

Messy Olympics

As part of the final full day of Rally on the Mountain (ROM) 2018, Encounter Groups competed against one another in the Messy Olympics. This is a fun and silly way for groups to work together and get messy in the process! Here are some ways to re-create Messy Olympics for your youth group:

- **Messy Twister** – This puts a messy twist on a classic board game.



Lay out a twister board on a flat surface and place different colors of paint on the board that correspond with each respective circle. Each group sends one person to represent their team and competes against other members in a messy game of Twister. The person left standing at the end wins points for their team.

- **Watermelon Burst** – Each team is given a watermelon and rubber bands. As a team, they wrap the rubber bands around the watermelon until it bursts. The team that makes their watermelon burst first is the winner. **Tip:** This is easier if each watermelon is started with 20-40 rubber bands. Otherwise, you're going to be waiting for a while.



- **Ice Cream Drop** – Groups choose 2 people to participate in this challenge. One person lies flat on their back with their head close to a chair and a pair of goggles on and an ice cream cone in their mouth. Another person stands on the chair above the person lying down. The person standing on the chair has to drop all the makings of an ice cream sundae (ice cream, chocolate syrup, sprinkles, etc.) into the cone. The ice cream cone must contain all parts in order to be a complete sundae. The team to complete this the fastest is the winner.



- **Human Pyramid Ice Cream Sundae** – 6 team members create a human pyramid one row at a time. Once the first 3 people have made the first row, a scoop of ice cream is placed on each person's head. The next 2 people climb up to create the second row and a scoop of ice cream is placed on each of their heads. The person on top of the pyramid has whipped cream and a cherry placed on their head

and they have to climb to the top of the pyramid while keeping the toppings on their head. Like Ice Cream Drop, the team to finish their pyramid fastest are the winners.

- **Cheeto Head** – One team member places a shower cap on their head and covers the cap with shaving cream. With distance between the member with the shower cap on and the rest of the team, each group has 1-2 minutes to throw cheese balls at the shower cap and hope they stick. At the end of the time limit, the team with the most cheese balls on the shower cap wins.



- **Cereal Face** – With goggles on, 1 team member covers their face in shaving cream. Like Cheeto Head, the rest of the team puts distance between them and the person with shaving cream on. Each team has 1-2 minutes to throw Froot Loops (or the cereal of your choosing) and hope they stick to their team member's face. At the end of their time, the team that has the most cereal stuck wins.

The aftermath of Rally on the Mountain 2018 Messy Olympics



These are just some examples of messy games to play with your youth group. Be sure to have fun with it, but don't forget to lay down a tarp or 2! Visit <http://www.thefsource4ym.com/games/default.aspx?Search=Sick> for more messy game ideas!