



Cup Stacking

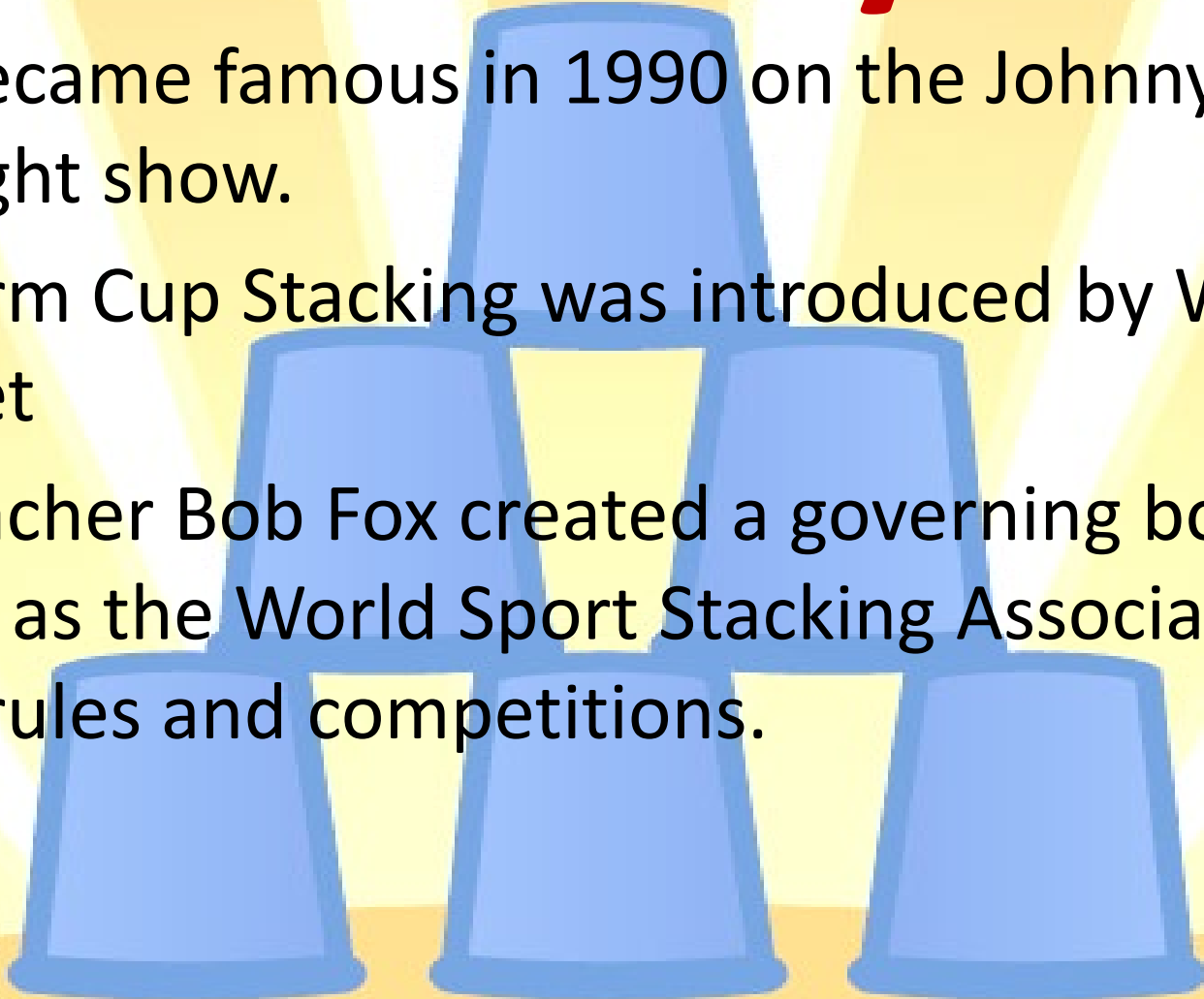
What is Cup Stacking?

- Cup Stacking also known as sport stacking is the ability to stack specially designed cups in different patterns as quickly and efficiently as possible.



