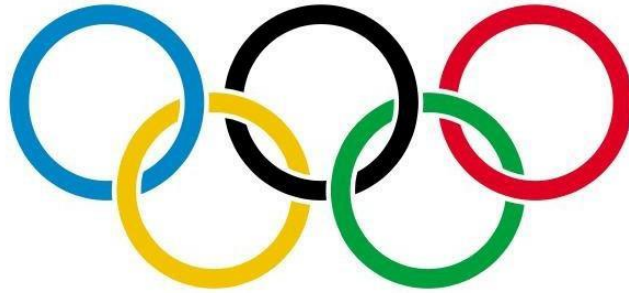


Appalachian Trail District

Fall 2016 Camporee

Scout Olympics



Leaders Guide

Sept 30 - Oct 2, 2016

**Woodruff Scout Reservation
Blairsville, GA**

The Camporee theme is "Scout Olympics" and is to commemorate the summer Olympics being held in Rio de Janeiro this year. Events are a mixture of Scout-skill tests, teamwork challenges and physical contests. Emphasis is on fun, teamwork and sportsmanship. As in the real Olympics, there will be awards.

Camporees are a chance to join in one of the oldest traditions in Boy Scout history – Coming together as a District for Scouting competition. District gatherings provide an opportunity to match skills against others within our district. There will be fun, friendship, and fellowship. This guide is intended to help your unit prepare for the fun and excitement of this year's Fall Camporee.

The Scout oath and law will govern the behavior of all participants during this weekend. The principles of leave no trace should be practiced at all times. All events will be based on basic Scouting skills and concepts as taught and used in the Scout to First Class rank advancement section of the handbook. They will also include fun type challenge events that will require effective communication, leadership, and teamwork to successfully complete. Passports will be given to each patrol listing the order of activities to visit. The score for each event will be recorded on the passport. Each patrol must turn in their passport to the AT District Staff as they finish in order to be eligible for any awards.

All participating units must sponsor one event or activity and provide the necessary adults and scouts required to run the activity or event.

Scout Olympics Camporee Schedule

The events will not be set up in a rigid schedule. In fact, keeping a loose schedule makes things easier to organize, and gives Scouts a chance to exhibit leadership and self-direction. There is a common misconception that activities need to be regimented and kept under a tight rotation in order to prevent traffic jams and keep things moving. On the contrary, Scouts prefer that each patrol is simply given: 1. A list of events 2. A well-marked map. 3. A sheet of rules (starting times, ending times, etc.) and turned loose. Beginning at 8:15AM on Saturday, patrols may choose which event to compete in next. If that event is full when they arrive, they must pick a different event and return to that event later in the day. All events must be completed by 4:00PM.

Friday: September 30, 2016

6:00 PM to 9:00 PM – Registration and Check-in.

9:30 PM – Scoutmaster/SPL Meeting and Crackerbarrel

11:00 PM – Taps/Lights Out

Saturday: October 1, 2016

8:00 AM – Olympic Torch Relay

8:10 AM – Flag Raising

8:15 AM to 11:45 AM Sessions

11:45 AM to 1:15 PM Lunch in troop campsite

1:20 PM to 4:00 PM Sessions

4:00 PM to 5:00 PM Ultimate and Three-Way Soccer Tournaments Conclusion

5:00 PM – Flag Lowering

5:05 PM to 8:00 PM – Dinner/Clean-up

8:00 PM to 9:30 PM – Campfire Program

9:30 PM – Crackerbarrel

11:00 PM – Taps/Lights Out

Sunday: October 2, 2016

8:00 AM – Flag Raising, Spirit Award Presentation and Extinguish Olympic Torch

8:15 AM to 9:15 Non-Denominational Service

8:15 AM to 11:00 AM – “Leave No Trace” Check-out.

Essential Items for Each Patrol:

- Passport**
- Ziploc bag for storing Passport
- Scout Book
- Patrol first aid kit
- Energy snacks for AM and PM
- Water bottle for each patrol member
- Standard compass for each patrol member
- Pentathlon score sheet**
- Triathlon score sheet**

**** Items provided by the AT District Staff prior to competition**

Individual Events (For those who **choose/dare** to participate.)

Scout Olympic Pentathlon: This is partially based on the Presidential Physical Fitness Test Standards which include sit ups, shuttle run, 300 meter run, pull ups, and pushups. Scouts can earn blue, red, or white beads to be placed on a leather lace they can wear during the day to signify how well they have done in the Pentathlon. First, second, and third place awards, based on age, will be given for overall pentathlon winners. Event score sheets will be given to patrols to fill out prior to competition.

