

Work it Out

1. **DESCRIPTION:** Teams of 4 will compete in a relay race to show their overall understanding of the topics covered in NCSO events this year. Pairs of students will complete an activity or task and answer quiz questions before their teammates can begin their portion of the relay.
2. **ESSENTIAL STANDARDS ALIGNMENT:** Science as Inquiry
3. **TEAM:** MUST have 4 people. Penalties will be imposed if LESS than 4 people show up to the event.
4. **APPROXIMATE TIME:** 10 min.
5. **TEAMS:** Must bring nothing.
6. **EVENT LEADERS:** Must provide writing instruments, all necessary supplies to complete the challenges and questions, and score sheets.
7. **SAFETY REQUIREMENTS:** Appropriate footwear required, no flip flops. Closed-toe shoes are recommended.
8. **IMPOUND:** No
9. **THE COMPETITION:** Teams will work to complete 3 sets of both physical and academic challenges as quickly as possible. The team that completes all the sets of tasks in the shortest amount of time will be deemed the winner.
 - a. There are a total of 3 sets of challenges that constitute the relay track. The first 2 sets of challenges are done in pairs of partners and the final third set of challenges is performed together by all four partners.
 - b. At each set of challenges, there will be one physical challenge and one academic challenge. Each partner must participate in the physical challenge; they may have to do it together (ex: toss a ball back and forth) or they may have to take turns (ex.: jump rope 10 times) and they will both work together on the academic challenge.
 - c. The event is typically performed indoors in a gymnasium. If held outdoors, the competition will only occur in all but hazardous weather conditions.
 - d. The contestants must stay on the relay track specified by the event leader. Physically-handicapped contestants may use a substitute participant to complete in only the physical challenges. The handicapped contestants will still have to work with their partner(s) to complete the academic challenges. The event leader will help facilitate this.
 - e. When a team of 4 comes to the event, the event leader will tell the team of 4 to divide into 2 separate pairs of partners. One of the pairs will be asked to position themselves at the FIRST set of challenges to be ready to work on them once the event time starts and the other pair will be asked to walk over to the SECOND set of challenges, remain standing, and turn around to face their partners only, without working on the SECOND set of challenges until their partners finish the FIRST set of challenges.
 - f. Each physical challenge will have a set of instructions and most likely a set of object(s) associated with it. Any attempts to unfairly simplify a challenge, such as moving closer to a partner when tossing them an object to make it easier to do will require the partners to restart the challenge. The event leader will closely monitor this and make appropriate decisions as to when to restart a challenge.

- g. The relay timing begins once the event leader says “GO” and begins running the stopwatch. The first pair of partners begins with the physical challenge. They will have a maximum of **1 minute** to satisfy the criteria of the physical challenge. After the pair either successfully completes the physical challenge in under a minute or the 1-minute time has expired, they will then start the academic challenge. They will also have a maximum of **1 minute** to satisfy the criteria of the academic challenge. After the pair either successfully completes the academic challenge in under a minute or the 1-minute time has expired, they both will run over to their partners that are waiting at the SECOND set of challenges and high five them. The high five acts like a bouton in a relay race that signals the pair of partners at the SECOND set of challenges to start working on their challenges. After high-fiving the partners at SECOND set of challenges, the partners that completed the FIRST set of challenges will walk to the THIRD set of challenges, remain standing, and face their partners that are completing the SECOND set of challenges.
- h. The same exact rules for the FIRST set of challenges apply to the pair of partners working on the SECOND set of challenges since it also involves two people.
- i. After the pair of partners are done with the SECOND set of challenges, they will then run over to their partners that are waiting at the THIRD set of challenges and high five them. All four of the partners will then start the physical challenge that requires all four of them to complete. They will have a maximum of **2 minutes** to satisfy the criteria of this physical challenge. After the four partners either successfully complete the challenge in under 2 minutes or the 2-minute time has expired, they will then proceed to work on the academic challenge. They will have a maximum of **2 minutes** to satisfy the criteria of this academic challenge. After the four partners either successfully complete the academic challenge in under 2 minutes or the 2-minute time has expired, the event leader will call “TIME” and stop the stopwatch. The team will then be instructed to leave the gym, at the discretion of the event leader.

10. **SCORING:**

- a. The shortest team time in tenths of a second to complete the race wins.
- b. If a team has less than 4 members, there will be a 2-minute penalty added to the time for each missing team member. Participating team members will be responsible for completing all challenges.
- c. Ties will be broken by the shortest time needed to complete the academic challenge at the THIRD set of challenges which involves all four partners.

11. **EVENT RESOURCES:**

See the Event Resources tab on our website at www.sciencenc.com for instructions, videos and more.