







Participant Rules Guide

Everything you need to know before you play

Sports & Games Covered

	Soccer — 7v7
	Volleyball — 6v6
	Dodgeball — 6v6
	Tug of War
	Capture the Flag
	The Chaos Rally Race

NOTES:

Players may participate in all sports and games; however, they are only allowed to play once per sport. If a player's team is scheduled to play in multiple sports at the same time, the player must choose which sport or game to participate in at that moment.

Each team may include up to 2 visitors and 2 TLT players. All visitors must be legitimate church attendees and must be vouched for by a pastor or elder, as well as the Pathfinder Director. The Director is responsible for ensuring that every participant follows the event guidelines and our Code of Conduct.

All participants are expected to demonstrate Christlike behavior at all times. This includes no cursing, no aggressive behavior, no disrespect, and no misconduct of any kind. Any behavior that does not reflect these values may result in the immediate disqualification of the entire team, without exception.

Please remember that this event is more than just a competition; it is an opportunity to fellowship, build friendships, and enjoy a meaningful day together as Christians. Above all, safety is our top priority.

Soccer

7v7 Format | Field: 110ft x 200ft | One player per team roster

Players on field	7 per team (including goalkeeper)	Roster size	Up to 9 registered — only 7 play
Player rule	Registered to ONE team only	Game length	1 half per group game; 2 halves in Final

Core Rules

Rule	What it means
Starting play	Game begins with a kickoff from the center circle. Kickoff also restarts play after each goal.
Offside	Not enforced in 7v7 recreational play — keep it simple and fun.
Fouls	No pushing, tripping, holding, or dangerous tackles. Free kick awarded to the fouled team.
Handball	Intentionally touching the ball with the hand or arm = free kick for the opponent.
	Opponents must be at least 3 meters away from the ball. Kick taker cannot touch the ball again until another player does.
Goal kick	When the attacking team sends the ball over the goal line: goalkeeper places ball inside the goal area and kicks it back into play.
Throw-in	When ball crosses the touchline: both hands on ball, feet on or behind the line, throw from behind the head.
Penalty kick	Serious foul inside the penalty area: 1-on-1 shot from the penalty spot vs. the goalkeeper.
Substitutions	Rolling subs allowed — player off, player on, referee notified.
No dual roster	A player on one team's roster cannot play for another team. Violation = match forfeit.

Volleyball

6v6 Format | Court: 50ft x 90ft | Exact 6-player rosters

Players on court	6 per team — all 6 play	Roster size	6 registered
Player rule	Registered to ONE team only	Scoring	Rally scoring — every rally = 1 point

Core Rules

Rule	What it means
Objective	Win sets by reaching the target score before the opponent.
Rally scoring	A point is scored on every single rally — regardless of which team served. No side-out scoring.
Serving	Server stands behind the back line and hits the ball over the net to start each rally. Team rotates when they WIN the serve back from the opponent.
Rotation	Every time your team wins the serve, ALL players rotate one position clockwise. Every player serves in turn.
3-touch rule	Each team may touch the ball up to 3 times before it must cross the net. Common sequence: pass → set → spike.
Double hit	The same player cannot touch the ball twice in a row. Fault — point to the opponent.
Net touch	Touching the net during play is a fault. Point to the opponent.
Ball in/out	Ball landing on or inside the boundary lines = IN. Ball touching the antenna or landing outside = OUT.
Crossing	Players may not cross under the net to the opponent's side during play.
Blocking	Front-row players may reach above the net to block a spike. A block touch does NOT count as one of the 3 touches.
Serving fault	If the serve hits the net and falls on the opponent's side = point replayed (let serve — use this rule for recreational play). If it lands out = opponent's point.
No dual roster	A player registered to one team cannot play for another. Violation = match forfeit.

Dodgeball

6v6 Format | Exact 6-player rosters | Best of 3 rounds per match

Players per side	6 on the field at all times	Roster size	Exactly 6 — no substitutes
Balls in play	6 total (3 per side at start)	Match format	Best of 3 rounds; Final is Best of 5

Core Rules

Rule	What it means
Objective	Eliminate all 6 players on the opposing team to win a round. First team to win 2 rounds wins the match.
Opening rush	6 balls are placed on the center line (3 per side). At the whistle, players rush to collect balls from their half of the center line. You may not cross the center line to get balls.
Center line	Players may NOT cross the center line at any time. Stepping over = you are out.
Eliminated — hit	If a live thrown ball hits you anywhere on the body (except the head — see below), you are OUT. Step to the sideline.
Headshots	A ball that hits a player in the HEAD does NOT eliminate them. The THROWER is out instead. Always throw at the body.
Catch = reverse	If you CATCH an opponent's throw (before it bounces), the thrower is out AND you bring back one eliminated teammate of your choice.
Blocking	You may block a thrown ball with a ball you are holding. If you drop your blocking ball in the process, you are OUT.
Out of bounds	Stepping outside the court boundary = you are OUT. The ball goes to the team who forced you out.
Dead ball	A ball that bounces off the floor or another ball before hitting you is DEAD — it does not eliminate you.
Round timer	Each round has a 3-minute maximum. If time expires: team with the most players remaining wins the round. Equal players = sudden-death (1v1, 1 ball).
Between rounds	1-minute reset. All players return to their side, all 6 balls reset to the center line.
No dual roster	A player registered to one team cannot play for another. Violation = match forfeit.



