

# THE RULES

10+ | 5-20  
age ans | players  
ans | joueurs

How to play 20 Second Showdown

## AIM

To force the other team to run out of 'sand' by completing your challenges as fast as possible. The first team to run out of 'sand' loses the round. The first team to win three rounds are crowned 20-Second Champions.

## CHALLENGES

Each card has two challenges. The ref decides which side to use for each round.

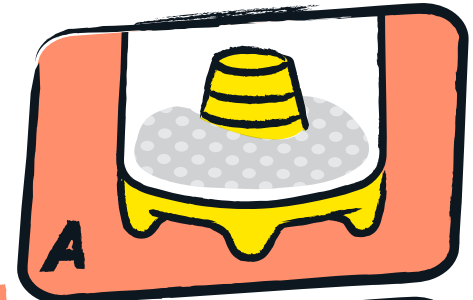
Stand up and do the YMCA

Move like a robot for 5 seconds

## SETTING UP

Choose a player to referee the contest. Their job is to read the challenges, flip the timer and run the show. Everyone else splits into two teams and sits opposite each other, face-off style. The referee now tips the timer until there's an equal amount of 'sand' in both halves (Picture A).

There should now be 20 seconds in each half. Place the timer on its side and spin it (Picture B). The side that ends up facing you determines if you're Team Blue or Team Yellow.



## HELP CARDS

Each team gets one Help Card. If a player can't complete a challenge, they can get all of their teammates to help by flipping over their Help Card. You only get to use your Help Card once per round.



**4** Team Blue's starting player must complete the challenge as fast as possible. (Their team can't help them unless it says so on the card.)

**5** Team Blue complete their challenge, the ref flips the timer over to the yellow side and reads a new Challenge Card to Team Yellow.

Find a plant and hug it!

**6** Team Yellow try to complete their challenge.

**7** The referee flips the timer back to the blue side and reads out a new challenge card.

**8** Keep going back and forth until the noise stops and a team runs out of time. The team left standing wins the round.

**NOTE TO THE REF**

If you feel a challenge is really difficult, or impossible, for the player to complete, then quickly throw it and draw a new one. Also, if you feel a team didn't really complete the challenge properly, make them try again. Be as strict or kind as you like.

**WINNING**

At the end of every round, the referee resets the timer with an even amount of 'sand' in each half. This time, the losers of the previous round get to start. The first team to win three rounds are the champions. Hooray! Reset the timer and play again.

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