H₂O Throw – College of Nursing
4-Member Team - Timed Event (10 balloons)
Equipment: Water balloons, 2 blindfolds, and 2 stopwatches, 4 containers
Object: Catch water balloons for points.
Rules:
1. One team member (pitcher) is blindfolded and turned around in a circle two times and then turns backward to the catchers.
2. Two team members (catchers) will catch the balloons for points in containers
3. The catchers are inside marked areas behind the pitcher and must stay in their area.
4. If either catcher gets out of the marked area, the team’s score will be reduced by 1 point for each time they get out of the area.
5. The fourth team member quickly hands 10 balloons (one at a time) to the pitcher to throw over their head toward the catchers who are catching the balloons;
6. The front catcher will get 5 points for every balloon caught. The rear catcher will get 10 points for every balloon caught.
Awards: Team with most points wins. Tiebreaker is determined by fastest time.

Water Volleyball – College of Allied Health
4-Member Team – Timed Event, 1 Minute (or 3 balloons)
Equipment: Small kitchen towels, water balloons, volleyball net, stopwatches.
Object: Accumulate the most points by using a small kitchen towel to toss a water balloon over a net to teammates who are to catch the water balloon on a small kitchen towel.
Rules:
1. The team of 4 will pair off and stand on opposite sides of a net within the confines of the playing field.
2. Both pairs will possess a small kitchen towel. Each pair will hold the towel between them. The towel will be used to toss and catch the water balloon.
3. One water balloon will be placed on one outstretched towel. The start of the game will be announced by the scorekeeper/judge/timekeeper. One paired team will toss the water balloon over the net to their teammates on the other side of the net who will attempt to catch the water balloon in the outstretched towel without crossing the penalty or out-of-bounds line and without letting the water balloon strike the ground.
4. Having successfully caught the water balloon with the towel, the teammates will then proceed to toss the water balloon back over the net for their teammates to catch.
5. Points accumulate for each successful catch.
6. Players may not use their hands to catch or manipulate control of the water balloon.
7. Players may only use their hands to pick up a water balloon that has fallen onto the ground, but has not broken, and return it to the towel.
8. After 1 minute or until 3 water balloons are used, whichever occurs first, the points will be tallied for a final score.
Scoring
+ 1 point for each balloon successfully caught on the towel.
Awards: Team with most points wins.

*NOTE: New Rules

Synchronized Beam - VA
5-Member team – 1 minute timed event
Equipment: 4 beams w/ rope, and 2 stopwatches, plastic cups, 2 buckets, rulers
Object: Cross the finish line in one minute or less and accumulate the most water
Rules: Players line up facing the same direction with both feet on two parallel boards. Each player must hold a cup with water in their mouth. Team must advance 30 feet without stepping off the
boards. If any member steps off the beam everyone must get off and the first person must move to
the last position (back) and the other members move forward. Team members must dump water
from the cups into buckets.

Awards: Team with fastest time and most water in their bucket wins.

*NOTE: New Rules

You’ve Got Some Nerf® - Robert M. Bird Library

5-member team - 1 minute timed event

Equipment: 20 Nerf® balls, 4 buckets, 8 blindfolds, 2 stop watches, rulers

Object: To fill a bucket of water using wet Nerf® balls.

Rules: Four team members will be blindfolded and placed in a line. The fifth team member will be
placed at the end of the line but will not be blindfolded. All players must stand, kneeling is not
allowed. When signaled, the first team member pulls a wet Nerf ball from a bucket and passes the
ball overhead to the next team member, who then passes it overhead to the next team player, etc.
The fourth player on the team squeezes the water from the Nerf ball into a bucket, coached by the
fifth team player. The fifth team player returns the ball to the bucket at the front of the line. Balls
are continually passed for one minute. The team with the most water in the catch bucket wins.
Penalties may include, but are not limited to: kneeling, peeking under blindfold, removing blindfold.
One ounce of water will be removed from the catch bucket for each penalty noted.
A re-match will be held in the event of a tie.

Awards: Team with the most water in their bucket wins.

Tri-Wack-A-Thon – University Health Club

4 Member Team - Timed Event

Equipment: Water belt, water hand weights, bike helmet, cones, hurdles, stopwatches

Object: Fastest team to complete relay

Rules: Team members will:

1. Put water belt on waist, put water hand weights on both wrists, and put a bike helmet on
head.
2. Zigzag through cones while dribbling a basketball.
3. Step quickly over hurdles while dribbling a basketball.
4. Turn around at the end of the hurdles and dribble the basketball back to the start line.
5. Remove water belt, water weights, and bike helmet.
6. Time ends when the last team member returns to the starting line, and removes the times
from their body.

Awards: Team with the fastest time wins.

*NOTE: New Rules