

## HOW TO PLAY

- Have players get into their starting positions on the mat (see illustrations).

2 Players



3 Players



4 Players



- Choose a referee to spin the spinner and call out the moves.
- The ref spins the spinner and calls out the color and which hand or foot to move. Like, "Right hand red!" All players must move their right hand to an empty red circle as quickly as possible.
- Only one hand or foot per circle! The first player there occupies the circle. If you can't agree who got there first, the ref decides. The ref's decision is final!
- Once you've made your move, you can't move again unless the ref gives you permission to move your hand or foot to let another player's hand or foot through.
- If all six circles of one color are taken, spin again!
- If a combination is called that you're already doing, you must move to a different circle of the same color. If all six are taken, spin again.
- If a knee or an elbow lands on the mat, or if you fall over, you're OUT!
- The last player left in the game wins!

When only 2 players are playing take turns calling out moves without using the spinner. Make it as tricky as you like!

When playing as teams, team members can share the same circle. As soon as one player touches the mat or falls, that team is out.

Round Robin Game: Players form two-player teams and play a Round Robin Tournament. Each team, in turn, plays every other team and score is kept of the wins and losses. The team with the most wins is the winner!

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