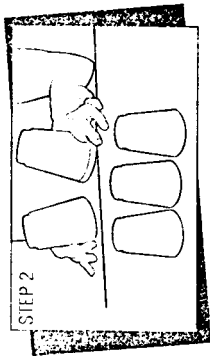
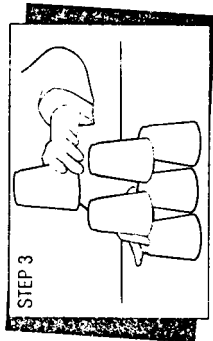


the same time, take 2 cups from the 3-cup stack, and 1 cup from the 2-cup stack. Stack these cups to form the next level of the pyramid.



Take the final cup and stack it on top to complete the pyramid.



### TEAM RELAY RACES

For team play, relay races provide added fun for everyone! In relay competition, cupstacking follows the same guidelines as previously mentioned, with team members tagging each other's hands after completing the 3-6-3 cupstacking sequence. Players cannot begin stacking until they have been tagged by the previous player. The team finishing first is declared the winner.

### POINT DEDUCTIONS

- A point is deducted from a team if:
  - A player false starts twice in a row (begins stacking before hearing the Starter say "GO").
  - A player misses tagging his/her teammate's hand, or a player begins stacking before being tagged.
  - A player begins with a stack of cups "tumbled" by the previous player. (Players must be sure to "down-stack" cups into the 3 stacks shown in Figure A before tagging the next player.)

### RELAY RACE RULES

- If the team finishing first receives a point deduction, and the team finishing second has 0 point deductions, the race is a tie. Teams must re-race to determine a winner.
- If the team finishing first receives 2 point deductions, and the team finishing second has a 1 point deduction, the race is a tie. Teams must re-race.
- If the team finishing first receives 2 point deductions, and the team finishing second has 0 point deductions, the team finishing second is declared the winner.
- If a team or an individual player physically interferes with another team's cups or players, the team interfered with automatically wins by forfeit.
- Each team should cupstack on its own table to minimize interference and reduce confusion during fumbles.

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THE OFFICIAL CUP STACKING GAME

# Rules/Objectives for One-On-One or Relay Competition

Ages 5 & Up

## GET READY . . .

The object of the game is to convert 3 stacks of cups (Figure A) into 3 pyramids (Figure B). Then convert the 3 pyramids back into the 3 original stacks before your opponent. In other words, what goes up...must come down.

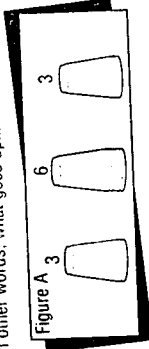
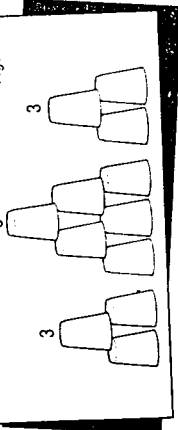


Figure B



## GET SET . . .

Players position cups on a smooth, flat surface in 3 stacks consisting of 3 cups, 6 cups and 3 cups (Fig. A). The stacks should be at least one foot apart from each other. Players' hands are to be placed flat on the playing surface until the Starter says "GO!"

## GO!

1. Upstacking: Form a pyramid with the first stack of 3 cups, followed by a pyramid of 6 cups, and then a final 3-cup pyramid (Fig. B).

2. Downstacking: Return to the first 3-cup pyramid and begin converting each pyramid back to the 3 original stacks of cups (Fig. A). The first person to finish downstacking wins.

**TIPS:** If at any point the cups are mishandled or fall during the "upstacking" process (known as a "fumble"), the fumble must be corrected BEFORE moving on to the next stack of cups. However, if a fumble occurs during the "downstacking" process, players can continue to downstack without having to rebuild the pyramid.

## FOR ADDED FUN, TRY THE 1-10-1!

Place 1 cup down, followed by a stack of 10 cups, and then a final cup facing down. Start by turning the first cup up, then "up-stack" a pyramid of 10, and flip the last cup up as well. Then, flip the first cup back down. "Downstack" the pyramid of 10 and finish by flipping the last cup back down. You can also try the 6-6 version, or use your imagination to invent your own cupstacking sequences!

## THE SECRETS OF CUPSTACKING

Here are some of the secrets to learning and perfecting your cupstacking skills and increasing your speed. For all cupstacking, always keep stacks close together to create a solid base for your pyramid.

### 1-1-1 Method — Beginner Level

The most basic way to stack. It's a great way for beginners to get used to cupstacking.

**HINT:** Stack 1 cup at a time using one hand.

### 2-2-2 Method — Advanced Level

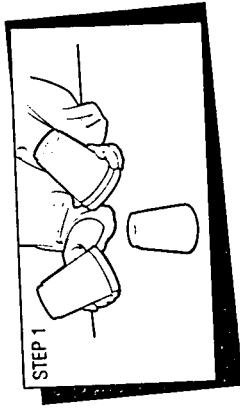
After mastering the 1-1-1 Method, move onto this method to develop your skills at using two hands to cupstack. Great for stacking larger pyramids.

**HINT:** From one stack, take 1 cup in each hand at the same time. Place them side-by-side away from the main stack. Go back to the main stack and take 1 cup in each hand again, and stack them. Keep taking 2 cups at a time until the pyramid is complete.

### 3-2-1 Method — Expert Level

The method used by champion cupstackers. It takes practice to get it right, but may eventually become the fastest way for you to stack a 6-cup pyramid.

**HINT:** From 1 stack of 6 cups, take 3 cups in one hand and 2 cups in the other hand at the same time.



Place the 3 cups on one side of the remaining cup, and the 2 cups on other side of the remaining cup. Then, at