

THE WILD OLYMPICS



THE SPORTS



MARSHMALLOW MUNCHING

This simple game which tramples stickily all over the Olympic ideal of health and athleticism, is best played in tense silence, with each competitor taking turns to add another marshmallow to their mouth.

SCORING: Most marshmallows in mouth wins

FACT A marshmallow eating phenomenon from New Zealand known only as Hannah C fit 44 in her mouth, but she did have it slightly open. Local rules may be agreed!



TREE HUGGING

We're big on tree hugging this year, and this is your chance to go pro. The tree hugging discipline breaks down into a number of events which can be played out over the whole tournament. There's Tallest Hugged, Smallest Hugged, Longest Hug, Most Trees Hugged and the beautiful and artistic Figure Hugging, with points for style.

SCORING: Up to you. Could be style points from an impartial judge or timed tree hugging

FACT Tree hugging is officially good for you; research proves that spending time with nature rebalances the body and calms the mind.



STONE SKIMMING

Skim the stones, count the bounces. So simple. But the key to this game of agonising stone selection, perfect angles and precise technique is to play on a rainy day and claim all the raindrop ripples as places your stone skimmed. Our personal best is 100,000!

SCORING: American rule: highest number of skips wins. Scottish rule: longest distance travelled wins. You decide!



CANNONBALLS

More of a stylistic event than a strictly measured one. For this river based sport each "diver" takes three turns and judges score each jump. Marks out of 10 are given based on largeness of splash, redness of back (or belly in case of technique failure), wildness of scream and so on. Other criteria may be used at judge's discretion.

SCORING: Style points

FACT Sadly, nobody has ever cannonballed off the high board at the Olympics. We'd definitely give them gold if they did though.



WOODLAND LIMBO

A few dead branches can easily be used to set up the event known originally as the 'Can't High Jump'. Each competitor gets three attempts to travel face first, on their feet, under the bar at the first height. The bar is then lowered and anyone who cleared the first height has three goes at the new one.

SCORING: Lowest limbo-er wins



WELLY WANGING

Simply agree a line from which to throw and the winner is the person who wangs their welly further than any other player. All techniques (two-handed, overhead, running dive) are acceptable.

SCORING: Furthest welly-wang wins

FACT While the world record of 64.98m was set by Teppo Luopa in Finland, the sport was invented near Huddersfield presumably by someone finally winning the struggle to remove their wellies.



APPLE RELAY

Our friends at Rude Health have rustled up their own Olympic sport for us! Not your average relay. No hands, no running, no baton. Neck and fruit only. Line up in your teams with the first person holding the apple between chin and chest (strong muscles needed). Pass the apple neck to neck down the line.

SCORING: Ferry the apple to the end of the line with no dropping, no snacking, no hands, only your necks. Fastest team wins

THE WILD OLYMPICS

HOST YOUR OWN

OPENING CEREMONY:

Spread out and walk your strongest torch from person to person, before putting it on a high shelf. (turn it off, no sense wasting batteries)



PERFORM THE EVENTS:

Loose change attached to string with Blu-Tack can make all three medals!



CLOSING CEREMONY:

The overall winner will bear the torch until the next olympiad and, until then, feature in adverts for breakfast cereals.



Don't forget why you're taking part in the Wild Olympics; to bag yourself a badge! Earn your full colour, Boy Scout style embroidered token by sharing a photo of yourself as a champion Olympian...

- Whatever sport you undertake (one of ours or one of your own invention) make sure you take a snap
- Share your photo on Twitter, Facebook or Instagram including @canopyandstars & #YearofWild
- Or send it to us at gowild@canopyandstars.co.uk and include your full name and address
- Grab yourself a Year of Wild badge