



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



**OFFICIAL
ATTEMPT**

Teams of Four Challenge – Fastest time to complete 16 jumping jacks in a video relay.

A demonstration video can be seen on the DSAuk webpage: [GWR 2021 - Teams of 4 Challenge](#)

IMPORTANT NOTES for the Teams of 4 Challenge:

- All teams must include at least one person with restricted growth.
- You can only be in one team for this 4-person team challenge but can be with different people in the 2-person team challenges 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 a family of 4 wanted to take part as a team, they must all do it on 4 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 4 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.
- **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 4 Challenge

For the purpose of this record, a jumping jack is defined as follows:

- The starting position is standing straight with arms by sides and feet together.
- The first movement is to jump into the air, with back straight, legs spread out and arms raised above the head so the hands touch or come as close as physically possible.
- After landing with feet spread out, the participant must jump up so that the feet come together again and the arms return to the sides upon landing, i.e., the body must return to the start position.

An example of a jumping jack can be seen at <https://www.youtube.com/watch?v=iSSAk4XCsRA>

1. This record is for a team of 4 to meet via a video call – Zoom/Teams/Skype/etc
2. Each participant's video must be a full-body shot.
3. It is recommended that participants establish a relay order before an attempt begins.
4. The first participant must perform a single jumping jack as per the definitions above.
5. Once the first team member has performed the jumping jack, the next team member may perform their jumping jack.
6. Once the last team member has performed their jumping jack, they can then indicate to the first team member to begin their second jumping jack.
7. This process must be repeated until each team member has performed four jumping jacks making 16 jumping jacks overall.
8. Team members must not start to perform their jumping jack until they have received the signal from the previous team member.
9. The attempt ends when the last team member has performed their final jumping jack and is stood in an upright position with their arms at their side.
10. If any jumping jacks are not technically correct, the attempt will be disqualified.
11. If any team member of the starts to perform their jumping jack before the previous team member has finished their jumping jack the whole attempt is disqualified.