



Indoor Obstacle Course

This game can be modified to be played outdoors or from outdoors through the house and back outdoors.

Equipment:

- Stop Watch
- Obstacles, in this case:
 - Mattress, chairs, table, sofa. Add for variety.
 - People can be an obstacle for example parents, siblings, opponents.

Boundaries:

- The boundaries of the game, in this case is the walls and doorways of the house.

Aim:

- Team that completes the obstacle course the fastest three times consecutively.

Rules:

- One set of rules for the course formation must be followed at all times.
- Teams may be many or few, for example two teams of two or three teams of five or one on one.
- All individuals must follow the formation of the course to the rule for example under the table and not over it if that is the rule.
- Teams are timed by an assigned time keeper and timing is only recorded once all individuals of each team have completed the course.

Variation:

- Time penalties of five seconds can be given to any team where individuals are not following the rules at particular obstacle points.