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## **RULES AND MECHANICS**

### **GAME COMMITTEE**

#### **1. Laro ng Lahi - Blindfolded (Tug of War) | Governor**

**Number of Teams: 6**

**Rules:**

- ❖ Best of Three (The first 3 wins will consider as the victory team)
- ❖ If the player of the team falls down, the committee will give cautions for it or short pause.
- ❖ Make sure the rope must pulled underarm
- ❖ And lastly, Make sure that the player's elbow is above the knee for fair play.

**Mechanics:**

- ❖ There are 2 teams consisting of 6 members per team that need to pull the rope until they pass through the handkerchief in the middle line. The team who did it will be considered as the winner.

**Materials Needed:**

- ❖ Rope
- ❖ Handkerchief
- ❖ Tape (Electrical tape or Masking tape)

#### **2. Patintero - Blindfolded | Treasurer**

**Number of Teams: 6**

**Rules:**

- ❖ Each team consists of **5 players** and **2 rounds**. After the **1st round** they will switch their role.
- ❖ **One Team** will be designated as the “**Guardians**” while the other is the “**Runners.**”
- ❖ Among the **Guardians**, one player will be the captain or instructor who will not wear a blindfold. The other **four Guardians** will be blindfolded throughout the game, while the **Runners** can see.
- ❖ **Runners** can only move **forward**, if a **Runner** moves backward he/she will be eliminated.
- ❖ If a **Runner** is tagged in any part of his/her body by a **Guardian**, he/she is eliminated. “**CLOTHING IS PART OF THE RUNNERS BODY**”
- ❖ The game continues until either all **Runners** have been tagged or pass through the first line. There will be
- ❖ For each successful **Runner** to successfully cross all lines without being tagged, they will score **1 point** for their team, as for the **Guardians** every tagged **Runner** they will score **1 point**.

**Mechanics:**

- ❖ **Runners** start at the first line while the **Captain** designates the **blindfolded Guardians** on their respective line.
- ❖ The game **BEGINS** with a **Signal**, a whistle from the facilitator.
- ❖ **Runners** attempt to pass through the lines without being tagged by any blindfolded **Guardians**.
- ❖ The **Captain** of the **Guardians**, who is not blindfolded, instructs the other blindfolded **Guardians** on how to move to intercept the **Runners**.
- ❖ **Guardians** listen for the sound of approaching **Runners** and try to tag them by following the instructions of the **Captain**.
- ❖ For each successful **Runner** to successfully cross all lines without being tagged, they will score **1 point** for their team, as for the **Guardians** every tagged **Runner** they will score **1 point**.
- ❖ The game continues until either all **Runners** have been tagged or pass through the first line. After that they will switch roles.
- ❖ After **2 rounds**, all points are accumulated to determine the **Winner**.

**Materials Needed:**

- ❖ **Blindfolds** - for the four Guardians
- ❖ **Cones or Markers or Rope** - to define the playing area.
- ❖ **Whistle** - a signaling device to start and stop the game.

**3. DodgeBall - Have time limit | Secretary****Number of Teams: 6****Rules:**

- ❖ It is not allowed to hit a player in the head.
- ❖ You can only hold a ball for 10 seconds, afterwards, it needs to be rolled over immediately to the other team.
- ❖ You are out if:
  1. You step over a sideline of the centerline.
  2. A ball hit your body.
  3. you throw the ball and it is caught by an opponent.
- ❖ Thrown balls that hit the ground before hitting the opponent cannot get them out.

**Mechanics:**

- ❖ Dodgeball is a game in which players on two teams try to throw balls at each other while avoiding being hit themselves.
- ❖ The main objective of each team is to eliminate all members of the opposing teams by hitting them with thrown balls.

**Materials Needed:**

- ❖ Ball
- ❖ Handkerchief (To easily identify the opponent and your ally)

**4. Sack Race - They're in sit position | Vice- Governor****Number of Teams: 6****Rules:**

- ❖ Members of each team have to circle through the "object".
- ❖ They are not allowed to run while inside the sack.
- ❖ Members who cannot complete the circle around the "object" cannot go back.
- ❖ They should not step out of the sack at any point during the race.

