ANCHORS



Anchor Boy Challenge

Airdrie, Coatbridge & District Battalion

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INTRODUCTION FOR LEADERS

With this set of challenges, the Anchor Boys will complete a series of tasks which involve different skills and require minimal preparation or equipment.

All tasks are designed to work within the minute timescale and are designed for maximum participation regardless of section numbers.

Your Company undertakes these tasks in your own meeting area and submits the results.

THE RULES

1) Each activity should be supervised by a registered leader.
2) Games may be practiced beforehand.
3) Results can only be accepted from one attempt of each game. The leader 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 2 members. The two may be changed for different games.
5) During the games all team members must take part in the activity, having a similar amount of participation during each activity. No one player(s) can be allowed to dominate a game to try and increase the scores of the team.
6) Multiple entries from Companies are permitted. Where multiple entries are submitted, teams should be marked A, B or C etc. (e.g. 1st Airdrie A, 1st Airdrie B).

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SCORES – TEAM

Game	Activity	Points
1		
2		
3		
4		
5		
6		

SUBMITTING YOUR SCORES

Please submit scores by email to j-dempsey@hotmail.co.uk

Once all entries are received, they will be entered in a table of results for each event and a final score for the overall challenge will be produced based on those results.

ALL ENTRIES SHOULD BE SUBMITTED BY 30th NOVEMBER 2024

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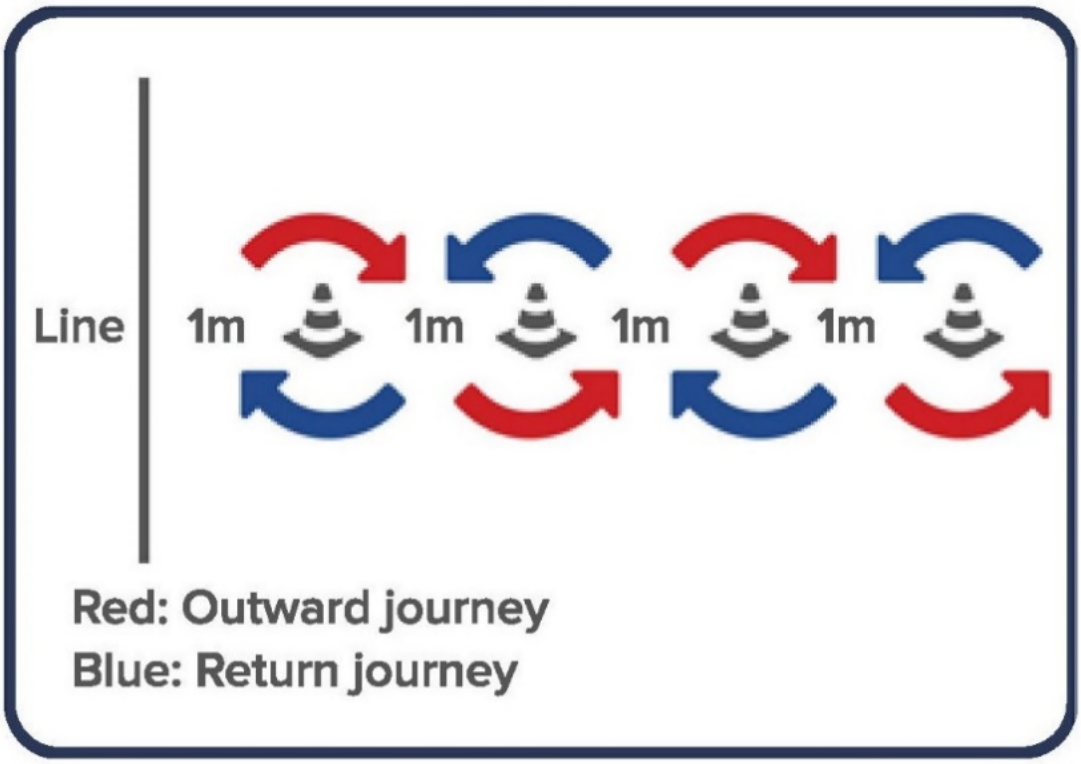
GAME 1 – Hop Relay

Equipment: Masking tape/chalk, **4** cones/markers, 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.

