

Senior Olympics Fun Events Rules

Playing Format

1. Fun Events are held so that seniors may interact with other seniors in a fun atmosphere where the events are undemanding.
2. Team Events will be the potato carrying relay and balloon popping relay, and may include other fun events to be determined.
3. Chair Exercise will be offered to include easy exercises done with sitting or standing by a chair.
4. Equipment: All playing equipment will be provided by Games Management.
5. No registration required for fun events.

Playing Rules

1. **Potato Carrying Relay**
 - a) Four (4) people make up a team.
 - b) Teams line up in rows with 2 members at one end of 25 yards and 2 at the other end.
 - c) One (1) team member will hold a tablespoon in one hand with a medium sized potato on the spoon. The other hand must be placed behind the contestant's back.
 - d) The thumb or fingers may not be used to hold the potato on the spoon.
 - e) The first team member will carry the potato in the spoon 25 yards to the next member, and it is carried in the same fashion to the third team member, and so on.
2. **Balloon Popping Relay**
 - a) Five (5) people make up a team.
 - b) Each person will be given a balloon.
 - c) Team members will stand in a line and side by side with the other teams.
 - d) A chair will be placed 25 yards from the starting line.
 - e) The contestants are to run to the chair with the balloon. They then sit on the balloon until it pops. Then they run back to the starting line and tag the next team member to follow the same procedure.
 - f) When all of a team's balloons have been popped and the last team member has crossed the finish line, that team will be declared the winner
3. Other events such as musical chairs, etc may be offered.

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