The headshot rule is the most important rule in dodgeball. Always throw at the torso or legs — never aim for the face or head. Referees will call it strictly. Thrower goes out on any headshot, no exceptions.

Strategy Basics

- Hold a ball to block — never stand empty-handed if you can avoid it.
- Aim low — throws at the legs are harder to dodge and avoid headshot risk.
- Coordinate throws — a simultaneous throw from multiple teammates is very hard to dodge.
- Prioritize catching over dodging — a catch wins you a return player AND eliminates an opponent.



Tug of War

Splash Zone Edition | 7 players per team | Loser gets wet!

Players per team	7	Roster rule	One team only — no switching
Match format	Best of 3 pulls (group); single pull (elimination)	Time limit	2 minutes per pull; 30-sec sudden death if tied

Core Rules

Rule	What it means
Objective	Pull the rope so the center ribbon crosses your win marker (2 meters from center). Win 2 of 3 pulls to win the match.
Starting position	All players must be behind their start line holding the rope before the referee starts the pull.
The start	Referee calls '3 — 2 — 1 — PULL!' and blows the whistle. No pulling before the whistle — false start = redo.
Win condition	Pull the center ribbon past your 2-meter win marker = you win that pull.
Time limit	2 minutes per pull. If no one wins in time: sudden-death 30-second sprint — team that gains the most ground wins.
Dropping the rope	If any player intentionally drops the rope = immediate loss of that pull.
Grip rules	You may grip the rope any way you choose. No wrapping the rope around your body, wrist, or arm.
Fouls	Sitting on the ground, kneeling, or bracing your feet against objects is not allowed. Remain standing.
Team balance	If one team has more than 2 extra players, the larger team must remove members (they choose who sits out).
The splash pool	The losing team will get wet.
No dual teams	Players may not compete for more than one team in the same event.

You will get wet if you lose — dress accordingly or bring a change of clothes!

Pulling Tips

- Lean back — your body weight is your biggest asset, not your arm strength.
- Keep your back straight and pull with your legs, not just your arms.
- Stay in sync — short coordinated pulls together beat chaotic individual pulling.
- The anchor (last person on rope) digs in heels and leans furthest back to anchor the team.

Capture the Flag

PE Playbook Version | Flags + Hula Hoops | 7 Players

Players	7 players per team	Pins per team	3 flags inside a hula hoop
Safe Zone	Ring of 4 cones around each hula hoop	Jail	Mat near each team's baseline

Core Rules

Rule	What it means
Objective	Steal all of your opponent's flags from their hula hoop and bring them back to your own hula hoop. First team to hold all flags wins.
Your own side	You are SAFE on your own half of the field. You cannot be tagged at any time while on your side.
Enemy territory	The moment you cross the center line into the opponent's half, you can be tagged by any opponent.
Being tagged	One-hand touch to the body. If tagged on enemy territory: walk directly to their Jail. No running away after being tagged.
The Safe Zone	The area inside the ring of cones around the opponent's hula hoop. You CANNOT be tagged inside it. Once there, pick up ONE flag.
Your own Safe Zone	Your team may NOT enter their own Safe Zone. Defenders guard the cone perimeter from outside — at least 1 meter away.
Grabbing a pin	You may only carry ONE flag at a time when leaving the Safe Zone. As soon as you leave, you are back in play and can be tagged.
Tagged with a pin	The flag goes back into the opponent's hula hoop. You go to Jail. You do NOT keep the flag.
Jail	Wait in the opponent's Jail until a teammate rescues you. You cannot escape on your own.
Rescuing teammates	Cross into enemy territory and reach their Jail without being tagged → you and ONE jailed teammate get a free walk back to your side.
One mission per trip	Each crossing you choose ONE mission: grab a flag OR rescue a teammate. You cannot do both in the same crossing.
Multiple in jail	Only ONE teammate rescued per trip. If multiple teammates are jailed, multiple rescue trips must be made.
Winning	The first team to have all of the opponent's flags in their own hula hoop wins the round.



Tags are a light one-hand touch on the shoulder or back — no grabbing, no two-hand pushes. Referee calls are final. Disputed tags: the tagged player goes to jail and the game continues.

Roles You Can Play

Role	What You Do
Attacker	Cross into enemy territory to grab flags or rescue jailed teammates. Speed and timing matter most.
Defender	Stay on your side, patrol the center line, and tag invaders before they reach your Safe Zone.
Jail Guard	Watch the jail to prevent rescue attempts. Can also tag attackers approaching the Safe Zone.