The Game: Members 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 member must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

Scoring: This is a timed game so 1 point is scored each time a team member completes the journey and crosses back over the start line. The total score in 60 seconds for all members combined is recorded.



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GAME 2 - Egg & Spoon Relay

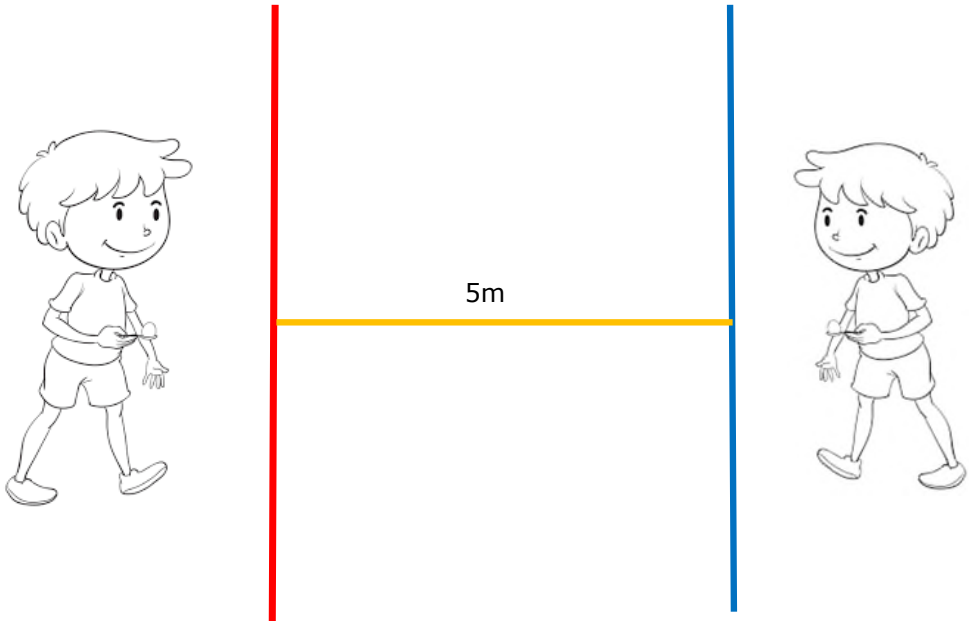
Equipment: Masking tape / chalk, tape measure, spoons, eggs (or something similar), stopwatch

Setting Up: Mark a start line using tape / chalk and then mark a second line 5 metres away.

The Game: Team members should start the game behind the line at opposite ends. When indicated by an Officer each team member should run, with their egg and spoon, from their line to the second line, this counts as 1 run. Once they have crossed the second line, they should turn back and head back over the opposite line. The spoon must be held in one hand only and the egg must be placed on the spoon and not touched during the runs unless replacing after a fall.

Team members should repeat the process as many times as possible in 60 seconds.

Scoring: 1 point is scored each time a team member completes the run from one line to the other. If the egg drops during a run that run does not count and they should restart from the closest line. The total score is the combined number of runs scored by both members during the 60 second period.



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GAME 3 – Wheelbarrow Challenge

