

NATIONAL JEWISH HEALTH



MILE HIGH GAMES

INFINITY PARK

An epic afternoon of networking and team-building — packed with dynamic challenges!

June 12, 2026

2-6 p.m.

PLAYBOOK

**Benefiting Morgridge Academy at National Jewish Health,
a school for chronically ill children**



Foos it! or Lose it!

NEEDED TO PLAY: 5 players

HOW TO PLAY:

The ball is served between the two opponents in the middle of the court and players must kick the ball to the other players on the same rod or advance it in attempts to score goals.

- Team with the most goals scored at the end of the 5-minute game will win the game.
- In the event of a tie, there will be a 1-minute sudden death where the first team to score immediately wins.
- Approximately 5 minutes are allotted for teams to change over between games.

RULES:

- **Both hands on the rope.**
Player cannot let go of the rope while the ball is in play.
- **No hanging.**
Player cannot lower chin under the height of the bar.
- **Reset for roll-in.**
Before the referee throws the ball back into the game; midfield rows must have their game bars touching the wall opposite the referee.
The game is live once the ball is rolled in.
- **Keep the ball low if you can't control.**
A player cannot be hit above the shoulders. Intentionally or not, regardless of which team did the kicking, it's an automatic foul.
 - Wacky example: Let's say you're playing offense. If you kick the ball against the wall and it bounces back to hit yourself in the face, you just committed a foul — against ... yep, yourself.
 - *In short, keep the ball low.*
Note: If the referee judges that a player intentionally headed the ball, it's *not* considered a penalty.
- **Chicken wings welcome.**
Note: It's okay to use your arms to block the ball, as long as your hands stay on the bar.
- **Referee has the final word.**

Please respect the referees (and other players). Remember, everyone having fun trumps competition (though we all love a little competition).

OVERALL TEAM POINTS TO BE AWARDED

Win:
10 Points

Loss:
5 Points



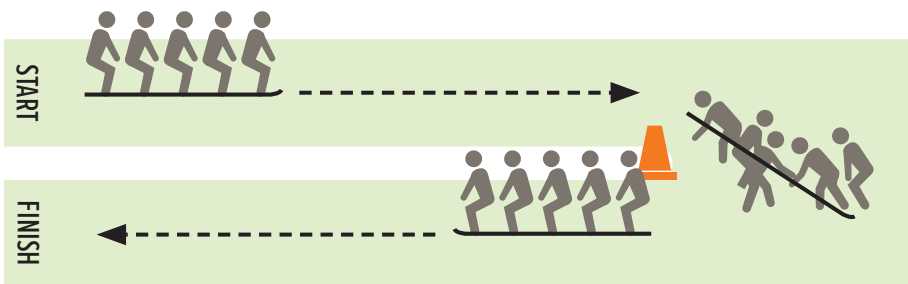
Giant Ski Race

NEEDED TO PLAY: 5 players

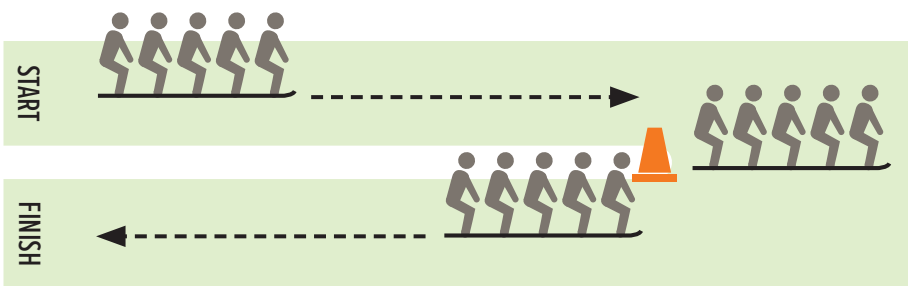
HOW TO PLAY:

Teams line up at the starting line. When the referee whistles to start, each team uses teamwork and their giant skis to travel their skis and team down to the cone and back. It is almost impossible to turn on the skis as a team. Here are your options:

1) Captains: Race down to the cone and have your team jump off the skis and then rotate them so they are now pointed toward the starting line. Then have your team get back on the skis and complete the race that way.



2) Captains: Have your team traverse in reverse to cone. Then go forward to cross the finish



RULES:

- All players who started the race must be on the skis when crossing the finish line.

