

# CHALLENGE CARDS

## 7. The Human Reef Knot

### EQUIPMENT

A long rope

### STARTING POSITION

All team members take position along the length of the rope and hold on to it.

### OUR CHALLENGE

The challenge is to form a reef knot with the length of rope without any member losing their grip of the rope. The task must be completed within the time specified by the teacher.



1. Begin with an over and under crossing (A).
2. Bring the ends back above in a second similar crossing (B).
3. The completed knot is tightened by pulling on the ends (C).

### RULES

- All team members must hold onto the rope.
- If any member of the team loses their grip, the team must start over.
- The reef knot is the only kind of knot that can be accepted.

WHITE (W)