Sit-ups Testing

- Have the Scout lie on a flat, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one sit-up.
- To start, a timer calls out the signal “Ready? Go!” and begins timing Scout for one minute. The Scout stops on the word “Stop.”

Sit-ups Tip

Instruct helpers to count aloud the number of repetitions.

Sit-ups Scoring

“Bouncing” off the floor is not permitted. The sit-up should be counted only if performed correctly.

SIT-UPS							
AWARD	AGE						
	≤11	12	13	14	15	16	17
Blue Bead	40	44	46	49	50	48	48
Red Bead	37	40	42	45	45	45	45
White Bead	<37	<40	<42	<45	<45	<45	<45

Based on age/test scores in number of sit-ups in 60 seconds

Shuttle Run

This activity measures speed and agility.

Testing

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Scouts start behind opposite line. On the signal “Ready? Go!” the Scout runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across starting line.

Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a flat, level and smooth surface.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

SHUTTLE RUN							
AGE							
AWARD	≤11	12	13	14	15	16	17
Blue Bead	10.6	10.3	10.0	9.6	9.4	9.1	9.1
Red Bead	11.1	10.6	10.2	9.9	9.7	9.4	9.4
White Bead	>11.1	>10.6	>10.2	>9.9	>9.7	>9.4	>9.4

Based on age/test scores in seconds and tenths

400 Meter Run

This activity measures heart/lung endurance.

Testing

- On a safe, 400 meter course, Scouts begin running on the count “Ready? Go!”
- Walking may be interspersed with running. However, the Scouts should be encouraged to cover the distance in as short a time as possible.

Tips

Use a large enough running area so that no more than two laps are necessary to complete the 400 meters. Help participants learn proper pacing for the 400 meters by having them run at the 400 meter pace for short distances during warm-up time.

Scoring

Always review Scouts’ health status before administering this test. Give Scouts ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

400 METER RUN							
AGE							
AWARD	≤11	12	13	14	15	16	17
Blue Bead	1:31	1:27	1:22	1:19	1:12	1:11	1:10
Red Bead	1:57	1:54	1:51	1:42	1:31	1:30	1:29
White Bead	>1:57	>1:54	>1:51	>1:42	>1:31	>1:30	>1:29

Based on age/test scores in minutes and seconds

Pull-ups

This activity measures upper body strength and endurance.

Pull-ups Testing

- The Scout hangs from a horizontal bar at a height the Scout can hang from with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small Scouts may be lifted to starting position.
- The Scout raises body until chin clears the bar and then lowers body to full-hang starting position. Scout performs as many correct pull-ups as possible.

Pull-ups Tips

Spend as little time hanging from the bar beforehand as possible because the extra time on the bar may reduce the number of pull-ups performed. Discourage any leg kicking or body swinging as this may also decrease the number of repetitions.

Pull-ups Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

PULL-UPS							
AWARD	AGE						
	≤11	12	13	14	15	16	17
Blue Bead	3	4	5	6	8	8	10
Red Bead	2	2	3	5	6	7	8
White Bead	<2	<2	<3	<5	<6	<7	<8

Based on age/test scores in number of pull-ups

Push-ups Testing

- The Scout starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the Scout then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the Scout being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the Scout can do no more at the required pace. The Scout should remain in motion during the entire three second interval.



Push-ups Tip

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

Push-ups Scoring

Record only those push-ups done with proper form and in rhythm.

PUSH-UPS							
AWARD	AGE						
	≤11	12	13	14	15	16	17
Blue Bead	20	24	30	28	34	34	43
Red Bead	15	18	24	24	30	30	37
White Bead	<15	<18	<24	<24	<30	<30	<37

Based on age/test scores in number of push-ups every 3 seconds

Scout Olympic Triathlon:

Shot put throw (8 lb for ages 14 and under, 12 lb for ages 15 and over), javelin throw using the 300 gram Turbojav, and discus throw (Junior high discus for ages 14 and under, high school discus for ages 15 and over). Each Scout is given three attempts for each. Only the best attempt of each counts. First, second, and third place awards, based on age, will be given for overall triathlon winners. Ties for best throws will be broken by using the second best throw. If a tie is still present, the third best throw will be used to determine place. Event score sheets will be given to patrols to fill out prior to competition.

