



The Official Sport Cup

Rule Book & Information Guide

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Cupstack Definition of Terms

CUPSTACK: The official name of the Cupstack Sport and Product

UPSTACK: Term used for stacking cups “up” into pyramid formation.

DOWNSTACK: Term used for unstacking or putting the cups “down.”

FUMBLE: Term used when cups are mishandled or fall during the process of *UPSTACKING* or *DOWNSTACKING*. Remember, if a fumble should occur during the “upstacking phase,” each fumble must be fixed before continuing. However, if a fumble should occur during the downstacking phase” the pyramids need not be rebuilt- players continue to put cups to original down positions.

CUPSTACK KIT: Cups held together conveniently to allow for easier carrying.

L STEM: Used as part of the Cupstack Kit (it runs through the center hole of all cups in the kit).

HOOKS: Plastic hooks attach to the L Stem of the Cupstack Kit to be hooked onto belts, pants, loops, purse loops, etc.

3-3-3, 3-6-3, 6-6, 1-10-1, 3-2-1: All are numbered terms players use for setting up cups before the race begins. (Each number dictates how many cups are to be used in each individual stack.)

FALSE START: One or both players starting before hearing “Go!” (jumping the gun)

RELAY TEAMS: May be used when only two Cupstack Kits are available more than two players are present.

LEAD OFF: The first person on the team to stack.

ANCHOR: The last person on the team to stack.

DEDUCTION/PENALTY: Point or points taken away for mistakes and misuses. (Applies to relay races only.) In one-on-one competition deduction will automatically cause a stacker to lose.

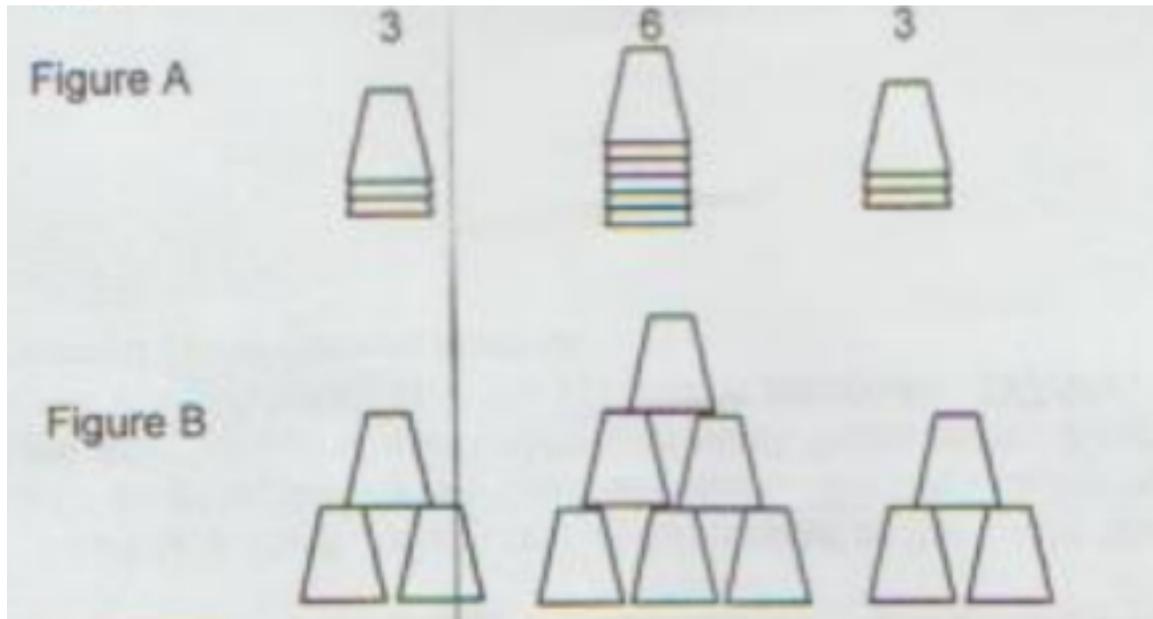
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3-6-3

GET READY...

