

Factfile

Category
Racing and Speed

Competition Type
Integrated, opposed, contact

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To respond quickly to a call and accelerate quickly.

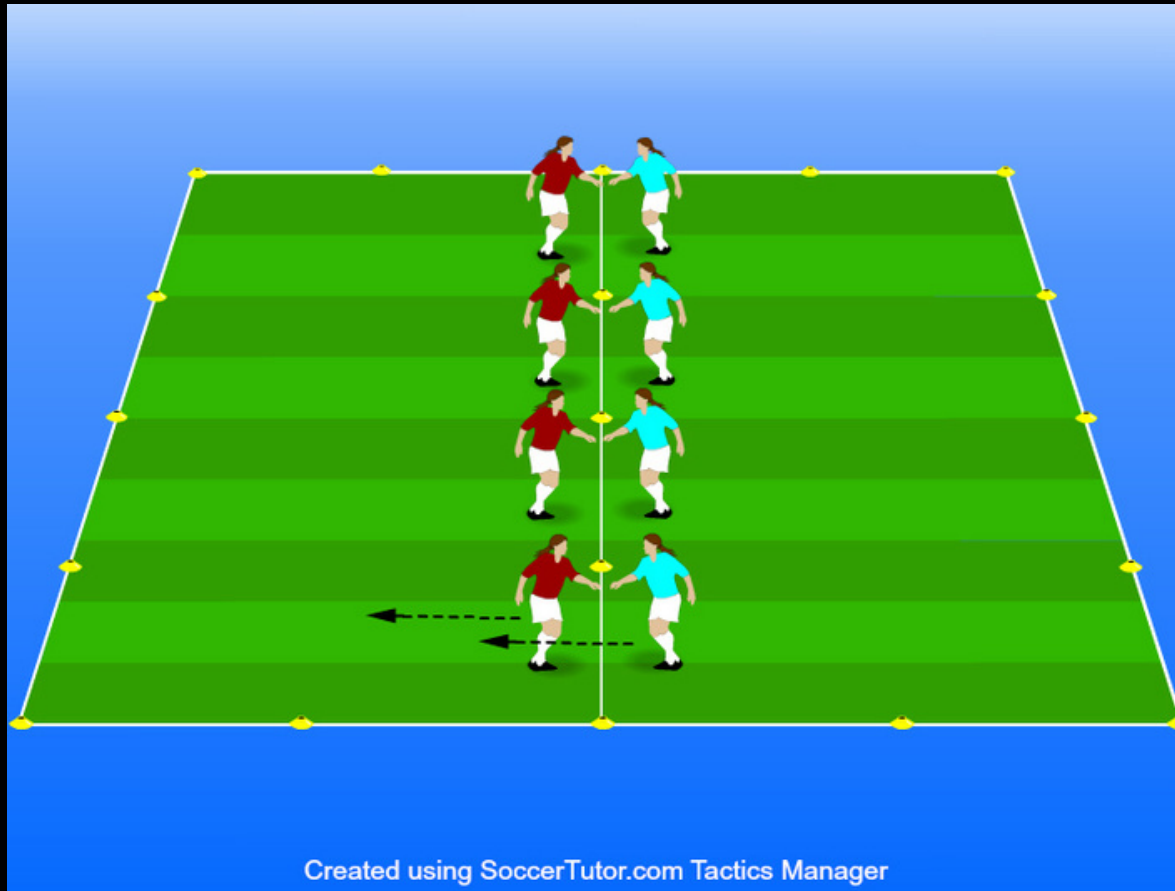
Equipment

- 19 Marker Cones

Safety Tips

- Ensure you are fully aware of what your partner is comfortable with by talking to them.
- Have space after end line.
- Run slightly to the side of your opponent to prevent tripping.

22) Audio Turn and Chase



Tips For Success

- Consider the distance between a pair so there's enough space to get away but they're close enough to catch up.
- lean in to make the tag but not so much that you fall over.
- Have short powerful steps and pump arms to generate power to accelerate.

Independent Personalisation

- The game guides players to play against those of a similar speed.



Rules

- In pairs, players start by facing each other spread along the central line.
- Randomly 1 player in the front row calls their own colour. As they do, all their team turns and races to their end line.
- As they do the other team players each chase their direct opponent to the line. If they tag them before they reach the line, they win. If they don't, they lose.
- Each winner then moves down the line 1 place. Each loser moves up the line 1 place. If there's nowhere to go, they stay in place. If 2 players are in the same place, they face each other on opposite teams.