

## NUMBER OF PLAYERS IN FLIP CUP

AN EQUAL NUMBER OF PLAYERS STAND ON EACH SIDE OF THE TABLE.

## HOW TO PLAY FLIP CUP

1 Each player must empty and then flip a R/B Cup as fast as possible.

2 If you don't succeed in making the R/B Cup rotate 180 degrees, you try again, until you succeed.

3 When the R/B Cup has been emptied, and flipped correctly, the next player in line starts.

4 The first team to empty and flip all their $R / B$ Cups wins Flip Cup.

Indoor: You drink 1 R/B Cup and flip another R/B Cup afterwards (less messy).

Outdoor: You drink and flip the same R/B Cup.

## THE TECHNIQUE BEHIND FLIP CUP

1 Be ready when it's your turn.
2 Empty your R/B Cup as fast as possible.
3 Flip your R/B Cup still and balanced in your own rhythm.

4 If you miss, you need to relax, concentrate and try again.

## SPECIAL RULES

1 The first two players on the winning team must flip their R/B Cup twice.

2 If a player misses 5 flips in a row, the whole team must start over.

3 If the R/B Cup makes a correct 360-degree rotation, the next player in line won't have to flip his/her R/B Cup.
4. If a player flips the R/B Cup the first time, three times in a row, he/she can give 3 shots to the opposition team.

