

Hula Hoop Contest – Game Instruction

Title: Hula Hoop Contest

Category: Outdoor

Subcategory: Kids

Players: 2 or more

Time Required: 10–15 Minutes 🕒

Description

The Hula Hoop Contest is a fun-filled outdoor game where players try to keep a hula hoop spinning for as long as possible. It's a great way to encourage physical activity, balance, and laughter among children.

Materials Needed

- Hula hoops (one per player)
 - Stopwatch or timer (optional)
 - Flat, open space for play
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How to Play

Setup:

- Give each player a hula hoop and space to spin.
- Explain rules and possible variations.

Objective:

Keep the hula hoop spinning around your waist (or other body parts) longer than anyone else.

Rules:

- Players must start spinning on a signal.
- If a player drops the hoop, they are out.
- Optional: Try hooping on arms or legs for bonus rounds.

Winning:

The last person still spinning their hoop wins the round.

Tips & Variations

- Play themed rounds (e.g., spin while dancing).
- Use music to add energy and fun.
- Have a judge track time and style.
- Allow practice rounds for younger kids.
- Offer prizes for most creative hula style.