



HOW THE PLAY-OFFS WORKS

The Play-Offs is a fun, fast-paced sporting competition where participants go head-to-head in padel, baseball batting challenges and a team bootcamp challenge.

You can sign up as a team of two or enter individually, in which case we'll pair you with another participant.

Please note: Places are limited to 8 participants per round, so advance booking is essential.

EVENT FORMAT

- Each session lasts approximately 90 minutes
- Each round includes 8 participants (4 teams)
- Teams compete across three challenges
- Points are awarded throughout the session
- Team and individual prizes are awarded at the end

WHAT'S UP FOR GRABS?

Team Champions Prize (2 Winners)

Each winning team member will receive:

- ✔ A free padel court booking
- ✔ A complimentary drink at The 108 (beer, wine, soft drink or coffee)
- ✔ A free bootcamp session

Champion Prize

The top individual performer will receive:

- ✔ 30 minutes in the batting cages
- ✔ A complimentary drink at The 108 (beer, wine, soft drink or coffee)
- ✔ A free bootcamp session

SCHEDULE

Warm-Up & Briefing (10 minutes)

Meet your fellow competitors, take part in a group warm-up and learn how the scoring and competitions work.

Padel Challenge (30 minutes)

Compete in a series of short doubles matches, rotating opponents throughout the session. Points are awarded for wins and bonus challenges.

Baseball Batting Challenge (30 minutes)

Put your power and accuracy to the test in a range of batting cage challenges. Scores from both teammates contribute to your team's total.

Bootcamp Challenge (20 minutes)

Work together through a series of fitness stations including shuttle runs, medicine ball exercises, burpees, lunges and team-based challenges. The challenge finishes with a final team workout against the clock.

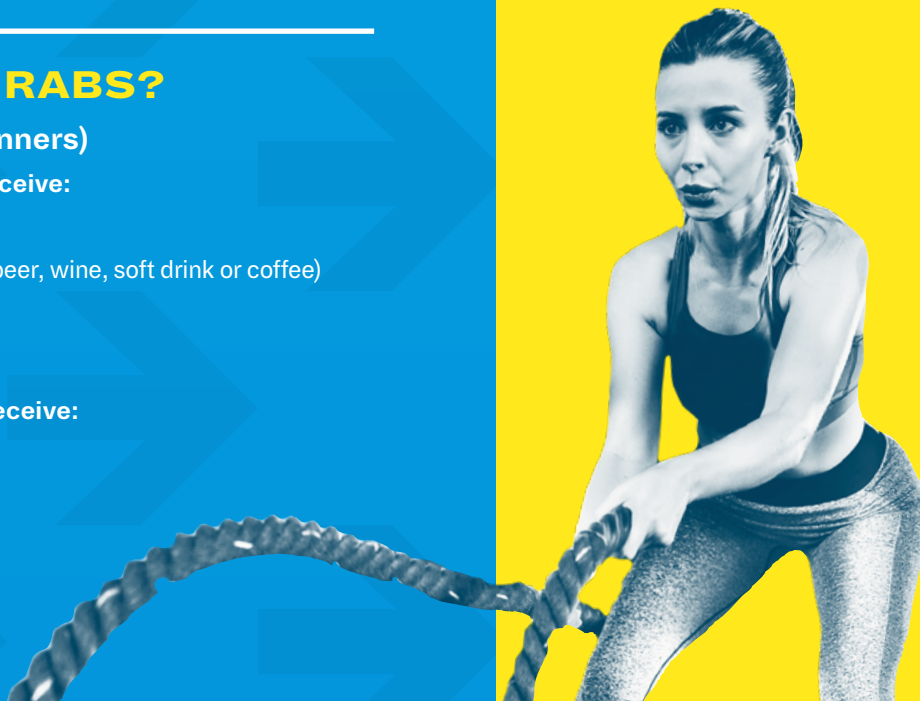
HOW TO WIN

The Play-Offs Team Champions

The pair with the highest combined score across all challenges will be crowned The Play-Offs Team Champions.

The Play-Offs Champion

The participant who earns the most points during the session will be crowned The Play-Offs Champion.





→ THE PLAY OFFS →

BRENT CROSS TOWN

RULES OF PLAY

- 1 Teams of two**
Enter as a pair or sign up individually and we'll match you with a teammate.
- 2 Arrive ready to play**
Please arrive at the start of your session for registration, the warm-up and event briefing.
- 3 Respect the competition**
Play fairly, respect fellow participants and follow instructions from event staff at all times.
- 4 Points win prizes**
Earn points in every challenge. Your points contribute to both the team leaderboard and individual rankings.
- 5 Rotate when directed**
Participants must move between activities and opponents as instructed by event staff to keep the competition running smoothly.
- 6 Participation matters**
Teams must take part in all three challenges (Padel, Baseball Batting and Bootcamp) to be eligible for prizes.
- 7 Safety first**
If you have an injury, medical condition or need to modify an exercise, please let a member of the team know before the session begins.
- 8 Dress for action**
Wear comfortable sportswear and trainers suitable for running, racket sports and fitness activities.
- 9 Decisions are final**
Event staff will oversee scoring and the final leaderboard. All scoring decisions are final.
- 10 Most importantly – Have fun!**
The Play-Offs is all about teamwork, friendly competition and trying something new.



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Cross
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