

Anchor Boy Challenge 2026



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).



SCORES – TEAM | |

Game	Activity	Points
1	Backward Dash	
2	Cone Flip Challenge	
3	Crab Walk Relay	
4	Ring Toss	
5	Hop Relay	
6	Bean Bag Balance	

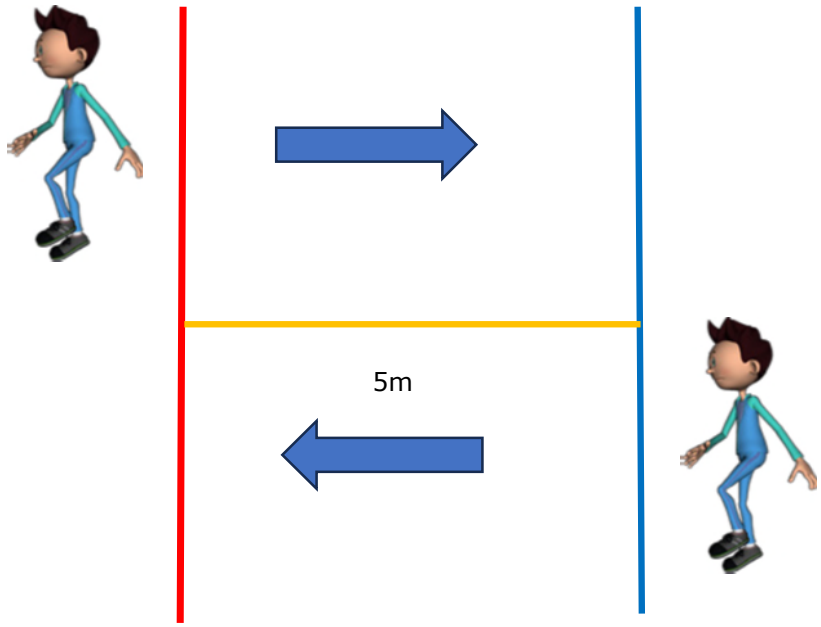
GAME 1 – Backward Dash

Equipment: Masking tape/chalk, stopwatch/timer

Setting Up: Mark a start and finish line 5 metres apart.

The Game: Members start completely behind the start line facing away from the course. On the whistle, the first member must run backward as fast as possible until they cross the 5-metre line. Once across, they can turn around and sprint forward back to the start line to tag the next teammate. Only one team member must be running at any one time.

Scoring: 1 point is scored each time a team member completes the full backward-and-forward circuit. The total score in 60 seconds for all members combined is recorded.



GAME 2 – Cone Flip Challenge

Equipment: Masking tape / chalk, tape measure, cones, stopwatch

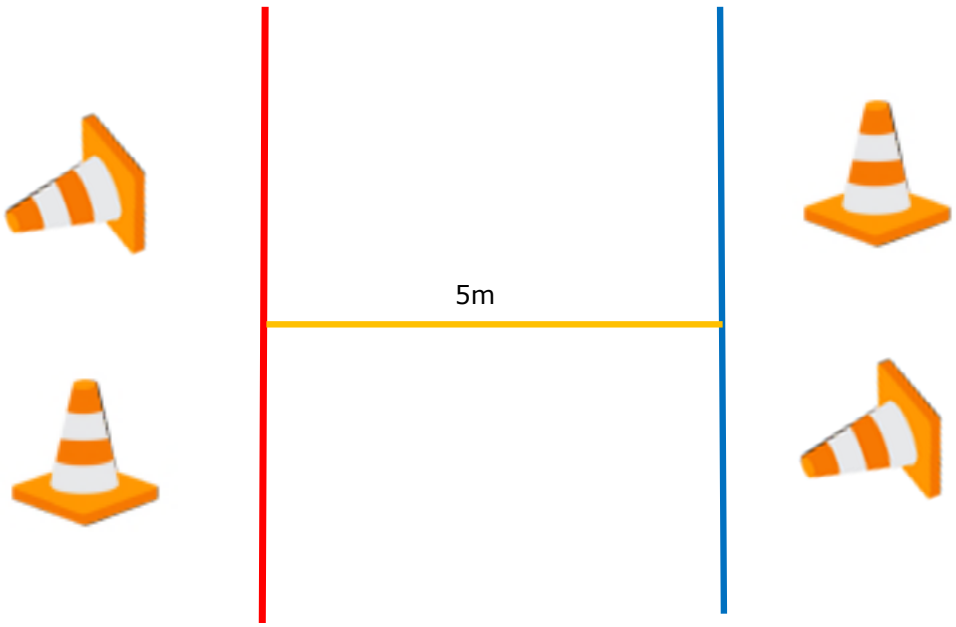
Setting Up: Mark a start line using tape / chalk and then mark a second line 5 metres away.

