



# FACE-TO-FACE COMPETITION

## INTRODUCTION FOR LEADERS

This annual international competition has become a popular event for many Juniors around the world. Minimal preparation and equipment is needed. Your Company can participate on its own in your meeting space or join with other neighbouring Companies.

These instructions are designed for taking part in the competition in a **Face-to-Face** setting. If your Company is currently unable to meet face-to-face we have developed a separate Play at Home version, in which Juniors can participate in games at home, supported by their parents/carers with scores being collated and submitted by a Company leader.

## THE RULES

1. Each game must be witnessed by a judge. For 2020-2021 the judge may be a member of your Company.
2. Games may be practiced beforehand.
3. Results can only be accepted from one attempt of each game. The judge must be told beforehand which attempt will be the 'entry' one. After this the game should not be re-attempted.
4. A team is made up of six Junior/No. 1 members. The six may be changed for different games.
5. Multiple entries from Companies are permitted. Where multiple entries are submitted, teams should be marked A, B or C etc. (e.g. 1st Anytown B).
6. Where required, social distancing should be maintained and equipment sharing kept to a minimum.

## SCORES - TEAM

Game 1 - Ball Catch	Points	_____
Game 2 - Hop Relay	Time taken (in seconds)	_____
Game 3 - Bean Bag Balance	Time taken (in seconds)	_____
Game 4 - Star Jump Relay	Points	_____
Game 5 - Egg and Spoon Relay	Time taken (in seconds)	_____
Game 6 - Crab Walk Relay	Time taken (in seconds)	_____

## SUBMITTING YOUR SCORES

Please submit scores using the online form at <https://boys-brigade.org.uk/juniors-international-team-games>

Only scores submitted using this form will be accepted - please do not post or email this sheet. The score section above is for your reference only. **Scores must be submitted by 1st March 2021.**





## GAME 1 - BALL CATCH

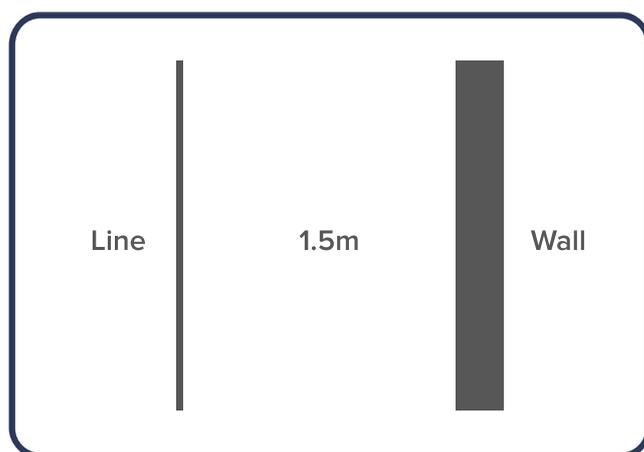
**Equipment:** Masking tape/chalk, 6 tennis balls (or balls of similar size), 6 cones/markers if required for social distancing

**Setting Up:** Mark a line 1.5 metres from a wall.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

**The Game:** Each participant in turn stands on the line and throws their ball against the wall, 3 times with the right hand and 3 times with the left hand trying to catch the ball each time with the same hand, without the ball bouncing on the floor. 1 point is scored for each successful catch. The participant must remain at or behind the line at all times.

**Scoring:** This is not a timed game. The total number of successful catches (maximum 36) is recorded.



## GAME 2 - HOP RELAY

**Equipment:** Masking tape/chalk, 4 cones/markers (plus additional 6 if required for social distancing), stopwatch/timer

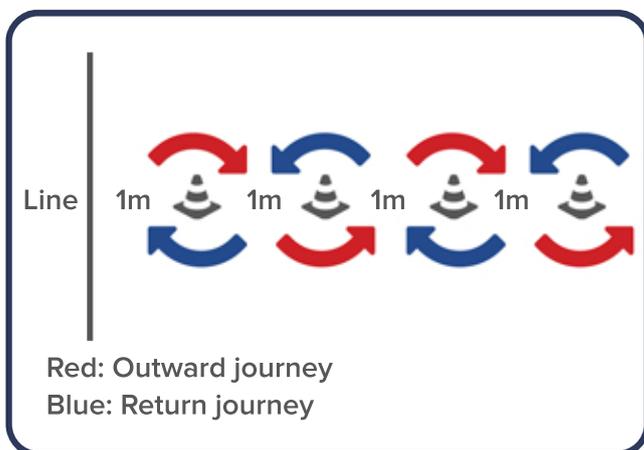
**Setting Up:** Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

**The Game:** Participants must start feet behind the start line and hop on one leg weaving in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

The game is finished when all participants have been and the entire team is sitting behind the start line.