**Mechanics:**

- ❖ Line up the teams at the starting line.
- ❖ The first member of each team hops inside their sack and races to a designated spot where they must circle around a marker (like a chair) before hopping back to the starting line.
- ❖ Once they cross the starting line, the next member starts their turn and hops inside their sack to the designated spot. Repeat this process until all members in a team have completed the race.
- ❖ **The first team to finish wins.**

**Materials Needed:**

- ❖ 1 empty rice sack per team ( 5 empty rice sack in total )
- ❖ 5 chairs. For alternatives it can be the following:
  - 5 volunteers
  - 5 objects that is visible

**5. Amazing Race - Station by station | Auditor, PRO, and 2 Business Managers****Number of Teams: 6****Rules:**

- ❖ Maximum of 5 members per team
- ❖ Cheating is not allowed
- ❖ Sabotage the opponent will not be tolerated
- ❖ Maximum of 3 offenses if the team has reached the maximum penalties it will be considered as disqualified.

**Mechanics:**

- ❖ Complete these 4 stations as fast as you can. The first team to finish the games in every station will be considered as the winner.

**Materials Needed:**

- ❖ Based on every station.

- **Station 1 (Lemon Relay)**

**Rules:**

- ❖ The lemon must be passed from the first team member until to the last team member without dropping it.
- ❖ Players must use a spoon held in their mouths to pass the lemon.
- ❖ Player's hand must be kept behind their backs throughout the game and should not touch the lemon or spoon during passing or relaying.

**Mechanics:**

- ❖ There are two teams, each with ten members. Each team member holds a spoon in their mouth and must pass the lemon to the next member without dropping it. The objective is for the lemon to reach the final team member without any drops. The team that completes the game first wins.

**Materials Needed:**

- ❖ Lemons
- ❖ Spoons
- ❖ Chairs

- **Station 2 (Hula hoop)**

**Rules:**

- ❖ Divide players into 6 teams.
- ❖ Each team will be given a hula hoop.
- ❖ On "go" the first player of each team must pass the hula hoop to the next player and so on until the last player.
- ❖ No player can use their hands, they must use their body only to pass the hula hoop.
- ❖ If the hula hoop is dropped, the team must start over from the beginning.

**Mechanics:**

- ❖ Teams line up single file with space between each team.
- ❖ First player holds the hula hoop at hand.
- ❖ On signal, the first player passes to the next player using their waist only.
- ❖ Timing ends when the last player of each team receives the hula hoop.

**Materials Needed:**

- ❖ 6 Hula Hoops
- ❖ Timer

- **Station 3 (Talong Relay)**

**Rules:**

- ❖ player's is not allowed to use their hands to move the egg and touching the yarn/eggplant is forbidden when the game start
- ❖ Sabotaging the other team will not be tolerated
- ❖ This game consists of 5 teams with 5-8 members.
- ❖ Once the egg breaks, the team that breaks the egg will be disqualified.

**Mechanics:**

- ❖ They need to tie the eggplant to the very edge of the eggplant and then tie it to their waist. In order to move the egg they have to use the eggplant that was tied to their waist to hit the egg and reach finish line after 1 member reach the finish line past it to the next person and so on till all member reach the finish line

**Materials Needed:**

- ❖ Each group should have the following: an Eggplant, Egg, yarn.

- **Station 4 (Water Challenge)**

**Rules:**

- ❖ When the music starts, the player begins shaking and moving their body to dislodge the balls from the tissue box.
- ❖ Players are not allowed to use their hands to remove the balls from the tissue box. They can only rely on their body movements to shake the balls out.
- ❖ Players can jump, twist, bend, or dance to the music to try to empty the tissue box as quickly as possible.
- ❖ If a ball falls out of the tissue box, the player can continue shaking to get the remaining balls out.
- ❖ The game ends after the music stops, and the player with the most balls successfully emptied from their tissue box wins.

**Mechanics:**

- ❖ Attach the tissue box to the player's waist using the string or elastic bands in such a way that the opening of the tissue box faces outward.
- ❖ Place the ping pong balls or marbles inside the tissue box.
- ❖ The objective of the game is to shake, jump, and move vigorously to empty the tissue box of all its contents (ping pong balls or marbles) within one minute.

**Materials Needed:**

- ❖ Tissue boxes (one per player)
- ❖ Ping pong balls, marbles, or small lightweight balls (3-5 per tissue box)
- ❖ String or elastic bands