


# Relay Races – Game Instruction

**Title:** Relay Races

**Category:** Outdoor

**Subcategory:** Family

**Players:** 4 or more (2+ teams)

**Time Required:** 10–20 Minutes 

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## Description

Relay Races are high-energy team games where players take turns racing in segments and passing a baton or object to the next teammate. It's a great activity for building teamwork, coordination, and friendly competition among family members.

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## Materials Needed

- Baton or stick (or any passable object)
  - Ground markers or cones
  - Stopwatch (optional for timed runs)
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## How to Play

**Setup:**

- Divide players into equal teams.
- Set up a race lane with a turning point or cone.
- Assign each team a baton.

**Objective:**

Each team must complete the race by passing the baton between teammates without dropping it.

**Rules:**

- The first runner runs to the turning point and back.
- Hands the baton to the next teammate.
- Team continues until all runners have completed their leg.
- Dropping the baton results in a 5-second penalty (optional).

**Winning:**

The first team to finish all legs of the race wins the relay.

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## Tips & Variations

- Add obstacles (like cones or hurdles) to make it more exciting.
- Try themed relays like sack races or spoon relays.

- **Mix adults and kids in teams for fun family bonding.**
- **Play multiple heats and track team scores for a mini-tournament.**