Patrol Events

Event #1: Olympic Torch Relay (Opening Ceremony)

Patrol must light their torch using an alternative fire starting method (i.e. no matches or lighters) in a designated area. Patrol members will be staged at eight different locations along the relay course. Patrols that have less than 8 members will need some members to be used again. The lit torch will be walked (no running) from one location to the next. The final location is the Olympic Fire Ring. This event will be scored by the overall fastest patrol time.

With only a few "household items" the camporee committee will make torches for the patrols that are relatively safe and can last for up to an hour. For this project they will need a piece of 100% cotton cloth*, a sturdy stick or a scrap piece of wood a stapler a hammer and tiki torch oil or kerosene. Using rags that are about twelve inches wide and roughly twenty four inches long, fold it width wise until it's about six inches wide, and staple one end to the stick with a few staples. Wrap the rag tightly around the torch so when it burns the rag doesn't fall off. To keep the rag taught, put in staples every so often as you wrap. Also try to tuck in the "frills" so it will burn longer. The tighter the wick is wrapped, the better it will hold up during burn time. Soak in tiki torch oil or kerosene.

*Must be 100% cotton; materials such as cotton blend/polyester/rayon etc. will melt when burned and cause huge problems.

The first patrol to finish will have the privilege of lighting the Olympic Fire Ring (propane fire ring) at Flag Raising. The Olympic Fire Ring will be extinguished at the closing ceremony on Sunday morning.

Event #2: Softball/Football Throw– Scored on distance and accuracy.

Rules: Football/Softball **Accuracy Throw**

Equipment: Football (Junior-size Football) Softball

1. Places are awarded based on the highest points earned.
2. One practice throw will be allowed at each distance.
3. The participant must announce beforehand if he/she is taking a practice throw or throwing for a score.
4. Each participant will attempt six (6) throws from each of the following:
 - a. Football Distances: 10 and 12 yards
 - b. Softball Distances: 12 and 15 yards

5. The target will be the opening in a 25 inch ring, the center of which will be 5 feet off the ground.
6. Five (5) points will be awarded for each throw that goes through the target from the shortest lines.
7. Ten (10) points will be awarded for each throw goes through the target from the farthest lines.
8. Final score will be determined by the total score of the patrol divided by the number of patrol members.

Rules: Football/Softball **Distance Throw**

Equipment: Football (Junior-size) Softball

1. Each competitor's longest single throw is used to determine the order of finish.
2. Participants will be allowed one (1) warm-up throw and three (3) official throwing attempts.
3. A foot fault (going past the foul line during the throw) counts as one of the four throwing attempts but has no distance recorded.
4. If a ball lands outside the foul lines, it will be charged as a throw, but will not count for distance.
5. Final score will be determined by the total score of the patrol divided by the number of patrol members.

Event #3: Leaky Can Race

Place a bucket 10 meters away from a tub of water and give each team a small can with holes drilled in the side near the bottom. Team members take turns to fill the can with water, race to the bucket to empty it, and return to give the can to the next Scout. A patrol is judged on the amount of water in the bucket after three minutes as measured by a ruler to the lesser millimeter.

Event #4: The Chain Gang Knot Race

The patrol lines up side by side. On go, they tie their legs together with short pieces of rope using a square knot. They must then race to the knot line (15 yards) and tie all seven knots listed on the knot line and then race back. The seven knots to be tied are: square knot, clove hitch, sheet bend, bowline, timber hitch, taut-line hitch, and two half hitches. Each member of the patrol must tie a knot. If there are fewer than seven member in the patrol, some members will have to tie a second knot. The winner will be determined by the patrol that ties all seven knots correctly and most quickly returns to the start line.

Event #5: First Aid for Athletic Competitions

Welcome to the first aid event! Your entire patrol will need to participate here while we test your Tenderfoot to First Class skills. Featured will be injuries common at athletic events. You will enter an area where you will encounter various injuries and you will be scored on how accurately and proficiently you treat these injuries.

Event #6: Orienteering

Be ready to have your skills with a compass tested. The event will be set on a Line Course. No electronics (GPS, Phones, Calculators, Electronic Compass, etc.) allowed on the field. Each patrol member must have their own standard compass. Scouts may only use their standard

