

Sack Race

(Online & Offline mode)

1. Introduction and Vision

The Sack Race, a classic game enjoyed worldwide, is included in the Modern Pythian Games to celebrate community spirit, agility, and competitive fun, uniting participants of all abilities across nations. This event honors traditional roots while embracing modern technology through an inclusive format available both online and offline.

Known by various names globally, including “мешок бер” (Meshok Beg) in Russia, “sacco salto” in Italy, “course en sac” in France, and simply “Sack Race” in English-speaking countries, this competition invites athletes to showcase balance, speed, and endurance while hopping inside a sack toward a finish line.

The event promotes equality by providing separate categories for general participants and those with disabilities, awarding gold, silver, and bronze medals for excellence.

2. Description of the Game

The Sack Race is a sprint where participants place both legs inside a sack (typically burlap or canvas), then hop forward toward a designated finish line. The first to cross the line without falling or stepping out of the sack wins.

3. How the Sack Race is Played

a.Offline Mode:

- Participants line up at a starting line with sacks.
- At the starting signal, all participants hop forward inside their sacks to reach the finish line.
- The race is usually held on a flat, safe surface like grass or gymnasium floor.
- If a participant falls, they must get up and continue without leaving the sack.
- The first three to cross the finish line in each category receive medals.

b.Online Mode:

- Participants join via video conferencing platforms or dedicated competition apps.
- Each participant conducts the race at their own location with an official observer (family member, coach, or event official) who verifies compliance and records timing.
- The race track should be pre-measured and confirmed (minimum 10 meters recommended).
- Participants stream live or submit recorded videos under supervised conditions.
- Results are submitted to the competition committee for verification.

4. Registration Process

- Registration opens online via the official Modern Pythian Games portal.
- Participants must fill out a detailed form including personal information, category selection (general or disabled), and consent for competition rules.
- For disabled participants, proof of disability status is required via a medical certificate.
- Registration closes 10 days prior to the event.
- Confirmation emails with instructions are sent upon successful registration.

5. Eligibility Criteria

- Open to individuals aged 7 years and above.
- Separate categories for:
 - General participants (any able-bodied competitor)
 - Disabled participants (physical disabilities affecting mobility)
- Participants must be registered citizens or residents of the countries represented.
- All participants must agree to the code of conduct and competition rules.

6. Dress Code

- Comfortable athletic wear suitable for hopping movement.
- Closed-toe shoes or barefoot (based on local safety norms).
- Sack provided by the organizer in offline events; online participants must use sacks of comparable size and material (minimum 50 cm width, 75 cm height).
- Medals and badges will be awarded according to the category and ranking.

7. Categories

- Age divisions:
 - Junior (7-12 years)
 - Youth (13-18 years)
 - Adult (19-40 years)
 - Senior (41+ years)
- Physical Ability Divisions:
 - General category
 - Disabled category (participants with documented mobility impairments)

8. Jury Panel and Qualifications

- The jury panel consists of a minimum of 5 judges appointed by the Pythian Games organizing committee.
- Judges must have expertise in athletic event management, fair play, and familiarity with accessibility standards.
- The jury oversees registration validation, rule enforcement, scoring, and dispute resolution.
- Online jury members review video submissions and live streams to ensure compliance.
- Jury decisions are final and binding.

9. Scoring Criteria

- Time to finish line: Fastest time determines ranking.
- Rule compliance: Participants must remain inside the sack and hop; stepping out or walking results in penalties.
- Fair play: Any deliberate obstruction or unfair behavior leads to disqualification.
- For online participants, video clarity and official observer certification affect scoring validity.

10. Winning Criteria

- Participants with the three fastest valid times in each category and age division receive medals:
 - Gold for 1st place
 - Silver for 2nd place
 - Bronze for 3rd place
- In case of a tie, a re-race or time-off challenge will be conducted.
- All winners will be recognized in the official Pythian Games awards ceremony, with digital certificates provided to online participants.

11. Other Rules and Regulations

- All participants must respect fellow competitors and officials.
- No assistance is allowed during the race except for physical aid provided to disabled participants with prior approval.
- Online participants must ensure internet connectivity and proper camera setup.
- Offline venues must comply with local safety protocols and accessibility standards.
- The competition is governed by anti-doping and fair competition policies.
- Any disputes must be submitted in writing within 24 hours after results declaration.
- Organizers reserve the right to amend rules for safety or fairness.
- Use of performance-enhancing devices (e.g., special sacks, prosthetics outside approved categories) is prohibited.