**Rainbow Council**

**Scout Olympics**

Rainbow Council is proud to announce the return of the Scout Olympics. This event is open to all registered Cub Scouts. All scout entered in the event will compete in each event.

**When:** Saturday August 24, 2024

**Where:** Troy Middle School

**Who:** Lions, Tigers, Wolves, Bears, Webelos & Arrow of Light

**Cost:** $15.00 per scout that is pre-registered

**Check-in:** 9:00 am

**Opening Ceremony:** 9:30 am

**Events:** 20 Yard Dash, Sit-ups, Pushups, Softball Throw, Standing Long Jump, Running Long Jump and Frisbee Throw.

**Rules:**

**20 Yard Dash:** Scout will get one attempt. Time will be from the go command till when the scout crosses the finish-line

**Sit-ups:** Scout will have 1 minute to complete as many sit-ups as they can. The Scout starts by sitting upright with their knees bent, feet flat on the floor, and the arms across the chest. Start in the up position, with the back in a vertical position. When the timing starts, lower the back so the shoulder blades touch the floor, then return to the up position. Scouts may have someone hold their feet.

**Push-ups:**  Scout will have 1 minute to complete as many push-ups as they can. Scouts hands will be placed on the ground, slightly wider than shoulder width apart. You must lower your upper body until your upper arm is at least parallel to the floor and elbows bent at 90 degrees before pushing back up to the starting position. If you do not come down that far the push-up will not count.

**Softball Throw:** Scouts will have three attempts to throw the softball as far as they can. If a scout crosses over the throw line the throw will not count but will count as one of the attempts. Scouts are permitted to throw the ball however they wish.

**Standing Long Jump:** Scout will have three attempts to jump as far as they can from a standing position. Distance will be measured from the closest point of contact to the jump line.

**Running Long Jump:** Scout will have three attempts to jump as far as they can after running from the starting line. Jumps have to be started prior to the jump line. A jump that is started after the jump line will not count but does count as one of the attempts. Distance will be measured from the closest point of contact to the jump line.

**Frisbee Throw:** Scouts will have three attempts to throw the Frisbee as far as they can. If a scout crosses over the throw line the throw will not count but will count as one of the attempts. Scouts are permitted to throw the Frisbee however they wish.

**Scoring:** The event will be scored as a Heptathlon. Scouts will be ranked and scored based on their individual results for each event based on the following.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Place | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th |
| Points | 24 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 |

**Awards:** Each Rank will be award 1st – 3rd place based on the scout’s total score from all seven events.

**Closing Ceremony:** Time dependent on number of participants

**Items you will need to bring:** Water bottle and be ready to have some fun.

This event will run regardless of the number of registrations.