

Official Twister Rules

Players must take off their shoes.

1. The playing mat is 4 square meters and contains 64 circles in four colours. There is a two opposite start sides, one pink and one orange. The mat will be on a tarpaulin base and gym mats. The CCA would like to thank the Stour Valley School for the loan of their gym mats. This should make falling over more pleasant.
2. Each player will have a coloured and numbered armband. This is to help the referee to identify who to eliminate. For example he may call out 'Pink four is out'. In which case whoever wears pink four is eliminated. The Referees decision is final.
3. Two teams of four players take up position on either side of the mat, the pink team on the pink side and the orange team on the orange side.
4. Each player moves onto the coloured space ready to move onto the yellow and blue circles to start.
5. The Referee throws the dice and declares the body part and the circle colour. Each player must try to place the called out body part on a vacant circle of the called out colour. For example, if the referee called **Left hand – purple**, then each player must try to move their left hand to any vacant purple circle.
6. If your left hand is already on a purple circle then you must try and move to another purple circle.
7. There can never be more than one hand or foot on one circle. If two players go for the same circle the referee will decide who got there first. The losing player needs to find a vacant circle, of the right colour. The Referees decision is final.
8. Never move except when instructed by the referee after a dice declaration. If you do you will be eliminated, the Referees decision is final. There is an exception –
9. You may lift your hands or feet to allow another to pass by, but you must declare it to the referee **beforehand**. And replace the lifted part immediately.
10. If any players touch the pale blue part of the mat then they are eliminated. If you feel that you are going to fall over you may stand up and eliminate yourself.
11. The winner is the last person 'standing' who will then take the rest of their team through to the next round.

Just in case you've missed it - **THE REFEREES DECISION IS FINAL.**

Please come along and join in, there is a glamorous trophy to win, and proudly display for a whole year until we have the next Twister Challenge at Party in the Park.