

VAN LINT STUDENT SPORTS WEEK

Aqua Run

Team size: 5-10

Duration of a game: 10 minutes

Rules

You and your team will run, jump, climb and crawl across an assault course floating on the water. With the goal of going around more times than the other team. The players start at the beginning of the course, they go across the course and land in the water on the other side. After that you swim back around to the beginning and “tag” the new player to start.

A team loses the match automatically if they are not present at the starting time of the match.

- Falling off the assault course before reaching the end means the player has to get back up and start again.
- Sabotaging the other team is NOT allowed
- Always listen to the referee

Point system

Any time one of your teammates completes a lap they can tag the next player, each tag counts as a point.