

27. Twist & Balance

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(Alternative Names: Human Twist Arena / Balance Grid)

Brief Description

“Twist C Balance” is a fun coordination and flexibility-based game where participants must place their hands and feet on specific marked positions without losing balance. The game tests body coordination, flexibility, concentration, and balance in an entertaining and competitive way.

How the Game is Played

1. Game Setup
 - Multiple handprints and footprints are placed randomly on the floor using sheets, stickers, or mats.
 - Each mark indicates where participants must place:
 - o Left hand
 - o Right hand
 - o Left foot
 - o Right foot
2. Starting the Game
 - Participants stand at the starting position.
 - On the referee’s signal, the host announces or points to the next position. Example:
 - “Left hand on blue handprint”
 - “Right foot on yellow footprint”
3. Movement
 - Participants must carefully move and place their body parts on the correct marks.
 - As rounds continue:
 - o More positions are added
 - o Body posture becomes difficult
 - o Balance becomes challenging
4. Elimination

A participant is eliminated if they:

- Lose balance
 - Fall
 - Place body part on the wrong mark
 - Remove a hand/foot without instruction
5. Winning
 - The last participant remaining in correct position wins the game.

Rules & Regulations

6. Participants must follow the instructions given by the host/referee carefully.
7. Hands and feet must be placed only on the assigned marks.
8. Participants are not allowed to move any body part unless instructed.
9. Losing balance, falling, or placing on the wrong mark will result in elimination.
10. Pushing, disturbing, or touching other participants is strictly prohibited.
11. Comfortable clothing and footwear are recommended for safe movement.
12. Any form of misconduct or unfair play will lead to disqualification.
13. The decision of the organizers/referee will be final and binding.

Participation Type

- Individual

Venue: -

Civil Building