



**ULTIMATE  
CHALLENGE  
PLUS**

***2017/18***

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



## **Ultimate Challenge Plus**

Ultimate Challenge Plus is a nationwide competition for Seniors, now in its fourth year. Seniors will compete with others from around the UK 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, a size--5 football 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 logical thinking skills; and general knowledge... and a little bit of BB Knowledge of course!

Please contact Niall Rolland ([niall.rolland@boys-brigade.org.uk](mailto:niall.rolland@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.

**Burpees:** This is a four-count movement. Start standing upright, then bend to crouch position placing both hands flat on the floor; jump both feet backwards and together to front support position. Jump feet forward to return to crouch and then stand upright. Count each time performer stands upright in 30 seconds.

**Ball speed bounce:** Using a size 5 football, stand behind a line 2 metres from wall. Hold ball with two hands against chest. Ball must be thrown with two hands so as to rebound from the wall into both hands. Count each successful catch in 30 seconds. It is recommended that a brick wall or similar solid surface is used for this event to ensure a satisfactory rebound.

**Standing long jump:** Both feet must be kept together. The participant may rock back and forward, lifting heels and toes from the ground, but may not lift either foot clear from the ground. Measure from front edge of line or board to nearest point on floor touched by any part of the body or limbs. Score recorded is distance jumped.

**Speed test:** 9 metre shuttle runs. Young men must complete 10 crossings; young women must complete 8. "There-and-back" counts as 2 crossings. Line at each end must be touched by foot. Score recorded is the time, in seconds, taken to complete.

**Bleep test:** 20 metre progressive shuttle run. The performer begins on the first beep. If they reach the end of the shuttle before the beep, they must wait for the beep before resuming. If 3 shuttles in a row are not completed before the beep, the test ceases. The Level and Number at this point is recorded. The audio can be found here: [http://www.youtube.com/watch?v=e0U\\_yQITBks](http://www.youtube.com/watch?v=e0U_yQITBks) or on The BB in Scotland website.

**Mental Challenges:** The three non-physical challenges are contained 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 mental challenges **must** be completed in the first session.
6. The physical challenges may be practiced before the chosen competition session.
7. The challenges can be completed in any order.
8. The participants should not see the mental challenges before the session of the competition. This integrity of the officers will be assumed.
9. If you require further information, please contact Niall Rolland on [niall.rolland@boys-brigade.org.uk](mailto:niall.rolland@boys-brigade.org.uk); or by phone on 07538 079381.

## Return of Score Book

Score booklets should be returned no later than **Friday 11 May 2018**.

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 [niall.rolland@boys-brigade.org.uk](mailto:niall.rolland@boys-brigade.org.uk)



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