

**SOCK
HOP**



**Hula
HOOP**

Contest

RULES

1. To qualify for the final Sock Hop Competition Day, you must be able to hula hoop for at least _____ minutes straight without dropping the hula hoop at all during the preliminary competition days.

2. On the final Sock Hop Competition Day those who qualified during the preliminary competition will compete against each other. Participants will try to last the longest and be the last one hula hooping. The student(s) who last the longest will be given awards & prizes!!!

* The __timed minutes varies by grade levels.