The Chaos Rally Race

Station-Based Team Race | Up to 7 players per team | Complete all 8 stations to win

Team size	7 players (flexible)	Course	8 stations in a loop
To advance	WHOLE team completes the station challenge	Winner	First team to finish all 8 stations

The Golden Rule

You **CANNOT** move to the next station until every single member of your team has completed the current challenge. No one gets left behind at the last station and no one can sprint ahead alone. Runner can be the same.

General Rules

Rule	What it means
Staggered start	2 teams start in competing mode but wins who has more points. 4 of the players are runners.
Station completion	The Station Master judges whether your team has completed the challenge. Their call is final — no arguing.
Failed attempts	If your team fails a challenge, you try again immediately. No penalty — just lost time.
Finish line	After completing 7 stations, the whole team will do the last station together. Partial teams crossing do not count.
Points	1st place = 15 pts, 2nd = 10 pts, 3rd = 7 pts, 4th = 5 pts, 5th = 3 pts, 6th+ = 1 pt (if you tie points you get 1 point for finishing 1st in each game).

The 8 Stations — What to Expect

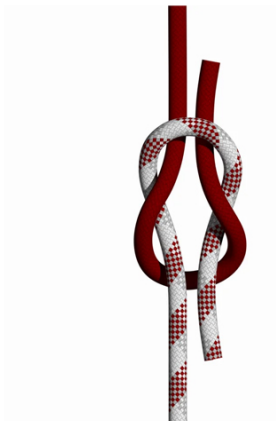
#	Station	Challenge — What Your Team Must Do
1	Runner	A player should start running to the next station
2	Cornwhole	Each member must score 3 sacks in the whole. Unlimited tries.
3	Runner	A player should run to the next station
4	Human Wheelbarrow Relay	Split into pairs. One person walks on their hands while the other holds their legs. Wheelbarrow 5 meters to a cone and back. All pairs must complete.
5	Runner	A player should run to the next station
6	Knots	Make 5 rapid-fire knots. Must get 3 out of 5 correct. With deducting points
7A	Runner	A player should run to the next station
7B	Body Slide Tarp	
8	Last Station	
8.1	Hula Hoop Pass-Through	Hold hands in a circle. Pass a hula hoop around the entire circle without letting go of hands. Each person must step through it. Drop hands = restart.
8.2	Sponge Bucket Brigade	Form a chain. Pass a single sponge hand-to-hand from a full bucket to fill an empty bucket to the marked line. No running with the sponge.
8.3	Egg & Spoon Obstacle Sprint	Each member carries an egg on a spoon to a cone and back, stepping over 4 pool-noodle hurdles. Drop the egg = restart your run. All members must finish.
8.4	Mystery Challenge	Revealed only when your team arrives! Changes each heat. Past examples: Sack Race Relay, Ankle Balloon Pop, Human Pyramid, & More

Mindset Tip

This race is not about being the fastest runner. Every station tests a different skill — coordination, teamwork, balance, knowledge, or just the ability for each station to finish quickly. Anyone can win this.

Knots

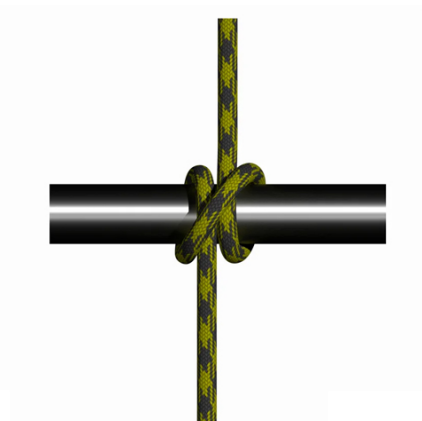
We will provide three 4-foot ropes per team, which will be available at the activity station for completing the required knots. A bar (pole) will also be provided for any knots that need to be tied on a fixed structure.



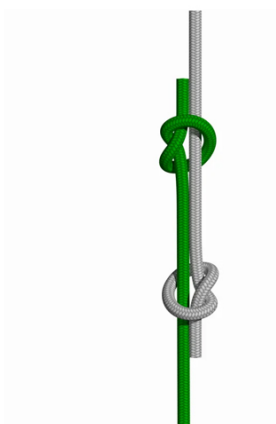
SQUARE KNOT



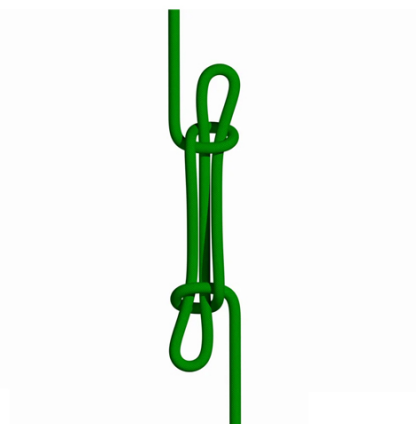
BOWLINE KNOT



CLOVE HITCH KNOT



FISHERMAN'S KNOT



SHEEPSHANK KNOT