

IT'S A KNOCKOUT

TEAM INFORMATION SHEET

This sheet acts as advice for teams taking part in one of our exciting "It's A Knockout" shows.

THE TEAMS.

Teams should ideally be mixed with up to 10 members, if your team has less than 8 people you'll need to be extra fit though!



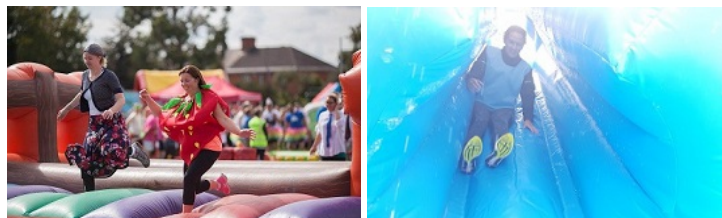
The games are designed so most abilities can enjoy them. Everyone in every team will be given the opportunity to take part in all the games if they want to and no one will be forced to participate. The emphasis is to enjoy them, it's not just speed and fitness games. A towel and change of clothes is advised as you will get wet.

EXTRA POINTS.

We give extra points to teams that come in fancy dress. So why not fancy dress your team to a theme? Pirates, nurses, clowns etc. There is also extra points for... *Designing a Joker Card/Board, having a Team Mascot, Cheerleaders, and Being HAPPY!*

This gives all teams the chance of winning and not just the athletic ones. For Charity Knockout's we also give extra points according to how much money you've raised. So get raising & boost your score before the games have even started!

PLEASE NOTE - No face paint please as it leaves streaks down the inflatable's (e.g. Smurf & Oompah Lumpah Teams).



THE GAMES.

The games will be a mix of Relay Games (maybe where one at a time the team members collect pieces of a giant jigsaw puzzle to assemble), or Team Games (where everyone helps each other simultaneously, maybe like a welly-plank game).

The scores are sometimes worked out by comparing the times that teams have taken to complete a game, sometimes a game has a set time (say 4 minutes) and we see who has collected or scored the most.

The actual games on the day will depend on the set of games that has been booked.

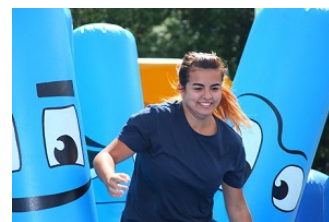
The games will be a balance between lucky, funny, team and relay games. We aim for an all round fun show for everyone taking part.



www.knockoutchallenge.uk

SAFETY.

Although the games are fun we take your safety seriously. We have an ongoing program of safety, and we regularly consult professional bodies to keep our games as safe as possible.



The most important issues form the basis of our TEAM ENTRY FORM, which all taking part must sign. Please be aware the nature of the games means a level of fitness is required. Please listen to the instructions and demonstrations and not deviate from them. Because of the current "compensation" culture, this is the only serious thing to be aware of. Please be aware of safety, it is in every ones best interest.

PLAYING YOUR JOKER.

On some knockout's each team are given the opportunity "play a Joker" on one game. At the start the games will be explained to you. From this you work out which game you feel you will do best on. To play your Joker you tell the It's A Knockout timekeeper or commentator before the whistle is blown for your heat. Then on this game you will get double points.

Remember, you get extra points for designing and bringing your own Joker.



TEAM BRIEFING.

Please arrive at least 30 minutes before the start time and remember to bring your signed Team Entry Form with you.

THE GAMES ARENA.

The games arena will be a roped off area about half the size of a soccer pitch. Only participants of the games can enter. Our games have three lanes each, so at least 3 teams will be taking part simultaneously. Sometimes more than one game will be running so even more teams will be active at a time.



Care should be taken when travelling within the games arena as the inflatable's present will be staked down. Safety-mats are used to comply with Health & Safety regulations.

FUN, FUN, FUN!

Make sure you're in good voice and bring lots of supporters to help cheer your team on and have a fun time.

GOOD LUCK!

No grumpy faces or serious people allowed!

Remember to visit the Teams Page on our website (you will need a password) to see tips for taking part, clip-art for joker cards, Sponsorship and Team Entry Forms. Also, please view our Youtube videos to get an idea of the type and format of games that may be present.

If you have any queries please contact the events organiser: