

# VAN LINT STUDENT SPORTS WEEK

## Spinning Rules

### **Team size:**

Up to 4 members per team

### **Goal:**

Ride fast, steady, and consistently.

The more kilometers your team covers, the closer you are to victory!

### **Game Format:**

The competition consists of 5 rounds.

In each round, all teams ride together until the final countdown.

Expect challenges, energizing music, sweat, and intensity.

Each round lasts approximately 9–12 minutes.

With every new round, the difficulty and endurance requirements will increase.

By the final round, your strength, stamina, and mental power will be fully tested.

DO NOT BE SHY — GIVE IT YOUR ALL!

## Scoring System

Points	Individual / Team	Description
1	Individual	Per 1 km ridden
—	Team	Team score = sum of all individual kilometers
10	Individual	Full push-ups completed in challenge round
5	Individual	Tried hard but did not complete all push-ups
2.5	Individual	Minimal effort push-ups
0	Individual	No attempt during push-ups
10	Individual	Full sprint (starts within 1 sec and stops exactly at the official stop)
5	Individual	Almost full sprint (finishes max 5 seconds before the official stop)

