

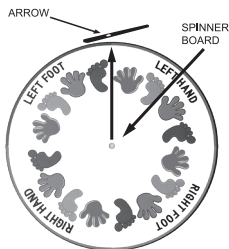
DON'T FALL DOWN

Contents:

Mat, spinner board and arrow.

SET UP:

1. Assemble the spinner as shown.
2. Spread the mat out on the floor.



HOW TO PLAY:

Team Setting

- 2 players: Each player stands at one end of the mat, with one foot on the blue footprint and another on the yellow handprint next to it.
- 3 players: As above. One player is nominated as the referee. They will stay out of the mat, spin the spinner, then call out which hand or foot needs to be put on the footprint/handprint.
- 4 players: Split into two teams and face each other, two by two at opposite ends of the mat.

Start Twisting!

1. The ref spins the spinner and calls out which hand or foot players should move. For example, if the ref calls out "right hand, red", place your right hand on a red handprint without letting a knee or elbow touch the mat.
2. Once a footprint/handprint is claimed, other players cannot occupy the same footprint/handprint. If you do not agree that your opponent got a footprint/handprint first, the ref will make the final decision.
3. Once you've made your move and claimed a footprint/handprint as your own, you cannot move again unless the ref tells you to.
4. If all six footprints/handprints with the same colour are occupied, the ref spins again until a new colour comes up.
5. If the ref calls the same colour twice in a row, move your hand or foot to a new footprint/handprint of that colour.
6. If you put your knee or elbow on the ground (or fall over completely), you're out!

Winner of the game:

The last player still standing after their opponents have fallen or put a knee or elbow on the mat is the winner!