



Viii Sports Rules

The Competition

The goal is to score as many points as possible in the fastest time. There are 50 points possible; 6 points for each of the 8 sports, plus 2 bonus points for speed. Competitors are ranked by score, with the fastest time as the tie breaker.

General Rules

There must be an attempt on every ball before moving to the next ball. There can be only one attempt per ball. Attempts must be in order: from the ball closest to the target to the ball farthest away. An attempt must be made from behind the shot boundary. A shot boundary may never be touched. An infraction of any of these general rules results in 0 points for that ball.

The Start

Competitors are called to the starting line by the Referee in order of their competitor number. The competitor may cross the starting line on the Referee's command: "ready," followed by a pause, then a whistle.

Golf

On the whistle, the competitor moves from the starting line and picks up a golf club then onto the golf mat. The balls may be adjusted by hand on the mat and hit in any order. Moving a ball by hand off the mat results in 0 points. Every ball hit by a golf club and coming to a stop inside the golf target scores 2 points.

Softball

The competitor leaves the golf club in the golf area and moves to pick up a bat in the softball area. The balls may be picked up and hit in any order. Moving a ball by hand over or around the shot boundary results in 0 points. Every ball hit by a bat and going over the softball target in the air and between the two flags is awarded 2 points. Women score 2 points for every ball reaching the softball target between the two flags.

Tennis

The competitor leaves the bat in the softball area and moves to pick up a tennis racquet in the tennis area. Moving a ball by hand over or around the shot boundary results in 0 points. If after being hit with the tennis racquet the ball passes through the center opening of the tennis target, points are scored: 1 for the ball closest to the target, 2 for the second farthest, and 3 for the farthest.



Basketball

The competitor leaves the racquet in the tennis area and moves to the basketball area. If after being shot the ball goes completely through the net of the basketball target, points are scored: 1 for the ball closest to the target, 2 for the second farthest, and 3 for the farthest.

Football

The competitor moves from the basketball area to the football area. If after being thrown the ball passes through the center opening of the football target, points are scored: 1 for the ball closest to the target, 2 for the second farthest, and 3 for the farthest.

Soccer

The competitor moves from the football area to the soccer area. Touching a ball with anything other than a foot results in 0 points. If after being kicked the ball hits the net inside the soccer target, points are scored: 1 for the ball closest to the goal, 2 for the second farthest, and 3 for the farthest.

Strength

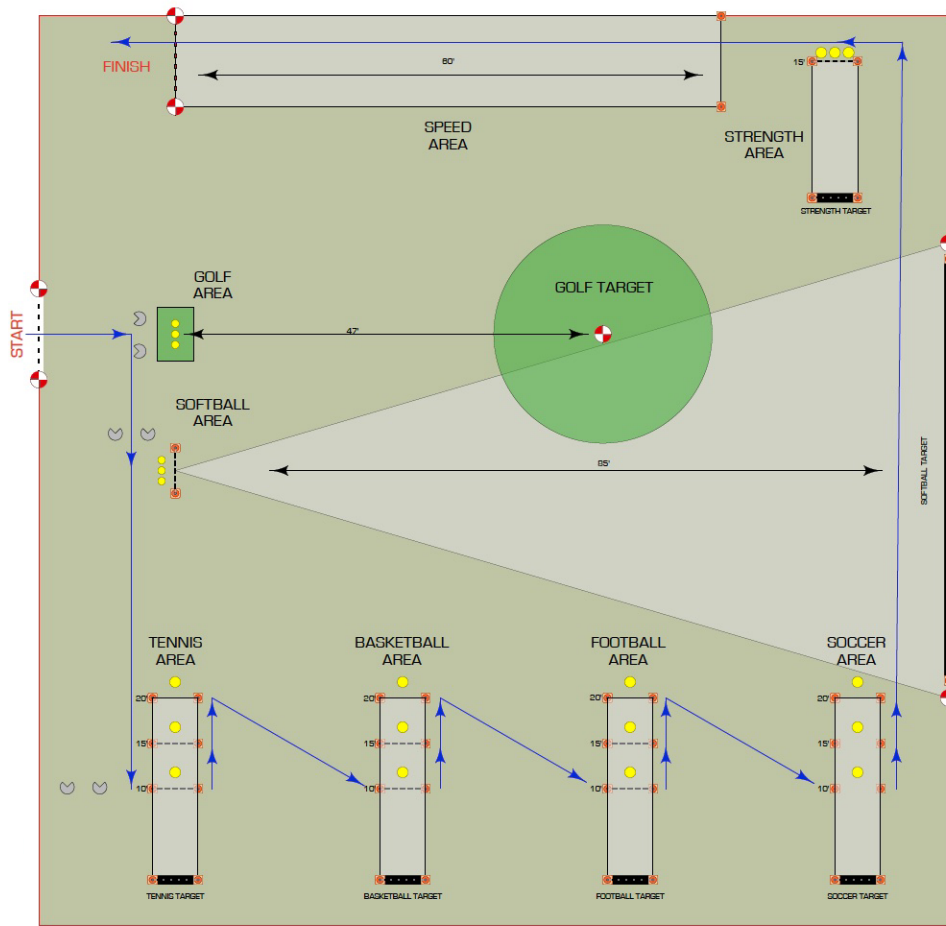
The competitor moves from the soccer area to the strength area. The medicine balls must be tossed in order, beginning with the lightest, then midsize, then heaviest. Balls hitting on or beyond the strength target and between the cones on first contact with the ground scores 1 point for the first ball, 2 points for the second ball, and 3 points for the third ball.

Speed

The competitor moves from the strength area to the speed area. The competitor runs through the finish line 60 feet away. Points are scored for total course run time:

Time	Points
Under 1:20.00	8
1:20.00 – 1:39.99	6
1:40.00 – 1:59.99	4
2:00.00 – 2:29.99	2
2:30.00 – 2:59.99	0
3:00.00 or more	DQ

Venue



Sport	Target	Equipment
Golf	24' circle 47' from shot boundary	Pitching wedge (left- or right-handed) Standard golf balls
Softball	3' fence 85' from shot boundary	Regulation softball bat 12" softballs
Tennis	18" opening, 6' wide 3' off the ground	Regulation tennis racquet Standard tennis balls
Basketball	Standard basketball goal 10' high	Women: 28.5" basketballs Men: 29.5" basketballs
Football	18" circle 4' off the ground	Women: size 7-8 footballs Men: size 9 footballs
Soccer	4'x6' soccer goal 18" barrier from ground	Size 5 soccer balls
Strength	15' from shot boundary	Women: 5#, 10#, and 15# medicine balls Men: 10#, 15#, and 20# medicine balls
Speed	60'	Digital timing