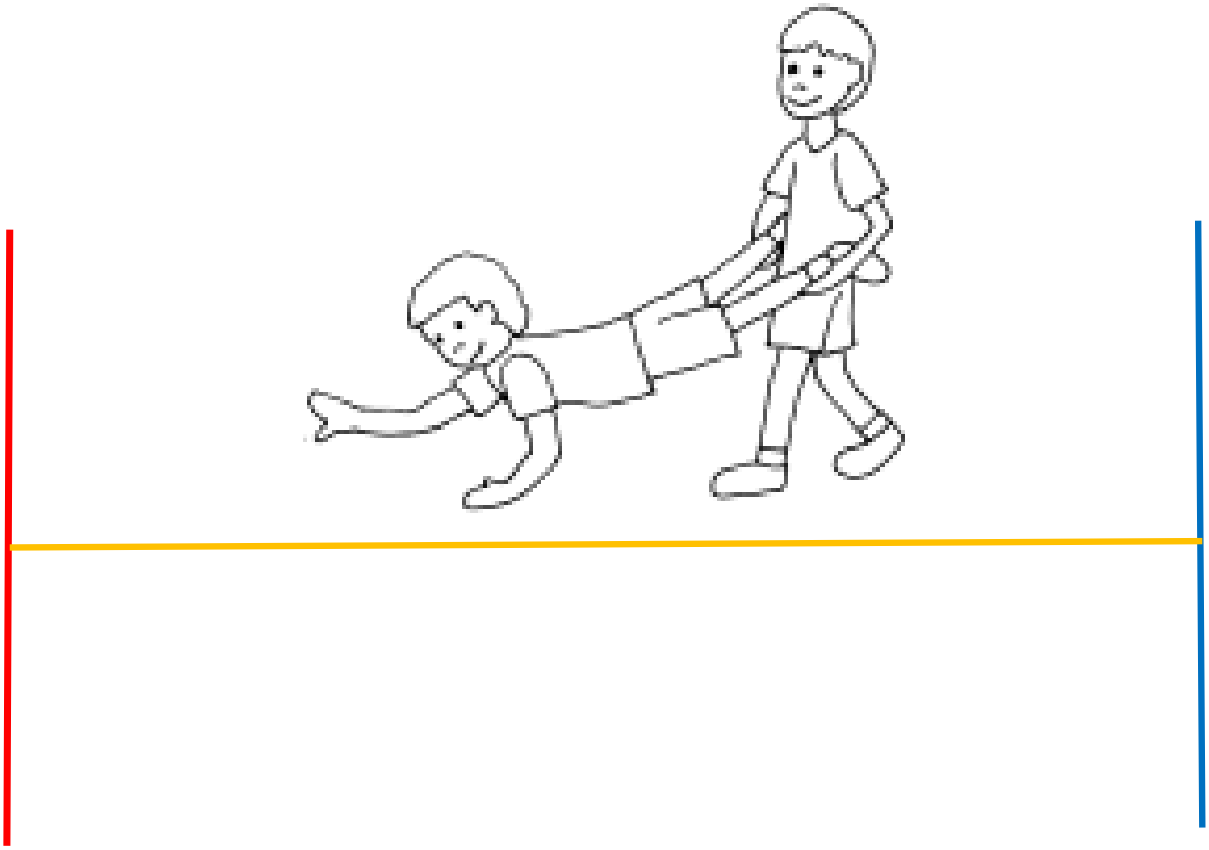
Equipment: Masking tape / chalk, tape measure, stopwatch

Setting Up: Mark a start line using tape / chalk and then mark a second line 5 metres away.

The Game: One person will get into a push-up position while their partner holds their feet by the waist area. When the clock starts, the members will have to wheelbarrow between the 2 lines. They can switch roles at any time. Count a point for your team on every pass of the cones

Continue repeating the sequence as many times as possible in 60 seconds.

Scoring: 1 point is scored each time the team completes the run from one line to the other



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GAME 4 – Bean Bag Toss

Equipment: Masking tape/chalk, bean bags, hula hoop, stopwatch/timer

Setting Up: Mark a start line and place the hula hoop 4 metres away.

The Game: Each member should have 3 bean bags. Members must start completely behind the start line, player one should toss each bean bag in turn into the hoop. Once all 3 are thrown player 2 should come forward for their attempt.

Continue repeating the sequence as many times as possible in 60 seconds.

Scoring: The final score is the combined total of bags in the hoop of both members.







