

ROW FASTER!

I HEAR BANJO MUSIC

SETUP

- Divide in two teams. If there are an odd number of players, a designated “floater” will alternate teams each quarter.
- The time domain of the game is the amount of time it takes BOTH teams to row 8k, in four 2k quarters.
- Place the rowers in the center of the playing area, which is ideally about 50m long (ie, basketball court). Each team’s base is at opposite ends of the field, and is marked by a line.
- Each team is responsible for assembling a pile of weight on the center line of the field with approximately 100# of weight per player on the team. Each discrete object has a point value where 1 point = 50 pounds (approx). Round to the nearest half point, and weight must be within 5 pounds of 25-pound increments. Using stickers to label each object would make this easier. Once gameplay begins, all objects are available to all players.

Example game: A team of 6 players must create a pile of approximately 600 pounds, which is worth 12 points. They could do this with one 125# barbell (2.5 points), one 95# barbell (2 pts), one 2P kettlebell (1.5 pts), one 1.5P kettlebell (1 pt), and five 45# plates (5 pts). Or they could just use twelve 45# plates.



GAMEPLAY

- Teams line up at their baselines, and “3-2-1-Go” is called. Teams rush to get objects and bring them back to their bases.
- Team members may take objects from the other team’s base (see rules on control)
- The end of the quarter is called when the first rower hits the 2k, 4k, 6k and 8k marks. The game is paused (rowers stopped and objects put down) and the score is tallied for all items IN BASE for each team. Items in transition do not count for either side. Teams return all objects in their half of the field to the center line.
- Each team does not necessarily need to be rowing all the time - the rower can be empty to provide a temporary advantage of numbers. Teams may switch who is rowing at any time. However, the game isn’t over until BOTH rowers reach 8k.
- The scores from all four quarters are added up. Highest score wins.

RULES & PENALTIES

- Touching an object demonstrates that a player has control of that object.
- OBJECTS IN MOTION MUST BE CONTROLLED BY THE PLAYER. No throwing or dropping! Penalty for doing so is 20 burpees, performed immediately.
- No player may touch an object that is controlled by a player from the opposite team. Penalty for doing so is 10 burpees, performed immediately.
- No player may touch (ie, initiate physical contact with) a player from the opposite team. Penalty for doing so is 10 burpees, performed immediately.
- If a player receives a penalty while carrying an object, he must put that object down while performing his burpees. During this time, the object is up for grabs.
- If two players touch an object simultaneously, immediate roshambo will determine who gets it.
- One person may not control more than one object at a time. Multiple people may control one object.
- Weight must be CARRIED. It cannot move forward while touching the ground (ie., no rolling/dragging).
- Objects cannot be disassembled on the field during gameplay.

BANJO (OVERTIME)

- When one team has rowed the full 8k, the Banjo period begins. The team that finishes first gains one point for every minute of Banjo, and gains an advantage of numbers by having their whole team on the field.