The Game: Team members should start the game behind the line at opposite ends. When indicated by an Officer each team member should run from their line to the second line. Using one hand they must flip their cone to land right side up on its base. Once complete, turn back and head back over the opposite line flip the cone there and repeat the same process.

Both team members can run at the same time.

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 cone flip and runs back to the opposite line. The total score is the combined number of flips scored by both members during the 60 second period.



GAME 3 – Crab Walk Relay

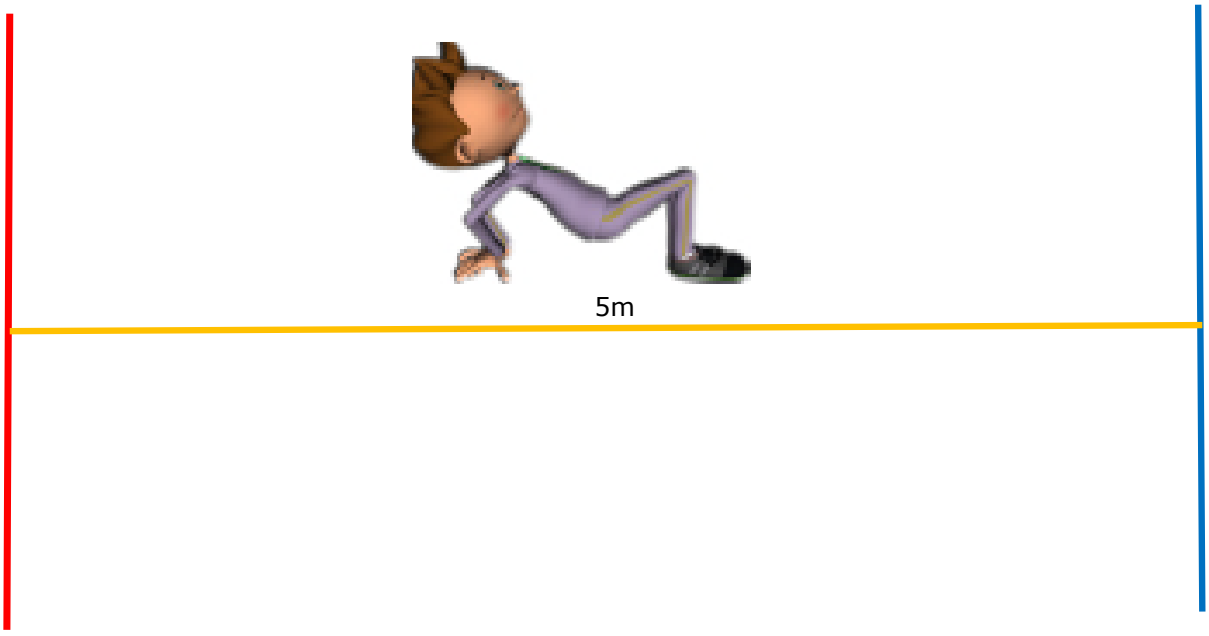
Equipment: Masking tape / chalk, tape measure, stopwatch

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

The Game: 1st member 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 member must cross the start line to complete the circuit, when they have crossed the line the next participant may go. While a member 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.

Continue repeating the sequence 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.