**OVERALL TEAM POINTS
TO BE AWARDED:
Each Heat**

First:
10 points

Second:
5 points



Tug-O-War

NEEDED TO PLAY: 5 players

HOW TO PLAY: 8-minute matches; best-of-three wins

There are 5 markings made on the rope:

- The Center **RED** Mark, 2 **WHITE** marks about 5' from left and right of the center mark and 2 **GREEN** marks 2' from the white marks



RULES:

- **Never make a loop by wrapping the rope around your hand to get a better grip. This can result in serious injury including amputation of fingers.**
- **No tying of rope around any players or anchor position.**
- Sitting on the ground is not permitted and players who fall must get up immediately to avoid a disqualification or loss of round.
- Teams should be approximate equivalent size whenever possible.
- All matches are supervised and under the direction of the referee only.
- Once the teams are lined up, the referee will make the following commands:
 - **“Teams, are you ready?”** – Teams to confirm with leader’s nod.
 - **“Pick up the rope”** – Teams to pick up the rope; all players must have two hands on the rope.
 - **“Take the Strain”** – Teams lean back slightly to take up slack in the rope, but do not pull; red center line remains at referee/cone.
 - **“Pull!”**– Referee may use whistle to issue this command; teams begin pulling.
- The referee will blow whistle to signal when one team has won by pulling the white line over the center cone.
- All players must be wearing closed-toed shoes.

**OVERALL TEAM POINTS
TO BE AWARDED:**

First:
10 points

Second:
5 points



Sack Races

NEEDED TO PLAY: 5 players

HOW TO PLAY:

The winning team is the first to finish.

Teams spread out across the starting line. When the referee signals to start, the first teammate jumps to the first relay person. Once there, they tag the next teammate by passing the team object. And so on and so forth. Then, the player will relay back to where the race starts at the opposite end.

RULES:

- All five players must participate in the race.
- Both feet must be inside the sack and the sack is in both hands while advancing.
- The provided object, like a baton, must be passed from player to player and cross the finish line with the last player.
- The player waiting to receive the object must keep the sack at their feet until the active racer tags them.

OVERALL TEAM POINTS TO BE AWARDED

First:
10 Points

Second:
5 Points

Pictionary

NEEDED TO PLAY: 3 players



HOW TO PLAY:

Each team elects an artist to draw for each round. The artist will receive a card with several terms in a category, and they must draw pictures of those terms. Each team will have 30 seconds to correctly guess as many answers on the card as possible.

The categories are:

Person/Place Difficult Object Action Random

Once a team guesses the first category on the card correctly, that team gets a point and moves on to the next category on that card. If a team guesses all the categories correctly on the card before the timer ends, they receive a total of five points.

This is Team Elimination Pictionary. If your team does not complete all categories for the round, you are finished for the overall game. However, every time your team plays, they automatically get five points. We play until there is one team left standing. If there is a tie, the team that finishes all categories first wins.

RULES:

- Only the players for the round in play are allowed to answer.
- Absolutely no gestures, written words or speech of any kind. Arrows are permitted.
- Every teammate **MUST** be the artist at some point. A team cannot pick only one team member to draw every time. The only time a team member can draw again is if every team member has had a chance to draw.
- Each round starts with a new artist and a new category card.
- Referee makes all final calls on validity of answers and total points awarded.

**OVERALL TEAM POINTS
TO BE AWARDED**

Each Correct
Category:
1 Point



Hamster Ball

NEEDED TO PLAY: 2 players

HOW TO PLAY:

This is a two-player relay race! One teammate, the hamster, is in the ball at once. The hamsters scurry down the racetrack and then come back! Earn your team 10 points with a win or 5 points for just competing.

OVERALL TEAM POINTS TO BE AWARDED

Win:
10 Points

Loss:
5 Points

Siri Sings

NEEDED TO PLAY: 3 players

HOW TO PLAY:

The object is to guess the song and/or artist before all other teams.

That saucy minx inside the iPhone can be helpful and frustrating at times. You probably didn't know she can sing. The DJ/Emcee will play a pop song sung by Siri. You or your team will be handed a Buzzer Baton. It is your job to be the first team to guess the song or artist that Siri is singing.

RULES:

- You have 5 seconds to answer.



