




<p><b>Format</b></p>	<p align="center"><b>Handball Crossbar Challenge</b></p> <p>Teams are made up of up to 14 members from the same gender and year group:</p> <p>Year 9 Boys Year 9 Girls Year 10 Boys Year 10 Girls</p>
<p><b>Rules</b></p>	<ul style="list-style-type: none"> <li>• Each player takes it in turns to throw the ball at the cross bar of the handball goal (3m x 2m goal)</li> <li>• The next player cannot throw until the person in front has thrown their ball.</li> <li>• The team has 60 seconds to hit the crossbar as many times as possible.</li> <li>• The team that hits the crossbar the most in this time wins.....simples!</li> <li>• For a full demonstration please go to <a href="https://www.englishhandball.com/schools-1/national-handball-crossbar-challenge">https://www.englishhandball.com/schools-1/national-handball-crossbar-challenge</a> (please ignore the national deadline date).</li> </ul> <p>Your best attempt <u>must be filmed</u> as evidence and submitted to your local School Games Organiser no later than FRIDAY 12<sup>th</sup> FEBRUARY. Winners will be announced week commencing Monday 22<sup>nd</sup> February.</p> <p>All athletes must observe National COVID-19 Guidance and wash hands before and after the activity.</p>
<p><b>Scoring</b></p> 	<p>Each time the cross bar is hit with the ball thrown from the 9m line, this counts as one point. The points are added together to determine your team score.</p>
<p><b>Deadline</b></p>	<p>Friday 19<sup>th</sup> March</p>



**SCHOOL GAMES VALUES**

