How to Participate in Building a Human Labyrinth

Layout and Design: Weezel
Available at: http://snurl.com/24snz

3 Circuit Training Labyrinth   7 Circuit Competition Labyrinth

Overview

You will be the walls of the labyrinth, acting as a barrier, and providing a circuit for the runner to traverse. As the runner progresses, blindfolded, you will hum in order to provide the runner with audible feedback of your presence. In most cases, when there are not enough people to complete the entire labyrinth, you will simply form a smaller portion of the walls in front of the runner, and then continually reform the walls as the runner moves towards the exit.

Rules

• The *wall* never speaks to the *runner*.
• The *wall* must never intentionally touch the *runner*.
• If the *runner* becomes disoriented, the runner may run directly into the *wall*. The *wall* must maintain its balance and stand firm.

The *runner* will be disqualified by:
  • Removing the blindfold
  • Knocking the *wall* down
  • Heading back to the center, past the end of the *wall*, if the *wall* is moving further along the path.

How to be part of the wall

• Pay attention to the **Sophrosune**, they are responsible for making sure the walls follow the rules
• Stand on the guide lines or markings created by the **Dikaiosune**. Hold the hands of the wall pieces next to you, providing a solid barrier for the runner. The wall will hum in order to guide the runner.
• When the runner goes by you, cease humming, and if necessary, prepare to move as quickly as possible to create more of the wall along the path. Do not leave your position in the wall until the runner has completely passed you.
• The wall has to move faster than the runner to ensure that the runner is always surrounded by walls.
• If you are part of an interior wall (as a runner approaches a bend) it will be easier to simply turn in place and face the upcoming corridor after the runner passes you, rather then reforming elsewhere in the wall.

Example:
1) Prepare to move
2) Move quickly when runner passes you
3) Move farther along the wall

STEP 1   STEP 2   STEP 3
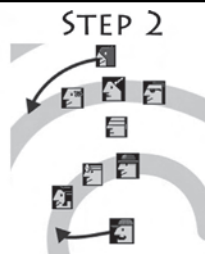
Notes:
• You will be moving farther along the wall than this example
• You will be moving into entirely new sections of wall
• You may be rotating in place