

HENRICO COUNTY GAMES

Get Your Team Together and Have Some Fun!



- The games are open to all General Government employees including Public Safety.
- Form a team of 4 co-workers from your department.

You and Your Team Can Be Winners!

- Awards are given to the 1st, 2nd, and 3rd place teams in every event.
- The Championship Award is given to the team with the most game points.
- The Fit for Life Award. It recognizes leadership in fitness, team building and county excellence.

It's Easy to Enter

- FORM a team of 4 co-workers.
- REGISTER by contacting the Department of Human Resources Fitness and Wellness Division Office via e-mail at har01@co.henrico.va.us.

Game Events and Dates

2 Mile Cross Country Race

Thursday, October 27 at 4:30 PM

Course: Starting from the Training Center following the path around the Government Center and returning to the Training Center.
Distance: 3200 Meters (about 2 miles)

Mental Skills Challenge

Thursday, November 17 at 4:00 PM

The Fitness and Wellness Division will give each team a copy of the Mental Skills Challenge directions and a bag of supplies. After reading the directions each team will have 10 minutes to use the supplies in a manner they think is best.

Tug of War Challenge

Monday, December 5 at 12:00 Noon

The competition will commence with the command 'Pick up the rope'; then the two teams move back until the rope is taut. At the 'Pull' command the two teams will pull with all their strength. Two markers will be placed on the rope six feet from the center. When either mark passes the central point, the other side has won.

All Events will be held at the Henrico County Training Center

Complete Games/Events Rule Descriptions on page 2

HENRICO COUNTY GAMES

Rules/Descriptions

2 MILE CROSS COUNTRY RACE

Course: Starting from the Training Center – walking path – Government Center and finish at Training Center.

Distance: 3200 meters (About 2 miles)

Team: Consists of four individuals from County departments. Note, each County department may have more than one Team.

Start: One runner from each team begins on the start line. The three remaining team members follow in a line. Teams may be interspersed along the start line. Runners have a few hundred meters to converge from the wide starting line into the much narrower path that must be followed until the finish.

The Course: The runner is responsible for staying within a specified distance of the marked path. The course will be marked with cones. The runner must stay to the outside of the cone at each turn. Volunteers will be standing on the course and will point in the correct direction to go at an intersection.

The Finish: The course ends at the finish line. Two fitness trainers will be positioned at the finish line. One trainer will record the number of each runner that crosses the finish line, while another uses a stop watch to get the approximate time.

Scoring: Points are awarded to the individual runners equal to the position in which they cross the finish line. Only the first three runners in for a team are counted toward the team's score. The points for these runners are summed, and the teams are ranked based on the total, with lowest being best.

Awards: Awards are given to the 1st, 2nd, and 3rd place teams.

MENTAL SKILLS CHALLENGE

Start: The Fitness and Wellness Division will give each team a copy of the Mental Skills Challenge directions and a bag of supplies. After reading the directions each team will have 10 minutes to use the supplies in a manner they think is best.

Rules: Each team can only use the supplies provided to construct or create the item described in the directions for the Mental Skills Challenge.

Awards: Awards are given to the 1st, 2nd, and 3rd place teams.

TUG OF WAR COMPETITION

Start: The competition will commence with the command "Pick up the rope"; then the two teams move back until the rope is taut. At the "Pull" command the two teams will pull with all their strength.

Length of the pull: 12 feet—Two markers will be placed on the rope six feet from the center. When either mark passes the central point, the other side has won.

Rules:

1. No spiked footwear.
2. No "hand over hand" pulling. Team members must move back with the rope when pulling.
3. Anchorperson cannot loop rope around body. No knot is permitted at the end of the rope.
4. All team members must remain on their feet at all times. No hands are persistently allowed on the ground.
5. Teams will leave area of competition in which they are not involved.
6. Two warnings for infringement of rules or inappropriate behavior, including foul language, will be given. A further warning will result in disqualification.

Awards: Awards are given to the 1st, 2nd, and 3rd place teams.

*Let the Games Begin!
Get Your Team Together!*

Register for the game/event of your choice today at har01@co.henrico.va.us.