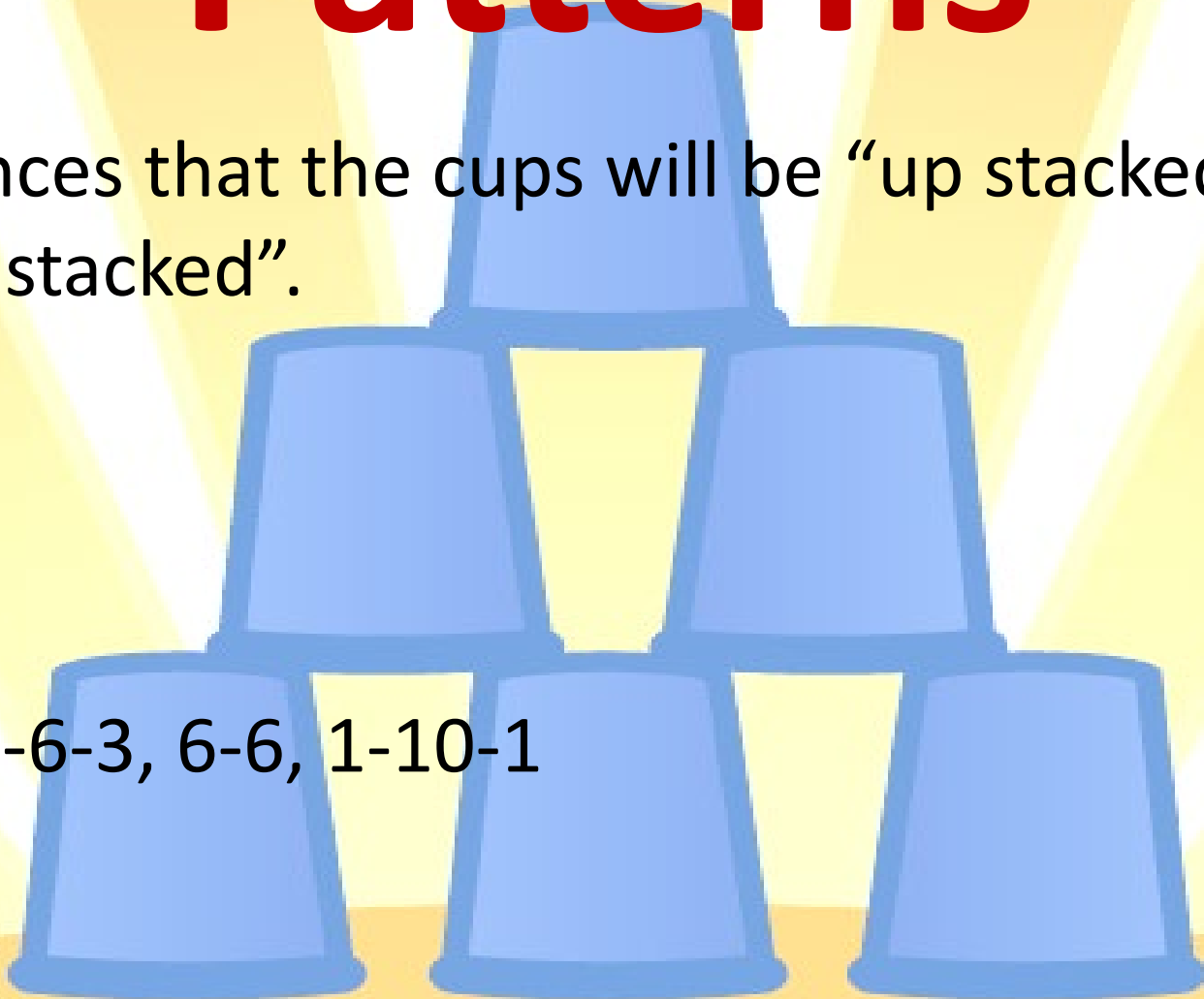
History

- First became famous in 1990 on the Johnny Carson late night show.
- The term Cup Stacking was introduced by Wayne Godinet
- P.E. teacher Bob Fox created a governing body known as the World Sport Stacking Association that led to rules and competitions.



