



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



**OFFICIAL
ATTEMPT**

Teams of 2 Challenge – 10-Step Heel to Toe Video Relay.

A demonstration video can be seen on the DSAuk webpage: [GWR 2021 - Teams of 2 - Heel to Toe Relay](#)

IMPORTANT NOTES for the Teams of 2 Heel to Toe Relay Challenge:

- All teams must include at least **one person with restricted growth**.
- You can only be in one team for this 2-person team challenge but can be with different people in the other 2-person team challenge or the 4-person team challenge if you wish.
- Practise the challenge a few times to improve your performance.
- The team challenge must be recorded as part of a Video call meeting (Zoom/Teams/Skype etc) with **each team member on a different device**. So, if 2 members of a family wanted to take part as a team, they must both do it on 2 separate devices (mobile phones, tablets, laptops or computers etc)
- Your video must look the same as the demonstration videos (link above) on the DSAuk GWR 2021 Team of 2 Heel to Toe Relay 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 Teams of Two, 10-step Heel to Toe Video Relay Challenge

For the purposes of this record, 'heel to toe' walking is performed by placing one foot directly in-front of the other foot making sure that the heel of the front foot touches the toes of the back foot each time.

- Starting position for both team members is standing with feet shoulder width apart.
- Move the first foot so that its heel makes contact with the toes of the back foot and all of the sole is on the ground.
- The back foot is then moved in front of the other foot so its heel touches the toes of the other foot and all of its sole is on the ground
- Repeat the steps, making sure the heel touches the toes each time until 10 steps are done.

1. This record is for a team of 2 to meet via a video call – Zoom/Teams/Skype/etc
2. The attempt must be made barefoot.
3. The attempt must start with both participants standing with both of their feet shoulder-width apart.
4. At a given start signal, team member 1 must walk heel to toe until 10 steps have been made. Once they complete the 10 steps, they must indicate to team member 2 to do the same.
5. The attempt ends once team member 2 completes their final step.
6. The feet must be moved so that the heel of the progressing foot touches the toe of the rear foot. If the participant does not keep their heels and toes touching each other with every step, then the attempt is void.
7. The entire surface of the sole must land on the ground before the next step can be made.
8. The attempt must be filmed from such an angle that it is clear all steps have been made in accordance with the guidelines.