The object of the game is to convert 3 stacks of cups (Figure A) into 3 pyramids (Figure B), then convert the three pyramids back into the original stacks before your opponent.

In other words, *what goes up must come down!*



GET SET...

Players position cups on a smooth, flat surface in 3 stacks consisting of 3 cups, 6 cups and 3 cups (Figure A). The stacks should be about 1 foot apart from each other. The player's hands are to be 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. (Figure B)
2. **DOWNSTACKING:** Downstacking must begin with the first pyramid that upstacked. Return to the first 3 cup pyramid and begin converting each pyramid

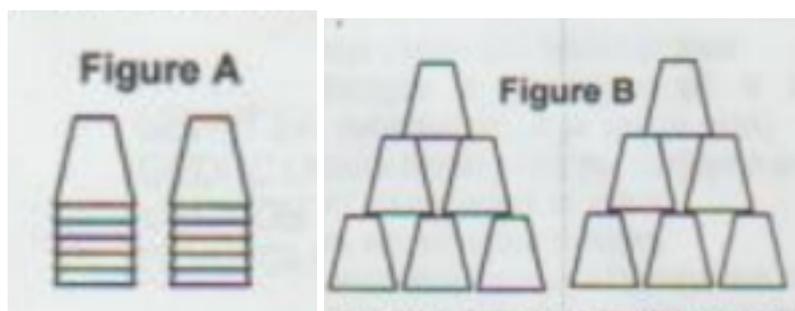
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back to the 3 original stacks of cups (Figure A). The first person to finish **DOWNSTACKING** wins.

OOPS: If at any time the cups are mishandled, or fall during the “*UPSTACKING* phase” (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* phase” players can continue to *DOWNSTACK* without having to rebuild the pyramid.

6-6 Cupstack:

OBJECT: The object is to convert 2 stacks of cups, (Figure A) from right to left or left to right, into 2 pyramids (Figure B)- termed “*UPSTACKING*” then convert the 2 pyramids back to the original stack’s starting position- termed “*DOWNSTACKING*”



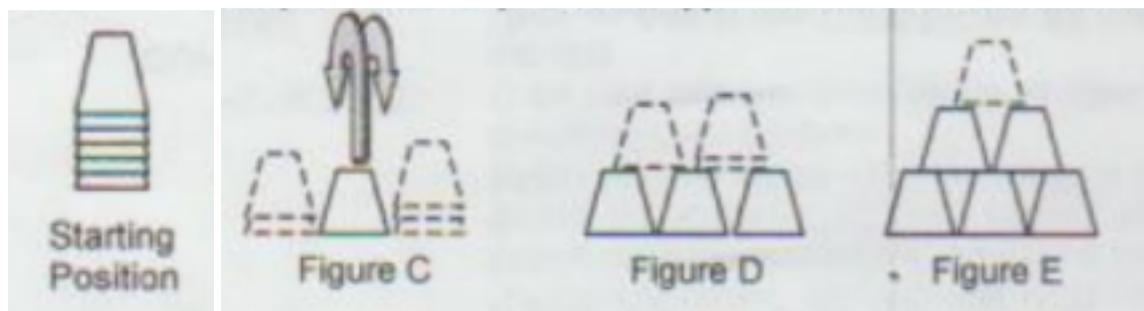
After the *UPSTACKING* phase has been completed on both pyramids, 6-6, it’s time to return to the starting point of the game. Began converting each pyramid back into its original stack of cups (Figure A). This is the *DOWNSTACKING* phase.

CUP SETUP & RULES:

Place the cups as shown in Figure A (2 stacks made of 6 cups each). Place both hands flat, palms down in front of either the right or left stack of 6 cups.

