



**Diamonds Gymnastics Club
GfA Team Challenge 2019**

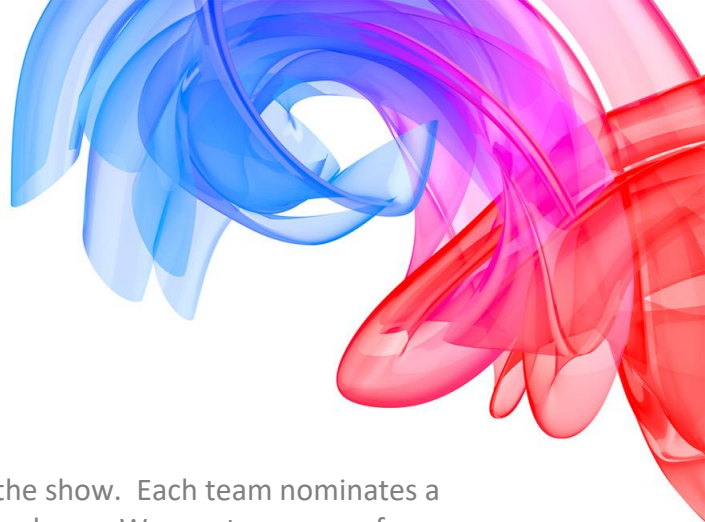


Print and bring this form along with you on the day.

Festival details

Team name:	
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Challenge	Activity	Challenger's name	Judge's name
Skipping	Using a skipping rope, how many backwards skips can you do in 30 seconds? (1 team point earned for every successful skip)		
Sit ups	How many sit-ups in 30 seconds? (1 team point earned for every sit up)		
Standing tuck back (this can be supported)	How many backwards somersaults tucked in 30 seconds on floor from standing? (5 team points earned for every somersault)		
Press ups	How many press-ups in 30 seconds? (1 team point earned for every press up)		
Forward rolls	How many forward rolls in 10 seconds? (1 team point earned for every roll)		
Handstand walking	How far can you walk on your hands in handstand in one go, in 10 seconds? (10 points for earned furthest, 9 for next, 8 for next etc. all get at least 1 point for team)		
Walkovers	How many walkovers in 30 seconds? (3 points earned for every walkover)		
Teddy bear rolls	How many teddy bear rolls in 10 seconds? (1 team point earned for every teddy turn)		



Team Challenge

The Rules of Play

The Team Challenge will be carried out throughout the show. Each team nominates a different team member for each activity on the form above. We want as many of your team mates to get involved, so try to spread the activities amongst your team.

For each activity please also nominate a judge. Your judge will be counting another team's press up, sit ups etc. Again, try to give as many of your team mates the opportunity to take on this role.

You don't need to submit the form but please bring it with you on the day so that you remember what everyone has committed themselves to.

The team points will collate as we complete the challenge and a team prize will be given at the end of the show. You may even get chance to do a lap of honour!