

4x25m Relay Race Rules

1. OBJECT OF THE ACTIVITY

The object of the activity is for a team of four members to complete a 4 X 25 metre relay race, each running while balancing an egg on a dessert spoon. The winning team is the one that finishes the relay first.

2. EQUIPMENT (Canberra Airport to supply)

- Plastic eggs
- Wooden dessert spoons
- Marked lanes or area for running.

3. TEAMS

There will be 4 members per team.

Gameplay:

1. **RACE SETUP** Each team lines up in their designated lane or starting area. There will be 2 team members on one side of the field and two team members on the other side of the field. The race consists of four legs, with each leg being 25 metres long. Each team member will run one leg (25 metres).
2. **STARTING THE RACE** At the signal to start, the first team member begins running towards their team members on the other side of the field while balancing the egg on their spoon. They must use only one hand to hold the spoon and must do so without touching the egg.
3. **CHANGEOVER PROCEDURE** After completing their 25-metre leg, a team member must hand over the egg and spoon to the next team member to run. This is repeated until all 4 team members have completed their relay legs.
4. **MID-GAME RULES** If a team's egg falls off the team's spoon, the relevant team member must stop, pick up the egg, return to the point where the egg fell, and continue the race from there. Team members must run within their designated lane or area.
5. **PENALTIES** If a team member touches the egg on the spoon, they must return to the end of the field where they received the egg and spoon and recommence their relay leg. The decision of the Event Organiser as to the application of a penalty is final.
6. **FINISHING THE RACE** The race finishes when the last team member of a team crosses the 25-metre finish line with the egg still balanced on the spoon.
7. **WINNING THE RACE** The winner will be the first team to successfully complete all four legs of the race with the egg balanced on the spoon. Judges or officials appointed by the Event

Organiser will oversee the race to ensure rules are followed and to determine the winner in the case of a dispute.

8. SCORING 15 points will be awarded to the fastest team, 10 points will be awarded to the second fastest team and 5 points will be awarded to the third fastest team. These points will count toward the team's overall points tally for the Event.
9. SPORTSMANSHIP All teams have read and agreed to the Terms and Conditions. Any team or team member who does not appear to be participating within the spirit or rules of the Event will be asked by the Event Organiser's representative to exit the Event.