OVERALL TEAM POINTS TO BE AWARDED

Song Title:
2 Points

Artist:
2 Points

American Ninja Warrior



NEEDED TO PLAY: 4 players

HOW TO PLAY: 1 Person at Once

Each assigned teammate has an opportunity to get through the course. Your team is competing to get the fastest overall time.

RULES:

- At least 4 players from each team.
- You can't start until your teammate in front of you has cleared the course.

OVERALL TEAM POINTS TO BE AWARDED

Win:
10 points

Loss:
5 Points



Planning For Your Games

We recommend taking a few minutes to decide roles and responsibilities before arriving at the event. This is simply for your team's planning purposes and does not need to be submitted in advance of the Mile High Games.

Foos it! or Lose it!

Time: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Giant Ski Race

Time: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Tug-O-War

Time: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Sack Races

Time: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Pictionary

Time: _____

- 1. _____
- 2. _____
- 3. _____

Siri Sings

Time: _____

- 1. _____
- 2. _____
- 3. _____

Hamster Ball

Time: _____

- 1. _____
- 2. _____

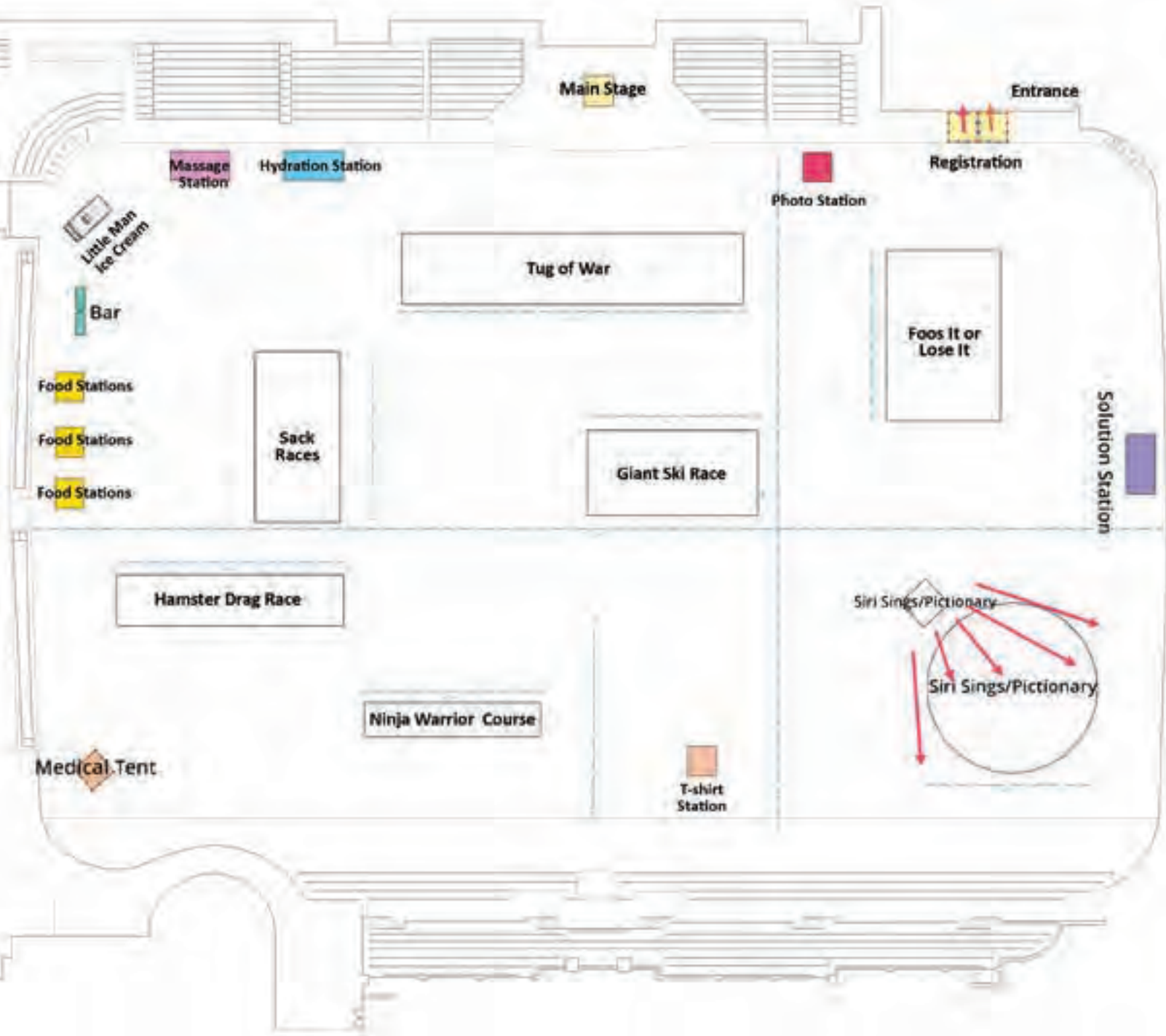
American Ninja Warrior

Time: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____



EVENT MAP



Mile High Games Parking Infinity Park





INFINITY PARK®

4599 E. TENNESSEE AVE.
GLENDALE, COLO.

FROM I-25 NORTHBOUND (TO LOT P1)

- Exit Colorado Blvd.
- Turn right at the traffic light, you should now be headed north
- Turn right on E. Kentucky Ave.
- At S. Cherry St. continue straight (you will have passed directly in front of the Event Center)
- Once east of S. Cherry St. the parking will be located on your left
- We will provide personnel at the entrance to the lot to direct your guests to the entrance

FROM I-25 SOUTHBOUND (TO LOT P1)

- Exit Colorado Blvd.
- Turn left at the traffic light, you should now be headed north
- Turn right on E. Kentucky Ave.
- At S. Cherry St. continue straight (you will have passed directly in front of the Event Center)
- Once east of S. Cherry St. the parking will be located on your left
- We will provide personnel at the entrance to the lot to direct your guests to the entrance

FROM COLORADO BLVD. SOUTHBOUND (TO LOT P1)

- Turn left at Cherry Creek S. Dr.
- Turn right at S. Cherry St.
- At E. Kentucky Ave. make a left
- Once east of S. Cherry St. the parking will be located on your left
- We will provide personnel at the entrance to the lot to direct your guests to the entrance

FROM P1 TO OVERFLOW PARKING GARAGE P4

- Exit P1 on the West side and turn right (North) onto S. Cherry St.
- Turn left onto an un-named road directly across from the Crescent Apts. on your right, just after passing the Solana Apts. on your left and just before the 4550 Apts. ahead on your left
