



# *Hercule's Test of Strength*

Hercule's many times gets confused as a God, when really, he was one of the most famous Demigods just like Percy Jackson himself. In this game you will test your strength, which was Hercule's gift from the gods.

Team 1 and Team 2 will go on opposite sides of the tug of war rope. Play will not begin, until the instructor says the command "Ready, Set, Go". This competition will be a best out of three challenge, meaning that in order to win your team must win two out of three contests. In order to win, one team must pull the other team past the designated line on the field.

## **SAFETY PRECAUTIONS**

Do not start pulling the rope until the instructor says go!!! If you fall at any point during the activity, take your hands off the rope, stand back up and then resume. **DO NOT HOLD ON TO THE ROPE IF YOU FALL!!!** Do not wrap the rope around your waist, wrist or under your clothing. Do not press the rope against the side of your body.

