



## **SPECIFIC GUIDELINES PACK**

This document acts as a guide to the specific considerations and undertakings for your potential attempt on the Guinness World Records™ category and is used in conjunction with the Record Breakers' Pack, which outlines the evidence required to prove your attempt's success. This should be read and understood by all concerned with the record attempt prior to the attempt – this includes every participant, organiser and witness.

These guidelines are specific to your attempt and **must** be followed. Should any guideline be contravened, your attempt will be disqualified, without any right of appeal.

Please note that, as detailed in the Agreement Regarding Record Attempts, these guidelines in no way provide any kind of safety advice or can be construed as providing any comfort that the record is free from risk. Guinness World Records will not accept responsibility for the safety of participants or bystanders in any record attempt. It is your sole responsibility to ensure that all necessary safety precautions are in place and that all equipment used is suitable and thoroughly checked prior to the record attempt taking place and in compliance with any and all local health and safety laws and regulations.

# **FOOTBALL (SOCCER BALL) CONTROL – DURATION - MALE**

## **DEFINITION OF RECORD**

This record is for the longest time to keep a football off the ground without using hands.

This record is to be attempted by an individual.

The measurement value is time in minutes and seconds to the nearest 100<sup>th</sup> of a second.

## **GUIDELINES FOR ‘FOOTBALL CONTROL – DURATION – MALE’**

1. A standard football should be used.
2. At a given signal, the challenger should either begin kicking the ball on one of his/her feet or bouncing it on his/her head. The challenger may then use any part of his/her body to juggle the ball except his/her arms and hands. He/she may change from one foot to the other at any time and may alternate between his/her feet and head to juggle/bounce the ball.
3. A comfort break is permitted every 12 hours. The participant may balance the ball on the back of his neck for a maximum of 3 minutes in that period.
4. The ball must be kept in continuous motion and may at no time touch the floor. When the ball either comes to a stop or touches the floor the attempt is ended.
5. The challenger does not need to remain standing in one spot for the duration of the record but, as stated above, the ball must be kept in continuous motion or the attempt comes to an end.

## **GENERAL ‘DURATION’ GUIDELINES**

- § The name of the organisation, company or person(s) making the attempt must be given, along with the date and place.
- § The event must take place in a public place or in a venue open to public inspection.
- § Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds. If there is any difference between the two timings, the average should be recorded as the official time.

## **ADDITIONAL EVIDENCE**

- Ø The activity you are attempting **MUST BE CLEARLY VISIBLE** on the video footage as we will not be able to accept your claim. This comes from problems we have encountered when trying to count legitimate push-ups.
- Ø The entire attempt must be filmed in case further evidence is required.
- Ø For times up to one hour, we expect the entire attempt to be submitted on video. For events longer than this, a ‘highlights package’ will be acceptable but must include the following points:
  - Footage of the start of the attempt
  - Two minutes footage every hour

- Any points where the claimant takes a break – a clock or timer must be visible on screen, but not the camcorder's own time display
  - The point at which the record is broken
  - The end of the attempt.
- Ø The camera must be focused on the attempt at all times and preferably be static.
- Ø Statements from the timekeepers must also be submitted.
- Ø Failure to include the required documentation will ultimately delay the outcome of your claim or lead to its rejection.