unaltered. Judges will move to that class's side of the gym while judging their performance.

Any lifts or stunts may be prohibited by the Activities Director if they deem it unsafe.

Penalties:

- For each 15 seconds over the 6 minute total time or below the 3.5 minute minimum, 50 points will be deducted from your score (ie. 6:01-6:15 50 points deducted, 6:16-6:30 another 50 points deducted, etc.)
- If any props are left in the gym that will inhibit the next group, a 100 point penalty may be deducted (ie. props, costume items, etc.)
- Every member of the team must be involved in the statute, or the team will be disqualified from the event
- Any props used in a class's performance must be approved by the Supreme Court the week prior to Sports-A-Rama. The approval of all props is at the Supreme Court's discretion.
- The choreography must be kept "school appropriate" due to the fact that this is a family friendly event, therefore no sexual content, excessive violence etc. Inclusion of such will negatively affect the class' standing.
- Music must be turned in prior to the dress rehearsal the week of Sports-A-Rama.