

STICKS 'N CUPS® Rules: PLEASE READ BEFORE YOU SETUP AND PLAY.

Objective of the game: STICKS 'N CUPS® is a two team game. Teams can consist of 1, 2, 3 + players, although 2 players, per team, are ideal. The first team to score 11 points (must win by two) is the winner.



NOTE: EYEWEAR IS REQUIRED while playing STICKS 'N CUPS® to avoid eye injury

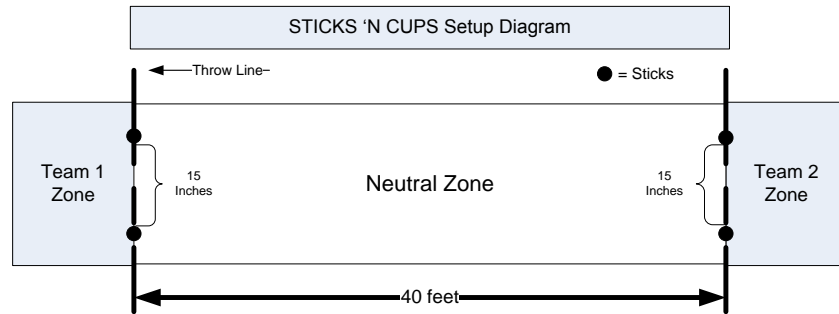


WARNING: Electrical Shock or injury could result if you do not know where your underground utilities are when setting up the game. (Primarily when inserting the sticks in the ground).

Setup: The following rules apply for setup: (use with Fig 1 below.)

- 1) Sticks are placed in sets of two 40 feet apart.
 - a. **Grab each stick near the base** and push them firmly into the ground 6-8 inches or until sturdy. (Test by bending and releasing to make sure the stick has a recoil and does not fall out of the ground)
- 2) Each set is spaced 15 inches apart. (Use a disc plus a fist as a guide)
- 3) NOTE: The game should be played on a flat surface and there should not be any obstacles (trees, etc) within 7 feet between the throw line and the back of each team zone.
- 4) Put one cup on each stick.

Fig. 1:



Getting Started:

- 1) Each team will decide on who goes first by coin toss.
- 2) Team losing coin toss will choose which ZONE they would like to defend.
- 3) Each team will take turns tossing the flying disc at the opponents' sticks from on or behind the throw line, in the following order:
 - a. Team 1 Player 1
 - b. Team 2 Player 1
 - c. Team 1 Player 2
 - d. Team 2 Player 2
 - e. Etc. (if more players)
- 4) Teams will switch sides when 7 points is reached by either team.
- 5) A score of 7-0 will automatically result in a skunk.

Playing Offense:

- 1) Tossing the disc:
 - a. Player must remain on or behind the throw line until the disc is released.
 - i. Turn is lost on infraction. Any offensive points scored will be forfeited. However, if the defense catches the cup(s), points will be awarded accordingly. (See Defensive Scoring)
 - b. Grounding: If the offensive player fails to toss the disc past the defensive throw line, the defensive team can choose to throw from the spot the disc first touched the ground.

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- c. NO 'High Heat:' Tossing the flying disc can be done in many ways: Via an arc, straight shot, etc, although the speed of the shot should always be gauged close to a 'Wobble.' Throwing the disc with high velocity is unsportsmanlike, and can be dangerous. The STICKS 'N CUPS Flying Disc was carefully chosen to fly true at comfortable game speeds eliminating the need for High Heat. The following rules apply for high heat:
 - i. Each player gets 1 warning per game. If points are scored on the warning shot they will still count UNLESS the game ends on a warning. If the game ends on a warning, then the shot does not count and the player will re-shoot.
 - ii. Additional Infractions: All infractions that occur during the course of the game after the warning will result in a loss of turn and forfeiture of points scored on that shot by the offense. Any defensive points scored will still count. (See Defensive Scoring).
 - iii. It is recommended that each team agree on what high heat is before they begin play to avoid controversy.

Offensive Scoring:

- 1) Toss the flying disc between the sticks without touching either one while keeping the disc below the cups = 2 points.
 - a. **NOTE:** Disc must be 100% through the Sticks before it hits the ground to count for 2 points.
 - b. If the disc touches a cup or stick without dislodging the cup, it is NOT a point, even if it still goes through the middle of the sticks.
- 2) Toss the flying disc into one or more stick(s) which results in the dislodging of the cup(s).
 - a. Cup(s) must land on the ground for the point. If the cup is caught cleanly, then the defense will score.
 - b. One point is provided for each cup that hits the ground.
- 3) Defense breeches throw line before offensive shot is complete. 1 point plus shoot again. (See Playing Defense below)
- 4) Defense dislodges a cup(s) while attempting to catch a dislodged one.
 - a. One point for the cup if it hits the ground
 - b. Zero points if the defensive player catches the cup they dislodged themselves.

Playing Defense:

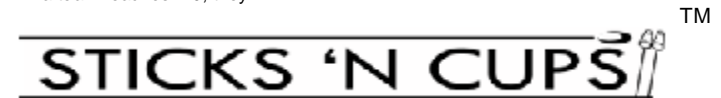
- 1) Defensive players must remain behind the throw line until the flying disc passes completely through the sticks OR strikes one of sticks.
 - a. Failure to do so will automatically result in 1 point for the offense AND loss of turn. (Offense will shoot again.)
- 2) Catching a Cup:
 - a. Defensive player can only use 1 hand to catch the cup. Simultaneous touching of the cup with both hands is illegal and will result in forfeiture of the point (assuming caught).
 - i. Helpful hint: Try playing with an object in one hand to help avoid the use of both hands. A tennis ball or even a beverage will work. (Teams should agree and enforce this rule).
 - b. No Trapping: The cup(s) must be caught cleanly, therefore trapping is prohibited:
 - i. No trapping against any part of the catcher's body, ground or other object including teammate.
 - ii. Trapping will negate the catch and result in a point for the offense.
 - iii. If unable to agree on whether or not a trap occurs, the shot will be redone.
- c. Tapping/Bobbling – While in the air, the cup can be 'tapped' or 'bobbed' up in the air by either or both defenders in attempt to gain control.
 - i. Use of any body part is acceptable
 - ii. Use of the flying disc (if caught or picked up while bobbling) is also acceptable.

Defensive Scoring: The following needs to occur for the defense to score:

- 1) Dislodged cup must be caught cleanly. 1 point for each cup. See Playing Defense section for details.

Determining a winner:

- 1) First team to score 11 (or more) points and is winning by 2 or more points
- 2) Skunk: If a team reaches 7-0, they win.



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