

# VAN LINT STUDENT SPORTS WEEK

## Vertical Twister

**Team size:** 4

**Duration of a game:** 10 minutes

**Rules:**

Two teams of four people play against each other. One person per team goes on the wall, so there are two people on the wall at the same time. Then a twister board is spun and the players have to move the indicated limb to the indicated color. At the start of the game both players are allowed to start with any color for a limb until that limb has been spun on the board and thus has been given a color. Players aren't allowed to move their limbs between holds unless that limb has been spun.

Players lose when they fall off or they aren't physically able to make the required move. Then the other team scores a point and the next round starts with new players. When all players have been on the wall a fifth tiebreaker round is played between a player of choice for each team to determine the winner. In the end the team that has won the most rounds wins the match.

For the finale this can be extended to a total of 7 or 9 rounds depending on what the teams and the referee want.