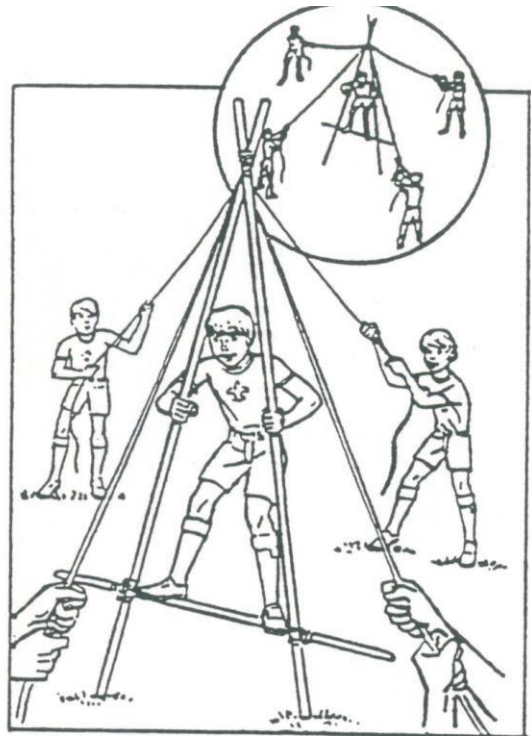
compass and materials given to them by the staff. No pacing work will be allowed on the line the day of competition. Ideally, patrol members should know their pacing prior to the Camporee.

Event #7: Alligator Pit Crossing

Materials for each patrol:

- 2 8' spars to serve as A-frame shear legs
- 1 6' spar to serve as a ledger at the base (crossbar)
- 3 15' x 1/4" lashing ropes
- 6 20' x 1/4" lashing ropes (for guy lines)

The "Alligator Pits" are marked on the ground, one for each patrol, 15' x 15' square. Patrols line up on one side of their pits. On signal the patrols lash together an A-Frame "walker" using either three Square Lashings or two Square Lashings with a Two-Spar Shear Lashing at the top. At the top they attach two 20-foot lashing ropes, and attach two more ropes at each corner of the crossbar, using Two Half Hitches. These are the guy lines. The patrol then stands the "walker" upright, and one member climbs on the crossbar. One Scout mans each guy line to help steady and to help propel the Scout on the crossbar as he tries to "walk" the A-Frame across the alligator pit. Only the A-frame "walker" is allowed inside the pit. Maximum time allowed is 10 minutes.



Event #8: Madcap Relay Race

For each patrol you will need a paper bag containing cards with one task on each card. Draw start line and put cone out about 40 feet. Place the paper bag with cards at cone. Patrols line up single file and on 'Go' signal, the first patrol member races to the cone and picks a card randomly from the bag, reads it, does the task, and races back to tag the next Scout. All patrol members must complete a task. Patrols that have fewer than eight members will need some members to go twice until at least 8 tasks have been completed. This event will be scored by average patrol time.

Example Tasks: Rubber band gun target shooting, gunny sack race, crab walk, and so on.

Event #9: Three-Way Soccer Game

Required: 3 soccer balls, 6 cones to mark goals

Instructions:

1. A patrol must have at least six players. There will be a maximum of 8 players from each patrol on the field at a time including a goalie. If patrols are of unequal size, the number of players on the court from each patrol will equal the smaller patrol's number of players. Patrols may be asked to combine to meet minimum team numbers.
2. Lay out play area in the shape of a triangle with equal sides. If you use a football field,

the goal line can be one side and the opposite corner would be the center of the 45 yard line.

3. Mark three goals, one in the center of each side.
4. Place the three soccer balls in the center of the field.
5. Scouts from each team can be any place on the field.
6. On 'GO', Scouts try to kick the balls through either opponent's goal while protecting their own.
7. One point is awarded to the team that scores a goal.
8. One point is subtracted from the team on which a goal is scored.
9. When a goal is scored, that ball stays out of play.
10. When all three balls are out of play, a break occurs and the balls are placed back in the center of the field.
11. Every three minutes, players not in the game must replace players in the game. Time will be called by the referee to enforce this.
12. No physical contact is allowed between players.
13. Matches will last for 12 minutes.
14. If there is a tie after regulation play, there will be a sudden death overtime with the first of the tied patrols scoring being declared the winner.

This will be run as a tournament. Each patrol will be given a time to show up at this event. Patrols more than ten minutes late will forfeit their match. Winners of each match will be paired up against each other after the PM sessions close to determine the overall camporee winner. Byes may be randomly assigned to a patrol in the finals to ensure the proper number of teams participating in a match.

Event #10: Ultimate Frisbee

Join us for an Ultimate Tournament! SPL's must sign patrols up at the Friday evening SPL Meeting. Smaller patrols may combine to make a full team.

The Field

The field is a rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. Field sizes can be modified to meet the size of a local playing field.