UPSTACKING: When ready, the player will form a pyramid with the first set of 6 cups, followed by a second pyramid of 6 cups.

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The Stacker begins by taking 2 cups off the beginning stack of 6, then takes 3 more cups (Figure C) and places them on the opposite side of the single remaining cup from the beginning stack. **Remember:** always keep the cups close together to form a solid base for the pyramid. Continuing on, stacker simultaneously lifts cups on both sides of the single cup leaving a single cup on each side of the center cup when the second level of the pyramid is completed (Figure D). The stacker places the final cup on the very top to complete the 6 cup pyramid (Figure E)

For Added Fun, Try the 1-10-1

Place 1 cup down followed by a stack of 10 cups, then a final cup facing down. Start by turning the first cup up, then *UPSTACK* a pyramid of 10, and then flip the last cup up. Flip the first cup back down; *DOWNSTACK* the pyramid of 10 and finish by flipping the last cup back down. For added fun, use your imagination to invent your own stacking sequences.

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METHODS OF STACKING:

Here are some methods used to help in learning and perfecting your stacking skills and increasing your speed. Your expertise level will help you decide which method is best for you. Hint: for all stacking, always keep cups close together to create a solid base for your pyramid.

1-1-1 Method- Beginner or Novice Level

This is the most basic way to start developing your stacking skills.

HOW: Stack 1 cup at a time using 1 hand.

2-2-2 Method- Intermediate Level

After mastering the 1-1-1 method, use the 2-2-2 method to develop your skills at stacking with 2 hands. Great for stacking larger pyramids.

HOW:

From one stack take one 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 another cup in each hand and stack those cups. Keep taking 2 cups, 1 in each hand, until the pyramid is complete. *DOWNSTACKING* is performed in the reverse manner.

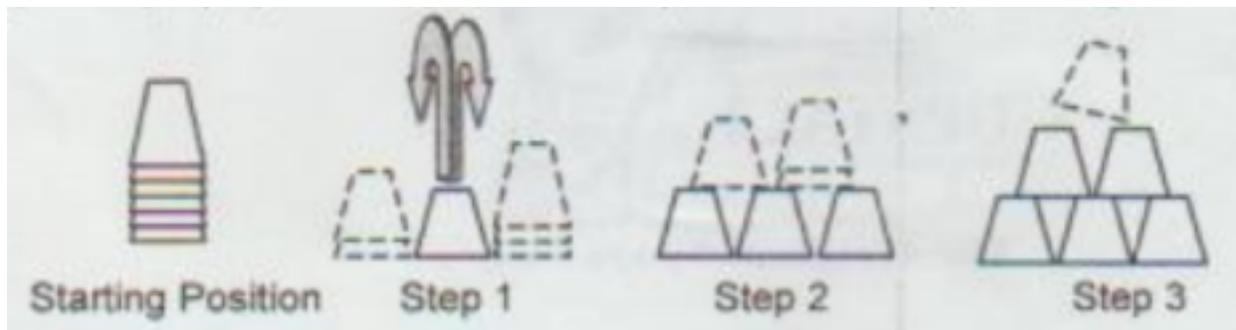
3-2-1 Method- Ace or Expert level

The method used by champion stackers. It takes practice and concentration to perform this method of stacking. Eventually, this becomes the fastest way to stack a

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cup pyramid.



HOW: From 1 stack of 6 cups, take 3 cups in one hand and 2 cups in the other hand and place the cups from the one hand on one side of the remaining cup and place the cups in the other hand on the opposite side of the remaining cup (Step 1). Then take 2 cups from the stack of 3 cups and one cup from the stack of 2 cups in each hand and form the second level of the pyramid (Step 2). Now take the one cup from the stack of 2 cups (now on the 2nd level of your pyramid) and place it at the top, completing your pyramid (step 3). *DOWNSTACKING* is performed the opposite way.

