



NUMBER OF PLAYERS IN FLIP CUP

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

HOW TO PLAY FLIP CUP

- 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

- 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

- 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.



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