

# VAN LINT STUDENT SPORTS WEEK

## Twister XL

**Team size:** 4

**Duration of a game:** 15 minutes

### Rules

During the Van Lint, Twister XL will be played in teams consisting of 4 players. Each team plays against 3 or 4 other teams. There is a referee who supervises the game. His/her decisions are always to be followed by the players. A team loses the match automatically if they are not present at the starting time of the match.

### Start of the game

Every player from a team starts at another side of the playing field.

### During the game

The referee will determine (on basis of a rotating disc) which limb will be moved to which color. When the named limb is already on the called color, nothing changed and the referee will turn the rotating disc again.

While moving the called limb, no other limb may be moved unless this is asked to the referee. If the referee agrees, at most one limb may be moved and put down on the original place.

If another limb than feet or hands hit the playing field, for example a right knee or a left elbow, this player is out of the game.

A called circle on the playing field may be used only once, so a player may not use a circle with more than one limb. Also, a circle may not be used by more than one player.

### The points (example):

If there are, for example, 16 players on the playing field, the points will be divided as follows:

1<sup>st</sup> player out of the game: 1 point for the team this player belongs to

2<sup>nd</sup> player out of the game: 2 points for the team this player belongs to

3<sup>rd</sup> and 4<sup>th</sup> player out of the game: both 3 points for the teams the players belong to

5<sup>th</sup> player out of the game: 5 points for the team this player belongs to

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15<sup>th</sup> player out of the game: 15 points for the team this player belongs to

Player nr 16 receives automatically his/her 16 points for the team.

The game will start again.

**The end of the game, the playing time (15 minutes) is over**

If, for example, 10 players are left so 6 players had already to leave the game, the 7<sup>th</sup> player would receive 7 points. All players who are still in the game get those 7 points for his or her team.