



EMILIO AGUINALDO COLLEGE CAVITE

Gov. D. Mangubat Ave., Brgy. Burol Main, City of Dasmariñas, Cavite 4114, Philippines
Tel. Nos. (046) 416-4339/41 www.eac.edu.ph



SCHOOL OF ENGINEERING AND TECHNOLOGY

TEAM BUILDING

General Guidelines

1. Officers and committees are **NOT ALLOWED** to participate in the event.
2. Only players listed in the gallery are allowed to play.
3. All players should observe proper etiquette during the game. Players who will incur infractions will immediately be thrown out of the playing area.
4. Repetition of players is **ALLOWED**.
5. Last-minute replacement/s on the official list of players will not be allowed.
6. Every team must observe the color coding based on their course. Committees will **NOT ALLOW** players who play if that was not the applicable color for them.
7. In the event that the team is unable to complete the list of line-ups, they will automatically be **DISQUALIFIED**.
8. Defaulting time - 5 minutes (may be waived by the tournament committee on a case-to-case basis)
9. Bring extra clothes, towel, sunscreen, and bottled water.
10. **ENJOY THE GAME.**

GAMES LIST

- AMAZING RACE
- Sack Race
- Bigfoot Race
- Amazing Earth Ball
- Scavenger Hunt
- TUG OF WAR
 - QUEEN DODGEBALL



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Scoring:

First place: 100 points

Second place :90 points

Third place: 80 points

Fourth, Five and Sixth place: 70 points

Game Mechanics:

AMAZING RACE (15 Players mixed)

—Before the game starts, draw lots will be conducted for those teams that will start first.

—There will be four stations in the field. The whole course will be timed by the committee. The team captain must ensure that all his/her teammates finish each station before proceeding to the next station. The team that finishes all the four stations in less time will be the winner.

STATION 1: Sack Race

- Wear the sack **PROPERLY** before proceeding on track.
- Teammates must wait for their allies to cross the line first before they proceed next to it.

STATION 2: Big foot race

- Each of the teams must make sure that their feet are already tack on the rope before proceeding on track.
- The rope should be placed **STRICTLY** below knee level.



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- The team must put their arms on the shoulder of their teammate in front of them.

STATION 3: Amazing Earth Ball (with a twist)

- Players must use only open palm with their **ONE HAND ONLY** all throughout the given track.
- Players are only allowed to hold the ball with both hands when only lifting up the ball.
- Pinching or gripping the ball is **NOT ALLOWED**, if the committee witnesses the violation, they will get a warning and if it is repeated again this will lead to **DISQUALIFICATION**.
- When the ball goes in the ground, they need to come back again to its starting point.

Station 4: Scavenger Hunt Mechanics:

- The game will be done only at the field.
- No physical violence, any violent act will result in a violation.
- Each member of the team should be together throughout the game.

Tug of War (Men's, 10 players per team.)

- 10 players per team.
- Set up a wide and marked playing area with a strong and securely anchored rope in the center.
- Position each team evenly along the marked area, ensuring an equal distribution of strength.
- On the signal, teams start pulling the rope simultaneously.
- The goal is to pull the opposing teams **toward** a designated line on the ground, specific to each team.
- Each team aims to pull the others across their respective lines.
- The team that successfully pulls all other teams across their designated lines is declared the winner.
- Once a team is pulled across their line, they are eliminated from the game.



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- If a team is eliminated, the remaining teams adjust their positions to maintain balance, and the game continues.
- Teams must strategize and coordinate their efforts to maximize their pulling strength.
- In case of a tie, implement tiebreaker rounds or additional criteria to determine the winner.

Queen Dodgeball (*Mixed, 12 players per team*)

- You will choose **1 player** in your team to serve as **your queen**.
- Toss coin is applicable to who will throw first.
- Teams will try to hit opposing players with soft balls (bato bola).
- Player hits are out until the next round.
- If queen and only one of his soldiers remain, the soldiers will have infinite life.
- **AVOID** hitting the head portion of a player
- **AVOID** the players to throw inside the designated line given as well for those who are dodging the ball step outside the line. **Addition of 10 seconds** for those teams that will violate.
- The team with the most players remaining standing that survived in 4 minutes for both sides will win the game.
- The team with the longest time to hit their queen will serve as the winner.
- **THE GOAL OF THIS GAME IS TO PROTECT THE QUEEN HITTING THE BALL UNTIL THE 4 MINUTES TIME SLOT ENDED. IF THE QUEEN HITS, WE WILL AUTOMATICALLY STOP THE CLOCK.**



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TUG OF WAR

GROUP ROUND ROBIN:

TMEC VS. TCIE	UCOS VS. TCPE
TCIE VS. TELE	TMEC VS. TCPE
TELE VS. UCOS	TCIE VS. TCPE
TMEC VS. TELE	UCOS VS. TCIE
TCPE VS. TELE	TMEC VS. TELE

	WIN	LOSS
CIVIL ENGINEERING		
COMPUTER ENGINEERING		
MECHANICAL ENGINEERING		
ELECTRICAL ENGINEERING		
COMPUTER SCIENCE		





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Amazing Race

	TIME
CIVIL ENGINEERING	
ELECTRICAL ENGINEERING	
MECHANICAL ENGINEERING	
COMPUTER SCIENCE	
COMPUTER ENGINEERING	





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SCHOOL OF ENGINEERING AND TECHNOLOGY

OVERALL STANDING

	AMAZING RACE	QUEEN DODGEBALL	TUG OF WAR
CIVIL ENGINEERING			
ELECTRICAL ENGINEERING			
MECHANICAL ENGINEERING			
COMPUTER SCIENCE			
COMPUTER ENGINEERING			





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QUEEN DODGEBALL

TMEC VS. TCIE	UCOS VS. TCPE
TCIE VS. TELE	TMEC VS. TCPE
TELE VS. UCOS	TCIE VS. TCPE
TMEC VS. TELE	UCOS VS. TCIE
TCPE VS. TELE	TMEC VS. TELE

	WIN	LOSS
CIVIL ENGINEERING		
COMPUTER ENGINEERING		
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PROGRAM FLOW DAY 1 (9:00 AM - 5:00 PM):

9:30 - Call time in the field.

10:00 - 12:00 - Amazing Race

12:00 - 1:00 - Lunch

1:00 - 2:00 - Tug of War Round Robin

2:00 - 4:00 - Queen Dodgeball

4:00 - 5:00 - Tug of war semis and finals

5:00 - End.