**Scoring:** This is a timed game. The total time for all members to complete the game (in seconds) is recorded.





### GAME 3 - BEAN BAG BALANCE

**Equipment:** Masking tape/chalk, 4 cones/markers (plus additional 6 if required for social distancing), 6 bean bags, stopwatch/timer

**Setting Up:** Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

**The Game:** Participants must start feet behind the start line, place the bean bag on their head and weave in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

Participants must not touch the bean bag with their hands. If a participant drops the bean bag on the outward journey they must return to the start line and start again. If a participant drops the bean bag on the return journey they must recommence at the fourth marker.

The game is finished when all participants have been and the entire team is sitting behind the start line.

**Scoring:** This is a timed game. The total time for all members to complete the game (in seconds) is recorded.

### GAME 4 - STAR JUMP RELAY

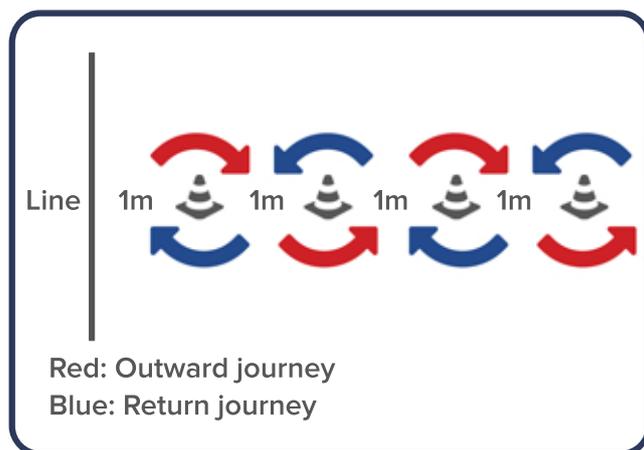
**Equipment:** 6 cones/markers if required for social distancing, stopwatch/timer

**Setting Up:** To help maintain social distancing where required use cones/markers to identify where participants should stand.

**The Game:** Number participants from 1 to 6. Participants must take it in turns to complete a set of 10 star jumps, one at a time, with the aim of completing as many star jumps in total as possible in 2 minutes.

When the time starts, participant 1 must complete 10 star jumps. When they have done this, participant 2 must then complete 10 star jumps, followed by participant 3 etc. When participant 6 has completed their 10 star jumps return to participant 1 and continue through the team for 2 minutes.

**Scoring:** The total number of star jumps completed in 2 minutes is recorded.





## GAME 5 - EGG AND SPOON RELAY

**Equipment:** Masking tape/chalk, 6 spoons, 6 plastic/wooden eggs or similar sized balls, 6 cones/markers if required for social distancing, stopwatch/timer

**Setting Up:** Mark two lines 4 metres apart.

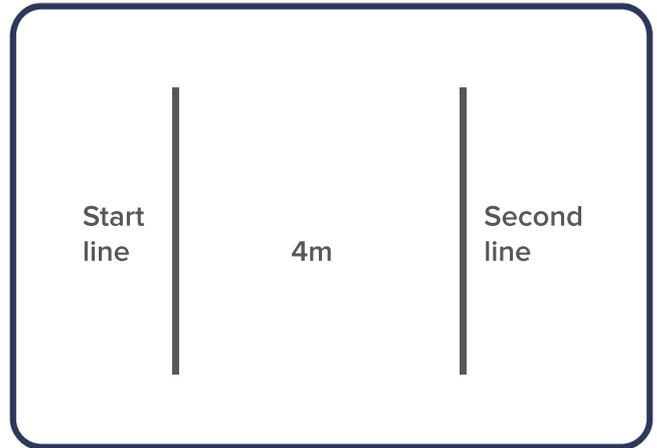
To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the start line whilst waiting for their turn).

**The Game:** Participants must start feet behind the start line, holding the spoon with the egg/ball balanced on it. They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

If a participant drops the egg/ball on the outward journey they must return to the start line and start again. If a participant drops the egg/ball on the return journey they must recommence at the second line.

The game is finished when all participants have been and the entire team is sitting behind the start line.

**Scoring:** This is a timed game. The total time for all members to complete the game (in seconds) is recorded.



## GAME 6 - CRAB WALK RELAY

**Equipment:** Masking tape/chalk, 6 cones/markers if required for social distancing, stopwatch/timer

**Setting Up:** Mark two lines 4 metres apart.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the start line whilst waiting for their turn).

**The Game:** Participants must start completely behind the start line, in a crab walk position (hands and feet only touching the floor and body facing upwards). They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

While a participant is having their turn, only their hands and feet should touch the floor. If any other part of their body touches the floor they must return to the last point where only their hands and feet were touching the floor.