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TEAM RELAY RACES:

For team play, relay races provide added fun for everyone. In relay competition, stacking follows the same guidelines as individual competition with team members tagging another member on the hand after completing the 3-6-3 stacking sequence. Players cannot begin stacking until the person currently stacking tags him or her. The team finishing first is declared the winner, provided they have fewer penalties or deductions than their opponent. An official assigned to monitor each table is recommended to accurately keep track of penalties and declaring a winner.

POINT DEDUCTIONS FOR RELAY COMPETITION

A point is deducted from a team if:

- A player false starts twice in a row.
- A player misses tagging his/her teammate's hand, or a player begins stacking before being tagged.
- Un-sportsman like conduct.
- Not correcting fumbles before advancing to the next step of stacking. • Handling two separate cup stacks simultaneously, or double stacking.

RELAY RACE SCENARIOS

- If the team finishing first receives a point deduction, and the team finishing second has zero point deductions, the race is a tie. Teams must re-race to determine a winner.
- If the team finishing first receives 2 points in deductions, and the team finishing second receives a single point deduction, the race is a tie. Teams must re-race to determine a winner.

- If the team finishing first has 2 points in deductions and the team finishing second has no deduction points, then the second-place team is declared the winner.
- If a team or an individual player physically interfere with another team's cups or players, the team interfered with is automatically declared the winner by forfeit. • Each team should stack on its own table to minimize interference and reduce confusion during fumbles.
- If a player begins with a stack of cups that has been fumbled by the previous player, then the team fumbling automatically forfeits that race. (Players must be sure to *DOWNSTACK* before tagging another team member's hand.)

What is CUPSTACK?

CUPSTACK is a system or process of stacking cups inverted (upside down) into pyramids (*UPSTACKING*), then return them to the starting position by unstacking the cups (*DOWNSTACKING*) back to their original configuration. Pyramids are built (stacked) in predetermined sequences. CUPSTACK® is a developmental and educational tool that can be played individually or as a team sport. CUPSTACK® is the registered trademark of CUPSTACK®, INC. and CUPSTACK® inventor Wayne P Godinet of Oceanside, CA U.S.A.

What are the standards used for determining various expertise levels?

Expertise levels are determined by the length of time it takes to complete the Cupstack sequence. Based on the 3-6-3 stacking sequence (each number corresponding to the number of cups per stack), participants who consistently complete the 3-6-3 sequence in 4 seconds or less are considered "ace" or having a high level of expertise. Those who consistently complete the 3-6-3 sequence in 5-8 seconds are intermediates. Beginner or novice stackers complete the 3-6-3 sequence in 9 seconds or more.

What is the CUPSTACK cycle?

CUPST®ACK has many variations including countless number combinations for stacking. The CUPSTACK® cycle is a combination of stacking 3-6-3, 6-6, and 1-10-1 sequentially. The most effective way to learn the CUPSTACK® cycle correctly is to follow the cycle stacking techniques on the CUPSTACK® instructional video.

How do I find out more about World Cupstack Championship or other events throughout the year?

The championship event is held annually around June/July in Oceanside, CA. To learn more about the complete CUPSTACK® product line or CUPSTACK® events throughout

the year, including the annual Corporate Adult CUPSTACK® Championships, call
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CUPSTACK® INC at (760) 458-2614. Email us at cupstackonline@cox.net or write to Wayne Godinet, CUPSTACK® INC, PO Box 1657, Oceanside, CA 92051-1657.

General rules applied to all stacking events:

1. Starting hand position: Hands must be flat on the table or timer (time trials) when the stacker begins.
2. Stopping hand position: Hands must be flat on the table or timer when the stacker finishes their event. In timed events the stacker must use the palm of the hand to stop the timer, no other part of the body may be used including the edge of the hand.
3. All fumbles must be fixed in the proper sequence of stacking.
4. NO PHYSICAL CONTACT WITH AN OPPONENT. This does not include shaking hands after a match.