

QUEST Events and Rules

This year's Quest for the Golden Arrow will consist of 4 events: Egg Toss, Cross Country Relay, a Water Boiling Contest, and Team Handball. Each lodge will earn points based on their finishing position in each event. First place lodges in each event will be awarded 3 points, second place 2 points, and third place 1 point.

Egg Toss

Each Lodge will enter a two-man team. The two arrowmen will line up across from each other starting at 10 yards apart.

The first arrowmen will toss the egg to his partner when commanded. If a lodge's egg breaks, that lodge is eliminated from the competition, otherwise the arrowmen that caught the egg will take a step back.

The arrowmen will toss the egg back to their partner on command.

This will continue until only one lodge remains with an intact egg. Lodges that are eliminated on the same toss will receive the same finishing position.

Arrowmen can only use hands to catch the eggs. Use of anything other than bare hands to catch the egg will result in disqualification for that lodge.

Cross Country Relay

Teams will consist of 4 members. Each member will be led to a starting position. On the signal, the first team member will run on the course towards their next teammate. The first runner will pass their baton to the second runner when they reach the second runner's starting position. The process continues until the fourth runner crosses the finish line.

No cleats or spikes allowed.

Water Boiling

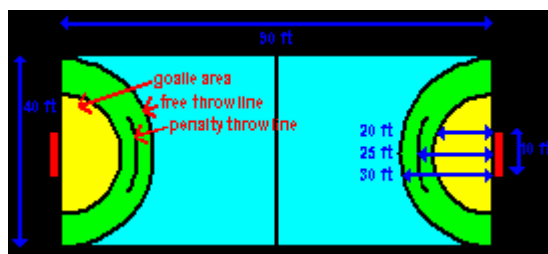
This will be a timed event, with the lodge with the fastest time winning.

Team Handball

Each lodge will have a team of 12 players, of which 7 players – 1 goalie, 3 defenders, and 3 offence will be on the field at any time.

Court

All court lines are referred to by their measurement in meters. The most significant line on the court is the six-meter line, or the goal area, or the circle. Only the goalie is allowed inside the goal area. The only exception when another player is allowed in the goal area is when they take off from outside the goal area, and shoot the ball toward the goal before landing. To avoid interference with other players, the player must then exit the goal area as soon as possible. The nine-meter line, or the free-throw line, is used for minor penalties*. The seven-meter line, or the penalty line, is used for major penalties*. The goal line, even with the goal at each end of the court, serves as out of bounds. Only the goalie is allowed inside the goal area. If an offensive player is in the circle or on the line, the ball is given to the opponent. A goal does not count if the offensive player releases the ball before landing in the goal area. If the defense gains an advantage by being in the circle, a penalty throw is awarded. A ball inside the goal area belongs to the goalie. A ball in the air, however, is not considered to be in the goal area.



Game time - each game will consist of two 10 minute halves with a 3 minute halftime. Each team will have a single one minute time-out per half.

Scoring - All goals will count one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has been thrown, carried or propelled by hand or arms of a member on the attacking team.

Only the team that possesses the ball may call for substitution. However, should the offensive team elect to substitute; the defense will also be entitled to substitute. Substitutions will only be allowed:

1. On a penalty throw
2. On a corner throw
3. On a throw-in
4. After a goal (both teams)
5. If a play is stopped due to injury (both teams)

Starting The Game- Play is initiated by a throw-on at mid court. After each score, the opposing team will receive the ball at mid court.

Playing the Ball- A player is allowed to run three steps with the ball, or hold it for three seconds. A player is not allowed to play the ball with their legs below the knee. There is no limit on dribbling the ball. A double dribble, however, results in a free throw for the opponent. A player may not pass the ball in the air with the intention of catching it him or herself. This is an air dribble. Players are not permitted to dive on the floor to play the ball.

Defending The Opponent - Defensive players are allowed to use their body to obstruct an opponent either with or without the ball. Using the arms or legs to push, hold, trip or hit, however, is a violation. Offensive players are not allowed to charge into player, or a free throw is awarded.

Throw-ins - A throw-in is awarded to an opponent when one team loses the ball out-of-bounds on a sideline. The defense must be three meters away when the ball is thrown in.

The player must have both feet touching the court during the throw-in.

Corner Throws- A corner throw is awarded to the offense when a defensive player is the last person to touch the ball as it goes out-of-bounds over the goal line (excluding the goalie).

Penalties - A free throw is given for the minor infringements of the rules. The free throw is taken immediately, without the referee handling the ball, from the place the violation occurred. The defense must remain three meters away. The thrower must have one foot continuously in contact with the court, and must make a throw or pass within three seconds. A goal must be scored directly from a free throw. Penalties are given to players, in progressive format, if the contact between the players is particularly rough. The [referees](#) may award a nine-meter free throw to the attacking team, or if the infraction was during a clear scoring opportunity, a seven-meter penalty shot is given.