

## Stafette



### **Attachment relay**

A runs around a painting stick and then picks up B. After each round, another player is hitched. As soon as all players are running, hitching is started; first A may stay behind, then B and so on

### **Bottleneck relay**

Two simple obstacle courses with a common obstacle (bottleneck). The groups overcome the obstacles with hand grips as fast as possible.

### **Jass card relay**

Each group runs to a certain point where Jass cards are spread out upside down. Each group has its symbol (e.g.heart/shovel ...). Now 1 card is drawn. If it belongs to the group symbol, it can be taken, if not, the next player is taken. Who has all the cards first?

### **Sixth-stage race**

At any one time 5 (or more) players form a circle. On whistle, #1 runs around the circle, gives #2 a slap on the back as a starting signal. In this way, each circle player takes a turn until everyone has run six times. The group that completes its program first wins.

## Source credits

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