

# Factfile

**Category**  
Racing and Speed

**Competition Type**  
Simultaneous, isolated, opposed

**Area Dimensions**  
3m x 3m - 5m x 5m

**Number of Players**  
8

**Time Per Game**  
5 - 10 minutes

**Objective**  
To respond quickly to complete task efficiently.

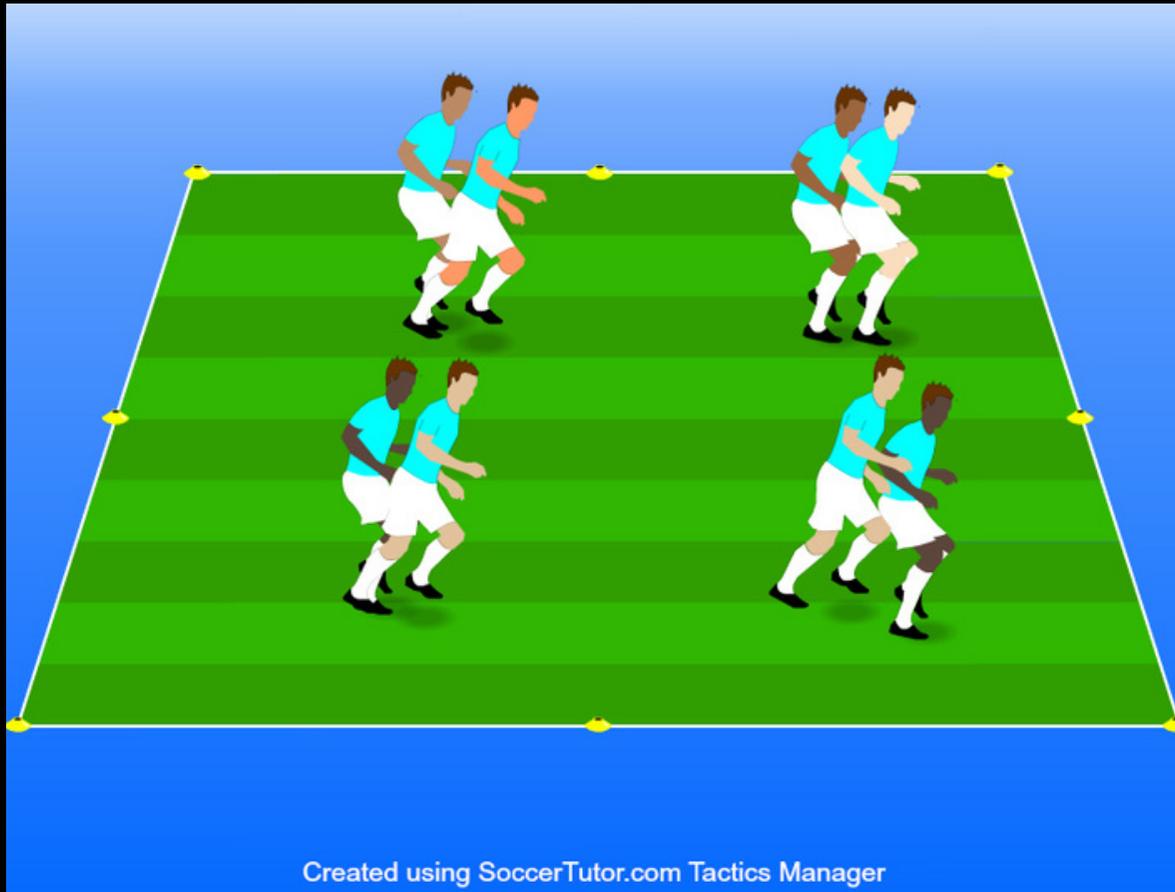
## Equipment

- None

## Safety Tips

- Ensure you are fully aware of what your partner is comfortable with by talking to them.
- Never lean forwards when someone is on your back and bend your knees.

# 10) Piggy Backs Game



## Tips For Success

- Open your legs wide so it's easy for your partner to go through.
- Call quickly after the first person gets back so that the intensity stays high.
- Come off the back as soon as you hear the call.

## Independent Personalisation

- If uncomfortable going between the legs, instead run around your partner.
- To challenge players use different calling code words or systems.
- If uncomfortable with some partners, stay with the same partner(s).



## Rules

- Players split into pairs, with one giving the other a piggy back. If either person is not keen at forming a piggy back, they can instead put their hands on their shoulders.
- One player is nominated the leader. They call a command.
- Players respond to the leader's call by racing to do the following first:
  - 1)"One"- Person on the back gets off the back, goes between partner's legs, before returning to go on the back.
  - 2)"Two"- Each pair swaps positions.
  - 3)"Three"- Each person swaps partner.