



PENTATHLON

• RULES & REGULATIONS •



OVERVIEW

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The Pentathlon is a five sport challenge that includes competition in the following sports - dodgeball, flag football, steal the bacon, basketball skills relay and volleyball. There will be a maximum of 30 teams competing. Each team is comprised of a minimum of 7 players and a maximum of 10 (requirement of 2 females per team). The 30 teams will be broken up into 5 separate groups (A, B, C, D, E). These groups will rotate together between each sport and compete against one another. After all 5 sports are finished, the 5 group winners will compete against each other in the championship course to determine the Hudson River Park Games Champion.

GROUP MOVEMENT & EVENT DAY FLOW

Each group will be assigned an on-site Games manager who will be responsible for leading the group between competitions. These representatives will track scores for the team. Each sport takes between 30-50 minutes, with a 10 minute transition period between competitions. This is a fast paced day, but there will be a few moments of downtime at select competitions.

PENTATHLON UNIFORM

Each team member will receive a Games t-shirt and it is essential that you wear it. Please plan to wear athletic bottoms and comfortable shoes as this is an entirely outdoor event (**CLEATS ARE PROHIBITED**).

TEAM SIZE

While your team can be 7-10 players with a minimum of 2 females, each sport requires a different team size. Please plan ahead which teammates will play each sport.

- **Dodgeball**- 6 athletes (min 1 female)
- **Flag Football**- 6 athletes (min 2 females)
- **Steal the Bacon**- 7 athletes (min 1 female)
- **Basketball Skills** - 7 athletes (min 1 female)
- **Volleyball**- 6 athletes (min 1 female)

PENTATHLON SCORING OVERVIEW

Each group of 6 teams will compete against each other in five separate sports. Some sports will require all teams to play one another, while others will pit only one team against another team. Each team will receive a ranking based on how they finish. First place in a sport receives 6 points, second place receives 5 points, third place receives 4 points and so on and so forth. Each group winner will move on to the championship round.

PENTATHLON CHAMPIONSHIP ROUND

The championship round will be executed by a relay style obstacle course. All members of the team will line up behind the start line. The first member will go through the obstacle course, reach the end and sprint back to the start line to tag in the next member of the team in a relay style. Once all members of the team have completed the obstacle course, the team's total time will be determined. The team who completes the course in the least amount of time will be the champion.

The obstacle course will consist of a short sprint, soccer footwork, a "tire" flip, a cargo net crawl, a tire agility run and a water bucket carrying challenge.

- **Obstacle Course**- 7 athletes (min 1 female)

OVERALL EVENT TIMING

- **8:30am - 9:00am**: Team Check-in at Pier 40
- **9:00am - 9:15am**: Opening Rally
- **9:30am - 1:30pm**: The Games
- **1:40pm - 2:00pm**: Championship Round
- **2:00pm - 2:15pm**: Closing Ceremony
- **2:30pm - 5:30pm**: Games Afterparty

*Rules are subject to change.



DODGEBALL

Dodgeball is played by two teams, each made up of 6 players (1 female minimum). The object of the game is to eliminate all opposing players by getting them OUT. This is done by striking opposing players with thrown balls, or catching balls thrown by opposing players; while preventing the opposition from doing the same.

Each team will play a maximum of five 6 minute matches during the 40 minute game play period in a round robin style tournament. Each match will have a running clock that will not stop for any reason other than injury. As each match ends, teams will move on to play another team within their group. Game officials will give teams a 30 second warning before the end of each match.

Team rankings will be determined based on total number of team wins. In the event of a tie for total wins, the tied teams will be ranked by the cumulative number of players left on your team, at the end of each match, across all 5 matches within your group.

FLAG FOOTBALL

Football is played by two teams, each made up of 6 players (2 female minimum). The object of the game is to score the most points (touchdowns) and prevent your opponent from scoring. Flag football is a modified version of regular football, but instead of tackling ball carriers to the ground, the defensive team must remove a flag that is loosely attached to a belt.

Each team will play one 26 minute game. The games will consist of two 12 minute halves and one 2 minute halftime. The total game is 40 minutes long.

Team rankings will be determined by wins. Not all teams will play each other so tie breaking rules will be put into effect. Tied teams will be ranked based on their score differential. If two teams remain tied after the score differential tie breaker, total number of points scored will determine the rankings.

STEAL THE BACON

Steal the bacon is played by two teams, each made up of 7 players (1 female minimum). The object of the game is to score the most points by “stealing the bacon” and preventing your opponent from scoring. Scoring points is done by successfully retrieving the “bacon” and making it back to your team’s sideline without being tagged (2 points) or tagging your opponent who has the bacon before they make it back to their team sideline (1 point).

Each group will play five 6 minute games during the 40 minute game play period in a round robin style tournament.

Team rankings will be determined based on number of wins within your group. Teams with the same number of wins will be ranked based off their total points scored.

BASKETBALL SKILLS

The Games basketball skills relay is a series of challenging physical skills an individual must navigate while being timed. The object of the game is to successfully pass through each challenge and complete the full course in the fastest possible time. All 7 players (1 female minimum) will go through the relay one at a time and your team ranking will be based on the total time it takes for your team to complete the course.

Each member of the team must complete a 3 point shot, foul shot and a layup before the next team member can begin. A time penalty will be in place for those who cannot complete the skill in the time allotted. The total game time is 30 minutes.

Each team will run through the relay race once. Lower team time will result in a higher ranking.

Volleyball

Volleyball is a team sport played by two teams of 6 players each (1 female minimum) placed on opposite sides of a turf court divided by a net. The team that earns the most points wins. The object of the game is for each team to send the ball over the net to ground it on the opposing side of the court, and to prevent the ball from being grounded on their own side of the court. Players can use their hands and arms to move the ball. The ball is put into play by the right back row player who serves the ball by hitting it over the net to the opponent’s court. The rally continues until the ball touches the ground, goes “out” or a team fails to return it to the opponent’s court or commits a fault at which time the opposing team earns a point.

In a group with 6 teams, each team will play every team once in a 6 minute game. In a group with 4 teams, each team will play every team twice in a 6 minute game. The game is 50 minutes long.

Team rankings will be determined based on number of wins within your group. Teams with the same number of wins will be ranked based on their overall score differential. Due to time/space constraints, some teams may be waiting a few minutes for court availability.