

Sack Race Relay

Game starts in 5 minutes

Objective: With 4 or 5 team members on each end of the relay, all members must race to opposite end of relay with all legs in the bag at all times.

Instructions:

1. All 4 or 5 members must get into bag and line up on start line for start whistle.
2. At whistle, all members must proceed in the bag down to the opposite end of the field with all legs remaining at all times inside of the bag.
3. If any or all members should fall or dump out of the bag at any time, the entire team must quickly return to the original start line on each side and start that leg of the race over again.
4. When team crosses the line on the opposite end of the field, the second team of 4 or 5 members must get into said sack and begin on start line to race inside the bag to the opposite end of the field.
5. The race will continue back and forth with the same members racing to the opposite end of the field until the final whistle is blown. When whistle sounds, all members in the sack will fall to the ground in the sack to be officially checked for distance.

Remember: All feet must remain inside the bag at all times.

Equipment: A large industrial sized super sack