

bFARMERS OLYMICS: RULES

1. THIS IS AN OBSTACLE RACE, THIS IS A TIMED COMPETITION, AND THIS IS A CHANCE TO WIN SOME MONEY FOR YOUR TEAM.
2. A TEAM CONSISTS OF 4 MEN, OR 4 WOMEN. (MEN WILL COMPETE AGAINST MEN, AND WOMEN AGAINST WOMEN)
3. TO START THE COMPETITION YOU WILL BE JUDGED ON YOUR TEAM SPIRIT; BY DRESSING IN STYLE TO TRY TO WIN EXTRA MONEY FOR YOUR TEAM. THE CROWD WILL LET US KNOW WHICH TEAM WINS BEST DRESSED COMPETITION. THIS IS THE EASIEST PART OF THE COMPETITION TO WIN \$100.00 FOR YOUR TEAM. (TEAM MUST PARTICIPATE IN THE OLYMICS TO WIN PRIZE)
4. TWO TEAMS WILL COMPETE AGAINST EACH OTHER AT A TIME, IN THE DERBY PIT BEFORE THE DEMOLITION DERBY, ON SUNDAY AFTERNOON. THE MEN'S TEAMS WILL START, FOLLOWED BY THE LADIES TEAMS, THEN THE MEN, AND THEN THE WOMEN.
5. PRE-REGISTER FOR THIS EVENT TO SAVE YOUR SPOT; A MAX OF 12 TEAMS TO COMPETE
6. 1ST PLACE WINNERS FOR THE MEN, AND THE 1ST PLACE WINNERS FOR THE WOMENS TEAM WILL WIN \$100.00 TO SHARE WITH YOUR TEAM.
7. THE OBSTACLE COURSE WILL CONSIST OF: TWO TEAM MEMBERS CLIMBING OVER THE ROUND BALE, ONCE THE FIRST 2 TEAM MEMBERS ARE OVER THE BALE, ROLL THE BALE OF HAY/STRAW 10 FEET. --THEN THEY WILL BE THROWING - 4 BALES OF HAY/STRAW PAST A 10 FT LINE. THE TEAM CAN PROCEED ONCE ALL 4 BALES ARE OVER THE LINE. ---AT THE NEXT SPOT: THEY PUT 2 FEED BAGS INTO THE WHEELBARROW AND WALK THE BLANK. IF YOU COME OFF THE PLANK, THE TEAM WILL RETURN TO THE BEGINNING OF THE BLANK AND TRY AGAIN ---- AT THE END OF THE PLANK, TAKE BAGS OUT OF WHEELBARROW AND STACK --- DO 7 PUSH-UPS. BOTH TEAM MEMBERS WILL RUN CROSS THE FINISH LINE, WHERE THE NEXT TWO MEMBERS ARE WAITING.
8. THE NEXT TWO MEMBERS OF YOUR TEAM WILL START WITH THEIR PUSH-UPS AND DO EVERYTHING IN REVERSE, AND HEAD BACK TO THE STARTING LINE. THIS WAY THE COURSE IS SETUP FOR THE NEXT TEAMS
9. THE 2 MENS TEAM WITH THE BEST TIME, AND THE 2 WOMEN TEAM WITH THE BEST TIME, WILL RACE EACH OTHER AGAIN TO WIN THE PRIZE MONEY.

ITEMS NEEDED:

1. 2 WHEEL BARROWS
2. FEED BAGS 4 X 45LBS FOR MEN.
3. FEED BAGS 4 X 25 LBS FOR WOMEN
4. 2 LARGE ROUND BALES
5. 8 BALES OF SMALL HAY/STRAW
6. WALKING PLANK 10 FT. X 6FT.
7. SPRAY PAINT FOR LINES/ MEASURING TAPE
8. TIMER NEEDED