



**ULTIMATE  
CHALLENGE  
PLUS**



## Ultimate Challenge Plus

Ultimate Challenge Plus is a nationwide competition for Seniors, now in its second year. Seniors will compete with others from around Scotland 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, two cones and a cane (or be imaginative and create the speed bounce!), and a hall which is large enough to run in. A gym mat can be used for added comfort, 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 only Senior though, why not join with another local company and take part together?

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, observation and concentration skills.

Please contact Paul O'Shea ([paul.oshea@boys-brigade.org.uk](mailto:paul.oshea@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 your 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. Hands must be on ears throughout the activity. 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.

**Plank:** In the push-up position, with your forearms on the ground instead of your hands. Looking at the ground, create a straight, strong line from head to toes. Time how long this position can be held, in seconds. Time stops if the hips sag, or the knee touches the ground.

**Speed bounce:** Set up the cones and cane to mark a height of 20cm (8inches). Keeping both feet together, and standing side on, the participant should continuously jump over the cane for 60 seconds. The number of correct bounces is recorded as the score.

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

**Speed test:** Nine metre shuttle runs. Young men must complete 10 crossings; young women must complete eight. "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.

**Cooper Run:** This assesses how far the participant can run/walk in twelve (12) minutes. Measure out a running square, as large as your hall/area allows, but not more than 25m per side. The participant should run/walk continuously for the 12 minutes, at a pace they are comfortable. Score recorded is the distance (to the nearest 25m) covered in the time.

**Mental Challenges:** The three non-physical challenges are included 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 participant, you must be in S4, S5, or S6; or be of equivalent age.
2. Each participant must 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 three mental challenges **must** be completed in the same session.
6. The physical challenges may be practiced before the chosen competition session.
7. The participants should not see the mental challenges before the session of the competition. This will be down to the integrity of officers leading the session.
8. If you require further information, please contact Paul O'Shea on [paul.oshea@boys-brigade.org.uk](mailto:paul.oshea@boys-brigade.org.uk); or by phone on 07415 277301.

## Return of Score Book

Score booklets should be returned no later than **Friday 24 April 2015**.

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 [paul.oshea@boys-brigade.org.uk](mailto:paul.oshea@boys-brigade.org.uk)



The Boys' Brigade in Scotland / YLNscotland



@TheBBScotland

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