



**ULTIMATE
CHALLENGE
PLUS**

2015/16

**THE BOYS'
BRIGADE**
> the adventure begins here



Ultimate Challenge Plus

Ultimate Challenge Plus is a nationwide competition for Seniors, now in its third year. Seniors will compete with others from around the UK & ROI without having to leave their hall, and without having to use specialist, or expensive, equipment.

All of the challenges have been designed so they can be completed either indoors or outdoors, with minimal equipment. All you need to take part is a measuring tape, a few cones or markers, and a hall which is large enough to run in. A gym mat can be used for added comfort during some of the exercises, but isn't essential.

With the competition being on an individual basis, it means you can participate even as the only Senior in your company. If you are the only Senior though, why not join with another company and take part together? Or use it as a Battalion Seniors' Challenge...

The challenges are a mix of physical and mental challenges. The physical challenges will test speed, agility, endurance and core-strength, whilst the mental challenges test your awareness and concentration skills; and general knowledge... and a little bit of BB Knowledge of course!

Please contact Paul O'Shea (paul.oshea@boys-brigade.org.uk) who will send out the scoring booklet and mental challenges for participants.

Principles of Ultimate Challenge Plus

- Any Senior can take part.
- As an individual competition, a Senior can participate even if they're the only Senior in the Company.
- Seniors entering will be taking part in a national competition, without having to leave their own meeting hall.
- Every Senior who enters will receive a certificate showing their position in the overall results table.
- Each Senior who participates will qualify for two challenge plus points. If they complete a project and a few more challenges, they'll qualify for the Challenge Plus Bronze Award.

Description of Challenges

Push-ups: Lie face down on the floor, hands under shoulders, palms flat on floor. Straighten arms to lift body, locking elbows and leaving only palms and toes on floor. Bend elbows until nose only touches the floor, then push up to straighten arms. Repeat activity, keeping body straight from head to ankles. The activity is continuous: scoring ceases when a rest is taken or if the body sags.

Sit-ups: Lie on back with knees bent and feet flat on the floor. Arms must be crossed throughout the activity, with hands on opposite shoulders. Have a partner hold feet on the ground. Sit up, touching knees with the elbows then return to the floor. Count each correct sit up in 30 seconds.

Plank: In the push-up position, with your forearms on the ground instead of your hands. Looking at the ground, create a straight, strong line from head to toes. Time how long this position can be held, in seconds. Time stops if the hips sag, or the knee touches the ground.

Wall Squat: Stand with your back flat against a wall, with your feet in front of you, hip-width apart. Bend your knees, sliding your back down the wall until your knees are at a 90 degree angle, with arms held straight out in front of you. Score recorded is the time, in seconds, that this can be held.

2-Hop Jump: Starting with feet shoulder width apart, slightly crouched, participants will perform two consecutive broad jumps with no pause. After landing the second jump, the participant should stand still to allow distance to be measured. A backward step will result in a loss of distance. Score recorded is distance jumped.

Box Agility: Four cones are placed 10 yards apart in a square. Participant will start at Cone 1. On 'Go' you sprint to Cone 2; Sidestep to Cone 3; back-peddle to Cone 4; then turn and sprint back to Cone 1. The exercise is then repeated in the other direction. Score recorded is the time, in seconds, taken to complete each attempt.

Miller Test: This activity involves running between two lines, 15 metres apart, to cover as much distance as possible in five minutes. At least one foot must step over the line on each lap. Score recorded is the number of 15m shuttles completed.

Mental Challenges: The three non-physical challenges are included within the scoring booklet. Participants have 45 minutes to complete them, and should not see them before attempting the challenge.

(The relevant BB Leader's integrity is assumed in this instance.)

Regulations

1. To participate, you must be a BB Senior.
2. Each participant should attempt all 10 challenges.
3. A reasonable rest is allowed between each physical challenge.
4. An adjudicator must be present to score the challenges.
5. The challenges may be completed over two sessions. However, the three mental challenges **must** be completed in the same session.
6. The physical challenges may be practiced before the chosen competition session.
7. The participants should not see the mental challenges before the session of the competition. This integrity of the officers leading the session will be assumed.
8. If you require further information, please contact Paul O'Shea on paul.oshea@boys-brigade.org.uk; or by phone on 07415 277301.

Return of Score Book

Score booklets should be returned no later than **Friday 22 April 2016**.

Please ensure a score has been entered for all completed activities, and that the officer leading the session has signed and dated the card, before sending to us.

Completed booklets should be returned to:

The Boys' Brigade Scottish Headquarters
Carronvale House
Carronvale Road
Larbert
FK5 3LH

Or by email to paul.oshea@boys-brigade.org.uk



/TheBoys'BrigadeinScotland

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