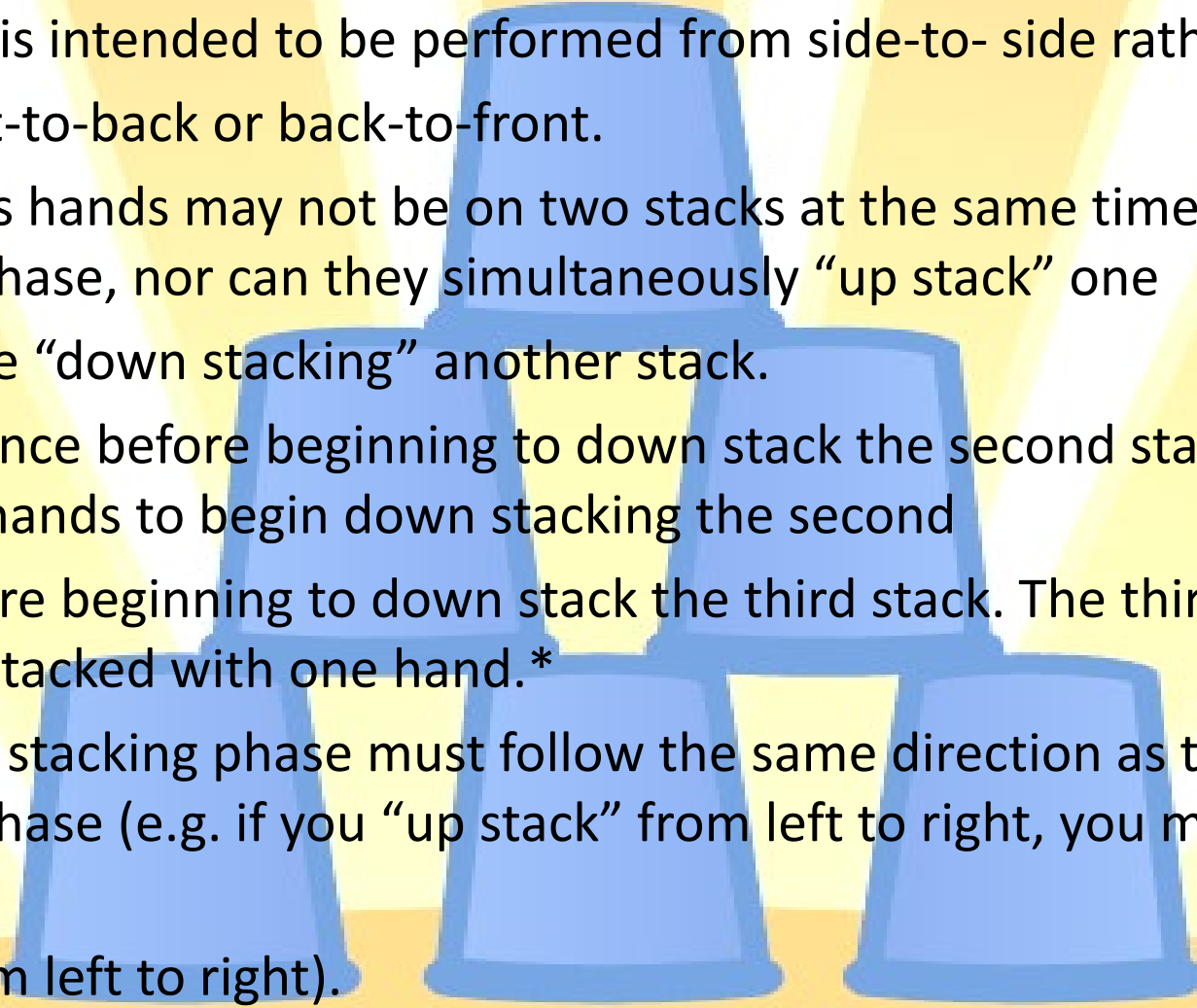
Patterns

- Sequences that the cups will be “up stacked” and “down stacked”.
- 3-3-3
- 3-6-3
- 1-10-1
- Cycle 3-6-3, 6-6, 1-10-1



Rules – 3-3-3 & 3-6-3

- Stack from left to right or right to left (individual preference). The stacking sequence is intended to be performed from side-to-side rather than from front-to-back or back-to-front.
- A Stacker's hands may not be on two stacks at the same time in the up stacking phase, nor can they simultaneously "up stack" one stack while "down stacking" another stack.
- any sequence before beginning to down stack the second stack, and must use both hands to begin down stacking the second stack before beginning to down stack the third stack. The third stack may be down stacked with one hand.*
- The down stacking phase must follow the same direction as the up stacking phase (e.g. if you "up stack" from left to right, you must also "down stack" from left to right).



Cycle Rules

Cycle Stack

- The Cycle Stack is a pattern consisting of a 3-6-3 stack, a 6-6 stack, and a 1-10-1 stack performed in a continuous sequence and ending in a “down stacked” 3-6-3.
- Placement of the two up stacked 6 stacks during the Cycle must be in a “side-by-side” manner as opposed to a “front-to-back” manner.
- Down stacking the 6-6 –
- **Tip:** Rather than down stack each stack of 6 separately, then place one 6 stack on the other, it is faster to use the first stack of 6 (3 cups in each hand, or 4 in one hand and 2 in the other) to down stack the second stack of 6, thereby ending in a column of 12. All 12 cups must be involved in the down stack (leaving none behind) and come together in one down stacked column of at least 10 cups allowing either one or two of the 12 cups to remain behind in the Stacker’s hand(s).

Cycle Rules Continued

- The top two cups from the column of 12 (or the one(s) remaining in the Stacker's hand(s)) must then be placed on either side of the now column of nested 10 (forming the 1-10-1), one cup to the right side of the column and one cup to the left side.
- One of these cups must be placed facing "down" and the other one must be placed facing "up" (stacker's choice). The single cups may not cross the true center of the up stacked 10 stack. The center of the 10 stack is determined by the middle of the bottom row of 4 cups that are in contact with the StackMat.[®]
- Once the 1-10-1 has been up stacked, each single cup on either side of the 10 stack must first be "picked up" and then used to down stack into a 3-6-3, thus ending the Cycle stack.