

# ***OBSTACLE COURSE RULES!!!!***

1. Each team will have **NO LESS** than three and **NO MORE** than 20 girls.
2. There will be three groups, assemblies with 3 to 5 girls, 6 to 9 girls, and 10 to 20 girls. 5 obstacles for small assemblies and 7 obstacles for medium and larger assemblies.
3. You **CAN** use the same girls at multiple stations.
4. **ONLY** participants ON ZOOM during competition.
5. This course is timed but you will earn points during the course.
6. This year's course is:
  - a. For small assemblies
    - i. Mummy Wrap
    - ii. Fold 15 pairs of socks
    - iii. 7 Burpees
    - iv. Spin 10 times, put on hop, then dress
    - v. Keep 3 Balloons from hitting the ground for 10 seconds
  - b. For medium and large assemblies include the above and these
    - i. 15 jumping jacks
    - ii. Balance an egg on spoon while going 6 feet
7. **MUST** have entries by February 21, 2021.
8. Checks made out to Grand Assembly and sent in to Sorelle Orson (address on registration form)
9. Northern assemblies will compete against Northern assemblies. Southern assemblies will compete against Southern. The winners of each group will compete at Finals.
10. There will be a meeting before hand to go over new format to ensure better judging.