Teams

A patrol must have at least six players to compete. There will be a maximum of 7 players from each patrol on the field at a time. If patrols are of unequal size, the number of players on the court from each patrol will equal the smaller patrol's number of players. Patrols may be asked to combine to meet minimum team numbers.

Initiate Play

To begin play the ultimate players from each team line up on their end zones and the defense team pulls (throws) the disc to the other team as a "kick-off". Pulls are long throws, and they are

thrown in efforts of giving the offensive team poor field position and a chance for the defense to get down the field soon enough to stop advances. The pull is often started by a member of the defending team raising one arm with the disc to show that they are ready to pull the disc and begin play. The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin often an ultimate Frisbee disc is used.

Scoring

Each time the offense completes a pass in the defense's end zone, the offense scores a point. After a point is scored, the teams exchange ends. The team who just scored remains in that end zone, and the opposing team takes the opposite end zone. Play is re-initiated with a pull by the scoring team.

Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot. Players may not run with the disc. Upon receiving the disc, a player has ten seconds to pass it. This period is known as the "stall", and each second is counted out (a stall count) by a defender (the marker), who must be standing within 10 feet of the thrower. A player may keep the disc for longer than ten seconds if no marker is within 10 feet, or if the marker is not counting the stall

Reasons for Change in possession:

- Throw-away — the thrower misses his target and the disc falls to the ground.
- Drop — the receiver is not able to catch the disc.
- Block — a defender deflects the disc in mid-flight, causing it to hit the ground.
- Interception — a defender catches a disc thrown by the offense.
- Out of bounds — the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
- Stall — a player on offense does not release the disc before the defender has counted out ten seconds.

When one of the above reasons for change in possession occurs, the defense immediately takes possession of the disc and becomes the offense.

Substitutions

Every three minutes, players not in the game must replace players in the game. Time will be called by the referee to enforce this.

Non-contact

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. When a foul disrupts possession, the play resumes as if the possession was retained.

Winning

Matches will last for 12 minutes with the patrol scoring the most points being declared the winner. If there is a tie after regulation play, there will be a sudden death overtime with the first patrol scoring being declared the winner.

Campfire Event: Scout Olympics Theater

Every Troop is encouraged to have a skit at the campfire on Saturday night. Most importantly...EVERY skit must have an Olympic theme! It's time to get creative with a new skit or by reworking some of those old skits that we see every Camporee. Costumes are encouraged. An award will be given for the best and most original skit with an Olympic theme. **Skits will be included as part of the final score to determine the Scout Olympics Patrol Camporee Champions.** Only one skit per troop will be allowed. All patrols competing from that troop will receive the score from their troop skit.

Awards:

- **Pentathlon Champions** – Awards for 1st, 2nd, and 3rd place by age will be awarded for overall pentathlon winners.
- **Triathlon Champions** – Awards for 1st, 2nd, and 3rd place by age will be awarded for overall triathlon winners.
- **Olympic Torch Relay Champion Award**
- **Softball/Football Throw** – Awards for 1st, 2nd, and 3rd place
- **Leaky Can Race** – Awards for 1st, 2nd, and 3rd place
- **Chain Gang Knot Race** – Awards for 1st, 2nd, and 3rd place
- **First Aid for Athletic Competitions** – Awards for 1st, 2nd, and 3rd place
- **Orienteering** – Awards for 1st, 2nd, and 3rd place
- **Biking Relay Race** – Awards for 1st, 2nd, and 3rd place
- **Alligator Pit Crossing** – Awards for 1st, 2nd, and 3rd place
- **Madcap Relay Race** – Awards for 1st, 2nd, and 3rd place
- **Three-Way Soccer Tournament Champion**
- **Ultimate Frisbee Tournament Champion**
- **Scout Olympics Theater Champion**
- **Scout Olympics Patrol Champion** – Top patrol based on combined events points

Appalachian Trail District Fall Camporee 2016 Scout Olympics



**Sept 30 - Oct 2, 2016
Woodruff Scout Reservation**

Appalachian Trail District Fall 2016 Camporee Registration Form

Troop Number and Town: _____

Scoutmaster: _____

Senior Patrol Leader: _____

Patrol Rosters:

Patrol Name	Patrol Name	Patrol Name
Patrol Leader	Patrol Leader	Patrol Leader
1	1	1
Patrol Members	Patrol Members	Patrol Members
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

Adult Participants:

1	4	7
2	5	8
3	6	9

Registration Fees:

Total Youth Participation _____ X \$12.00 = _____

Total Adult Participation _____ X \$10.00 = _____

Deposit _____ - \$25.00

Total Fees Due: _____