

# Patriot Games

| April 17, 2011 | Vawter Field | Kappa Sigma Fraternity and ROTC

## Benefitting

Kappa Sigma's Military Heroes Campaign was designed to honor and aid the thousands of wounded military veterans returning from active duty. The campaign focuses, in particular, on providing charitable assistance to the Fisher House Foundation, a segment of the Intrepid Fallen Heroes Fund that provides free housing to wounded veterans and their families throughout the duration of rehabilitation.

The Fisher House Foundation is a 501(c)(3) non-profit organization that provides a network of 38 comfort homes on the grounds of military and VA major medical centers. The houses are 5,000 to 16,000 square foot units, with up to 21 suites, donated to the military and Department of Veterans Affairs. The Foundation provides support to families of patients receiving care at the nearby medical center. Further information on the work of Fisher House Foundation, can be found at [www.fisherhouse.org](http://www.fisherhouse.org) or by calling 888-294-8560.

For any other questions, please feel free to contact Nathan Shrock ([nshrock@purdue.edu](mailto:nshrock@purdue.edu)) or Jake Hopkins ([hopkinsj@purdue.edu](mailto:hopkinsj@purdue.edu)).

## Registration

- A) Registration will begin at Vawter Field at 1:00 pm and ending at 2:00 pm
- B) Cost is \$5/person
- C) If you do not yet have a team register here:

[Individual Sign Up link](#)

- D) Teams register here:

[Team Sign Up link](#)

## Events

- A) Individual
  - 1) Burpees
  - 2) Push-ups
  - 3) Sit-ups
  - 4) Ammo Can Press
  - 5) Sand Bag Carry
- B) Team
  - 1) Patriot Games Relay

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- 2) Tire Flipping
- 3) Tug of War
- 4) Buddy Drag
- 5) 200 Yard Sprint Relay

## Scoring

### A) Individual Events

- One point will be given for each completed repetition
- Only your team's top score in each event will be counted towards the team total
- Prizes will be given out for the top score in each event

### B) Team Events

- For the patriot games relay, tire flipping, and buddy drag scoring is through sixteen places as follows: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Tug of War and sprint relay will be scored through top four places as follows:

20-14-8-4

## Event Rules

### A) Individual Events

- You will be allotted one minute to complete each event.
- Burpees: Begin the exercise standing. Bend at the waist and put hands on ground. Jump feet back to assume the push up position. Jump feet back to hands and stand up.
- Sit-Ups: Start laying down. Feet may be braced by a partner. Right hand must be in contact with left shoulder, left hand with right shoulder. Elbows must never come off of stomach. Come up and elbows touch thighs. Go down and shoulder blades must touch the ground. That counts as one repetition.
- Push Ups: Start with stomach touching ground. Push up, elbows must lock out. Come back down and elbows must break 90 degrees. This counts as one repetition. The shoulders, waist, and knees must remain in same plane entire time.
- Air Squats: Start with both feet on ground. Jump up and with both feet off of the ground thighs must go past parallel with the ground. Hands cannot touch legs or hips. Once feet return to ground, one repetition has been completed.
- Sand Bag Carry: Start with sand bag on ground. Must move bag completely across marked line 25 yards away. After bag is on ground and in no contact with you, one repetition has been completed. Bring sand bag back to original line for next repetition.

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## B) Team Events

**-Patriot Games Relay:** Teams will place one member of their team at each of the individual event stations. Starting at the pull up stations, your team member must complete 14 pull-ups then sprint to the push up station and tag the next member. The next member must complete 50 push-ups before leaving and tagging the next member at sit-ups. They will complete 60 sit-ups then tag the member at air-squats. After 20 air-squats the fourth member will go tag the member at the sand bags. The last member must complete 10 repetitions at the sand bag station before time is stopped.

**-Tire Flipping:** Your team will have one minute to complete as many tractor tire flips as possible. One point will be given for each flip.

**-Tug-Of-War:** Single elimination tug of war tournament. An additional round will be factored in to determine the third place team.

**-Buddy Drag:** Begin by holding team member under the arms and letting his feet remain on ground. Then walk backwards, dragging him as well.

**-200 Yard Sprint Relay:** All five members will start at the same location. The first member will sprint 100 yards down, and then return 100 yards back and tag the next member. Teams will compete four at a time with only the top finisher advancing to the next round.