BOX GAME

Resources required:

- Pen and score cards for coach
- Cones x 4 arranged as per diagram
- Bikes and helmets for participants

Instructions for coach:

- Mark out a box with one cone at each corner
- Bring participants together inside the marked-out box and stationary on their bikes, where you will advise the instructions for this game and advise scoring criteria. Ensure the participants have any questions answered before commencing.
- Explain the objective of the game which is for participants to ride around within the confines of the box, avoid elimination, and thus be the last remaining rider.

Elimination occurs when:

- a rider puts a foot down, or
- either wheel of a rider's bike goes over the outside 'line' of the Box

- Once eliminated the participant must carefully exit the box without obstructing other riders, place their bike down and come back to the edge of the box to join in the judging.
- As the game advances the coach is to make the box progressively smaller, until only one participant is left riding.

Points:

Points are awarded as each participant is eliminated.

First participant eliminated gets 1pt, second participant 2pts, third participant 3pts, and so on, until last participant remains riding and receives the greatest number of points.

Coach to allocate points on each participant's score card.

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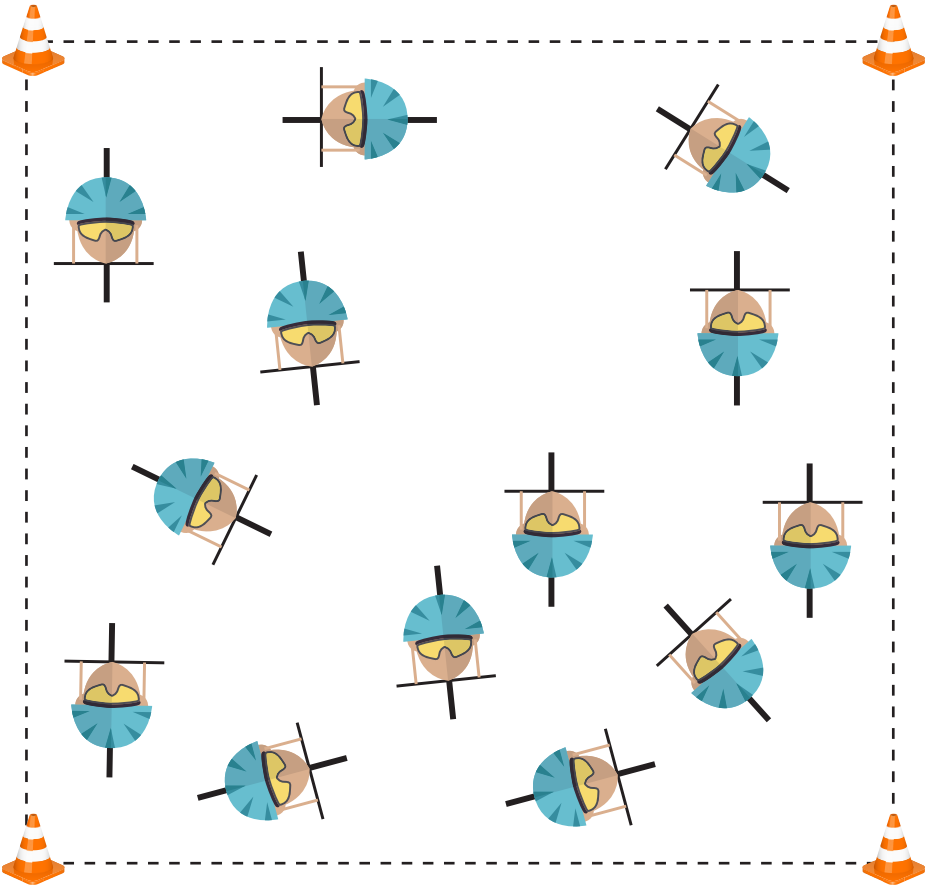
GAME 4 CARD

BOX GAME



COACH

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