

# VAN LINT STUDENT SPORTS WEEK

## Assault Course

**Team size:** 4

**Duration of a game:** 10 minutes

### **Rules:**

The stormbaan is a sport with a gaming element which will be played in teams consisting of 4 players. Two teams will play against each other on the obstacle course. The team which collected the most points after 10 minutes will be the winner! A team loses the match automatically if they are not present at the starting time of the match.

### Gameplay

There is an obstacle course which one person of the team will run. In the center of the hall is a reversed bench, on which the other members of the team will stand. The two opponents who are facing each other may try to disrupt each other's balance. Only contact with your hand and under arms are allowed. Other body parts are forbidden, if you use these you are disqualified. One member of the team will run the obstacle course. If he/she completed the lap then he/she will join the team on the bench. When the whole team is still on the bench, the person first in line will get off. This person will then run the obstacle course. When some team members have fallen from the bench, the person who fell first will run the course.

### Scoring

For each completed round the team gets a point. If the whole team is still on the bench when the team member completes the obstacle course a bonus point is awarded. When all of the team members fell from the bench, you get a penalty point (-1). The team with the most points after 10 minutes wins!