



Dwarf Sports Association UK are attempting to create a number of **GUINNESS WORLD RECORDS™** titles on National Games weekend



**OFFICIAL
ATTEMPT**

Individual Challenge – Most Star Jumps in 30 seconds.

A demo video can be seen on DSAuk webpage: [GWR Individual - Most Star Jumps in 30 seconds Challenge](#)

IMPORTANT NOTES for the Individual – Most Star Jumps in 30 seconds:

- Only people with dwarfism can take part in this challenge.
- Practise the challenge a few times to improve your performance.
- The challenge can be recorded directly on a mobile phone, iPad or tablet or on a laptop or computer using a Video call app (Zoom/Teams/Skype etc) to record your attempt.
- Your video must look the same as the demonstration videos (link above) on the DSAuk GWR 2021 Individual Star Jumps Challenge webpage, otherwise it will be disqualified.
- You can record your video at any time but can only upload them to GWR from 10am Sat 29th May to 2pm Mon 31st May. TIP: You can stay on the same video call meeting and simply start and stop recording for each attempt then just upload the one video with the best time/performance
- The **Gallery of videos** is shown in **Leader Board order**, so first video is the current leader then second video is second etc. If your team isn't top, have another go. Each team can submit as many attempts as they like for each challenge. These videos are **qualifiers** for the Official Record attempt.
- **If you are top of the Leader board when submissions close**, you must be available to attempt an OFFICIAL GUINNESS WORLD RECORD in the **Online Arena show at 5pm on Mon 31st May**.
- If the leading team is not available, the second-place team will attempt the official record.

RULES for the Individual - Most Star Jumps in 30 seconds Challenge

For the purpose of this record a star jump is defined as follows:

- The starting position is standing straight with arms on the sides along the body.
- The first movement is to jump into the air, with back straight and perpendicular to the ground, legs wide apart, arms straight out to the sides horizontal to the ground, forming a star shape in the air.
- Upon landing, the knees must be bent with the hands touching the floor or as close as physically possible to the floor.
- The next star jump is initiated from this crouched position, with both hands on the floor. The jump is then performed as above and is counted when the participant returns to the crouched position.

An example of a star jump can be seen at <https://www.youtube.com/watch?v=kHnvP1bHydc>

IMPORTANT NOTICE: DSAuk strongly recommend that people with dwarfism use an exercise mat or a soft-landing surface for this challenge and if anyone feels any discomfort during the challenge they should stop immediately.

1. Sprung surfaces are not permitted to be used for this challenge.
2. A hard, flat surface must be used and non-sprung surfaces are permitted.
3. The attempt can be made with footwear on or with bare feet.
4. Star jumps must be performed according to the description given above.
5. This record is explicitly for **STAR JUMPS and NOT for jumping jacks**.
6. Star jumps can be performed in any number of sets and repetitions per set at the participant's discretion.
7. The participant does not have to jump a certain height so long as both feet leave the ground.
8. The attempt should be filmed showing the participant in a front view so the adjudicators can clearly see that the star jump has been performed correctly as the description given above.