- Continue passed the 4550 Apts. garage on your right
- The P4 garage is then on your right, designated by A-Frame signs, before you come to S. Birch St.



An epic afternoon of networking and team-building
Benefiting Morgridge Academy, a school for chronically ill children

DIGITAL WAIVER AND RELEASE OF LIABILITY — MILE HIGH GAMES

By checking this box and submitting my registration for the *Mile High Games* on June 12, 2026 in Glendale, Colorado I hereby acknowledge and agree as follows:

1. Assumption of Risk

I understand that participation in the Event — including physical challenges, games, team competitions, and related activities — involves inherent risks of injury or harm, including serious injury or death. I voluntarily assume all risks that may or can arise out of participating in the Event, including but not limited to the Event itself, use of any equipment, the field or facilities, and the acts of others that are associated with my participation. I understand that if I have any medical condition I will consult with my physician prior to participating in the Event.

2. Release and Waiver

I, on behalf of myself and my heirs, assigns, personal representatives, and next of kin, hereby release, waive, discharge and agree not to sue **National Jewish Health**, the *Mile High Games* event organizers, sponsors, partners, volunteers, staff, and all other related parties from any and all liability for claims, demands, causes of action, injuries, damages, losses, or expenses arising out of or related to my participation in Mile High Games, **including those arising from the Released Parties' negligence** to the full extent permitted by Colorado law. I further indemnify and hold harmless **National Jewish Health** and its contractors, agents and employees harmless from and against any and all claims, causes of action, lawsuits and their related attorney fees and costs, including any damages I may incur because of my participation in the Event.

3. Medical Authorization

I certify that I am physically fit and capable of participating, and I authorize event personnel to obtain medical treatment on my behalf in the event of an emergency. I accept full financial responsibility for such treatment.

4. Photo/Media Release

I grant permission for the Released Parties to use my name, image, likeness, video, or recordings taken during the Event for promotional, marketing, or educational purposes, without compensation.

5. Colorado Law

This waiver shall be governed by the laws of the State of Colorado.

I HAVE READ THIS AGREEMENT, I UNDERSTAND ITS TERMS, AND I AGREE TO BE BOUND BY IT.

I agree to the Waiver and Release of Liability.

Print Name

Signature