

SACK RACE RULES

Remember sticking your right leg in a Burlap Sack & your uncle stuck his left leg in the same sack & together you feverishly raced towards the finish line at the family reunion?!

There are a number of variations to Sack Racing rules. Here are a few suggestions for you—but half the fun of these games is putting your own personal spin on the rules! So get creative!

Individual Sack Race:

To play you need one Burlap Sack for each individual participant. The more people racing, the more fun it is.

- Participants will run to the sack, put both feet in & begin hopping toward the finish line.
- Contestants must keep both feet in sack and at least one hand on the sack at all times.
- The sack must remain as close to the waist as possible & should not fall below the knees.
- The first racer to the finish line wins.

Relay Race:

To play you need one Burlap Sack for each participant or team. The more people racing, the more fun it is.

- Each player puts both legs into sack & hops around a cone, or some marked point, & back, tagging the next person in line.
- Then, the next person in line gets into the sack & repeats the once-around the cone course.
- The first team to the finish line wins.

Note: The relay race can be done with individual participants or two-person teams. The two-person teams can fit both team members in the same sack, or by placing one leg each inside for the “Three-Legged Race.”

Team Sack Race:

To play you need one Burlap Sack for each team. The more teams racing, the more fun it is.

- Start with 10 people per team (or an even number); 5 people on each side of the field (or applicable number if starting with less than 10 per team).
- Start the race on one end & have each person tag the next in the other line. Continue until the team finishes.
- The first team to the finish line wins.

Note: The team sack race can be done with the “Three-Legged Race” rules, too.

Three-Legged Race:

To play you need one Burlap Sack for each two-person team. The more teams racing, the more fun it is.

- Participants stand side-by-side and put leg closest to each other in the burlap bag.
- Together, they race to the finish line.
- The first team to the finish line wins.

Note: The “Three-Legged Race” can be done in relay race form, too.

VARIATIONS:

To add a twist to any of the above races, try some of these variations:

- Add obstacles to the course (make sure they're safe, though). Kids love lawn sprinklers as obstacles!
- Have different age groups.
- Use mixed group combinations (i.e. youngsters with adults/men with women/women with women/men with men, etc.).

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