GAME 4 – Ring Toss

Equipment: Masking tape/chalk, cone, hula hoop, stopwatch/timer

Setting Up: Mark a start line and place the cone 3 metres away.

The Game: Each member should have 3 hula hoops. Members must start completely behind the start line, player one should toss each hula hoop in turn into the cone. Once all 3 are thrown count the number of hops over the cone, retrieve the hoops and player two can make 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.





GAME 5 – 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.

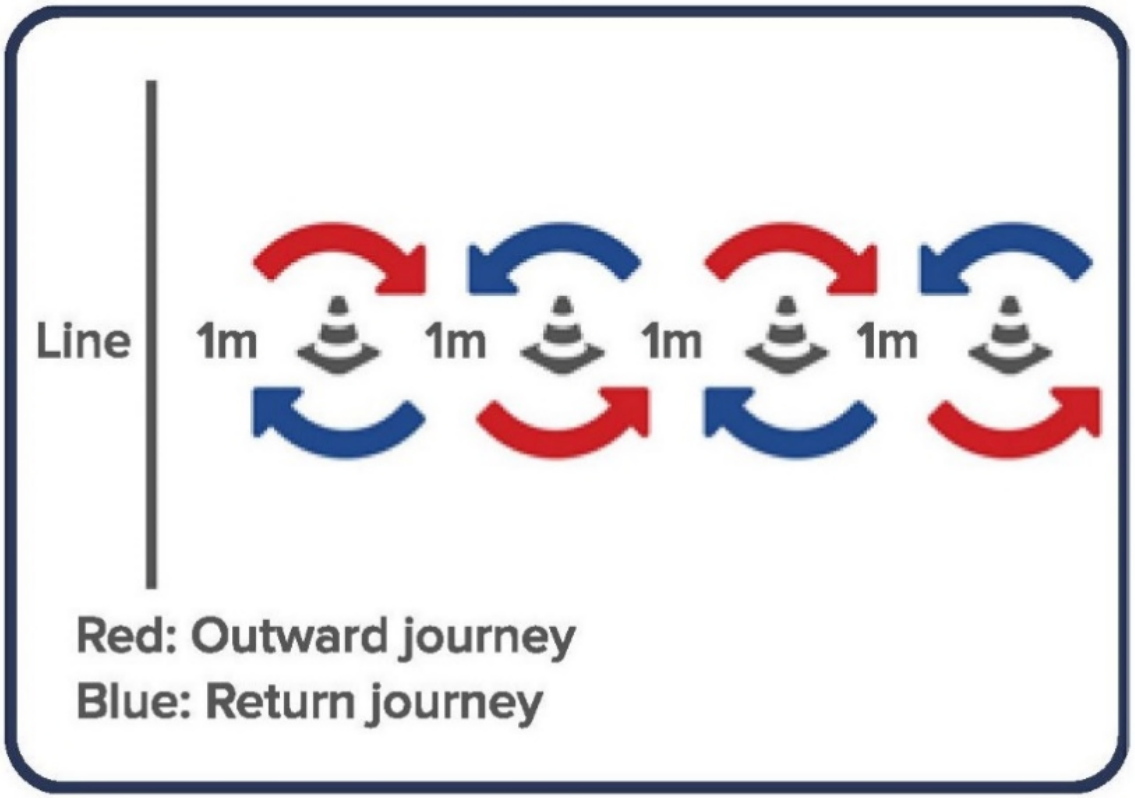
The Game: 1st member must start feet behind the start line and hop on one leg weaving in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The member must cross the start line to complete the circuit, when they have crossed the line the next member may go.

Continue repeating as many times as possible in 60 seconds.

Scoring: The final total is the combined number of journeys made by both members.

Note: This is the same set up used for the bean bag balance.

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GAME 6 – Bean Bag Balance

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 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 member must cross the start line to complete the circuit, when they have crossed the line the next member may go.

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

Continue repeating as many times as possible in 60 seconds.

Scoring: The final total is the combined number of journeys made by both members.

Note: This is the same set up used for the hop relay.

