

# Sprint Race – Game Instruction

**Title:** Sprint Race

**Category:** Outdoor

**Subcategory:** Males

**Players:** 2+ players

**Time Required:** 10–20 minutes

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## Description

A simple yet exciting footrace where participants compete to see who can run the fastest over a short distance.

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## Materials Needed

- Markers for start and finish lines (cones, chalk, ropes)
  - Stopwatch (optional)
  - Whistle or signal device (optional)
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## How to Play

- Mark a straight racing track with a clear start and finish line.
  - Line up all players at the starting point.
  - On the signal (whistle or shout), racers sprint toward the finish line as fast as they can.
  - First player to cross the finish line wins.
  - Repeat for multiple heats or create tournament rounds if many players are involved.
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## Tips & Variations

- Adjust track length based on age group (e.g., 20m for kids, 50–100m for teens/adults).
- Include relay sprints with teams handing off a baton.
- Offer awards for different categories: fastest time, best form, or most improved.