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GAME 5 – Bottle Bowl

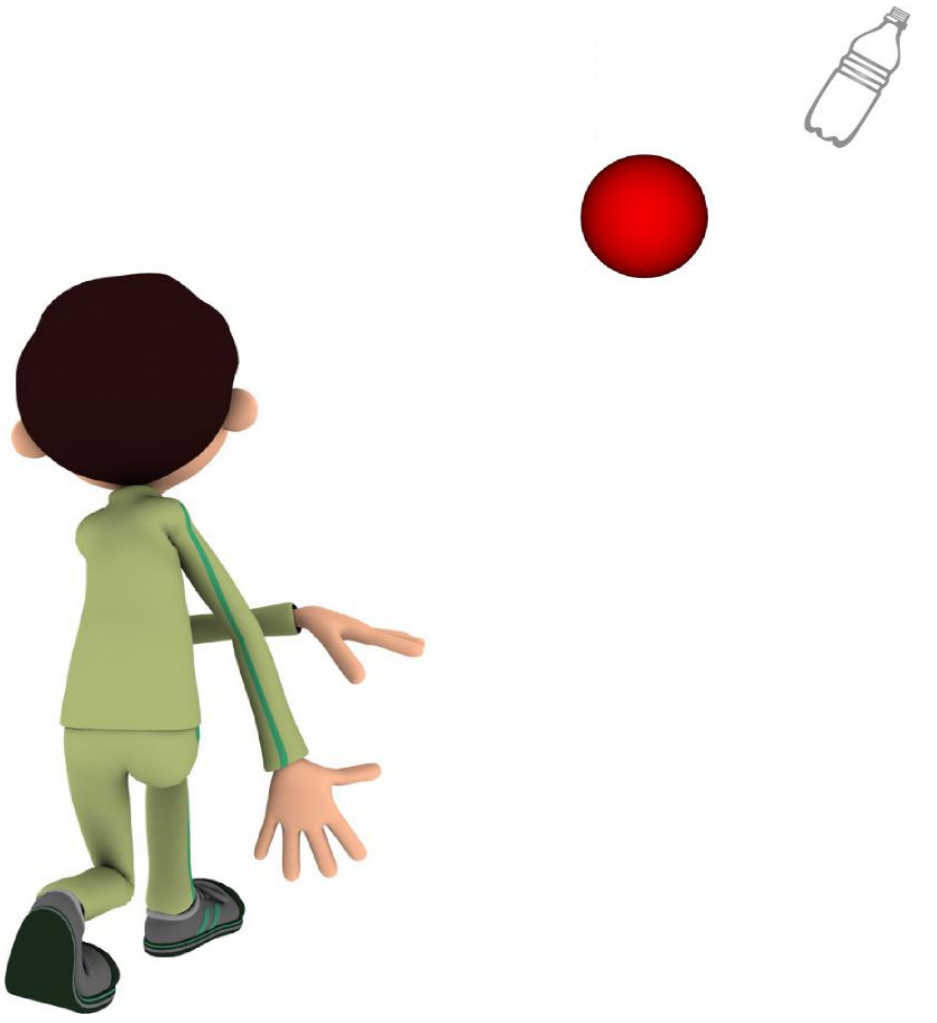
Equipment: Bean bags, empty 2L bottles, tape measure, chalk or tape, stopwatch/timer

Setting Up: Mark two lines 4 metres apart and place a bottle on each of the lines.

The Game: Each member should line up behind the line opposite a bottle. Using a bean bag they should try and knock the bottle over. Both members can go at the same time. Once knocked over the bottle should be placed back up and the member can start again.

Continue the cycle through for 60 seconds.

Scoring: The final score is the total number of times the bottles are knocked down by both members.



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GAME 6 – Hula Jump

Equipment: Hula hoops, stopwatch/timer

Setting Up: Set out 1 hoop per member a safe distance apart.

The Game: Members must start feet together outside their hoop, when instructed each member should hop, feet together into the hoop and back out again. This counts as one hop.

Each member should continue repeating the sequence as many times as possible in 60 seconds. 1 point is scored for each completed hop.

Scoring: The final total is the combined number of hops of both members.

