**Sport Stacking Event Information and Rules**

**General Information and technique clarification:**

* This is a competition for pupils from Year 3, 4, 5 and 6.
* Teams of 4 (no gender ratio).
* It is strongly recommended that stackers use alternate hands when up-stacking and down-stacking. Stackers usually begin with their dominant hand.
* Stackers MUST begin from either the left or the right side of the three stacks. They MUST NOT begin with the middle stack. Stackers usually begin at the side that is opposite to their dominant hand i.e. Right-hand-dominant stackers usually begin with the left stack so they are leading with their dominant hand.
* Stackers must always stack in their chosen direction i.e. once they have up-stacked the three stacks, they must go back to the beginning before they begin down stacking the stacks in the same order that they up-stacked them.
* Stackers MUST finish one stack before moving on to the next. Simultaneous stacking of more than one stack is not allowed. This would be a ‘scratch’.
* If the stacker fumbles during the up-stacking phase they must correct it before continuing. If they fumble and they have already moved on (because they are going so fast), they must return the cups they are stacking to their previous position before going back and fixing the fumble. They may then carry on.
* If the stacker fumbles during the down-stacking they can correct it at any time before the timer is stopped.
* If the timer is stopped accidently before completing any sequence this is a ‘scratch’.
* If the timer is started by accident before the stacker has begun, this can be reset.
* If stacks are knocked over before the timer is stopped, this is a scratch.
* If a scratch occurs, no time will be recorded.

**3-3-3 Stack:**

* Nine cups are organised in three stacks of three cups.
* They begin in the down-stacked position.
* Stacker starts by activating the timer.
* All three stacks are up-stacked from one direction to the other.
* Stacker goes back to the beginning and down-stacks the three stacks.
* Stacker immediately returns hands to the timer on the Stack mat to stop it and record their time.

**3-6-3 Stack:**

* Twelve cups are organised in three stacks: The first stack contains three cups, the second stack contains six cups and the third stack contains three cups.
* They begin in the down-stacked position.
* Stacker starts by activating the timer.
* All three stacks are up-stacked from one direction to the other.
* Stacker goes back to the beginning and down-stacks the three stacks.
* Stacker immediately returns hands to the timer on the Stack mat to stop it and record their time.

**3-3-3 Team Stack (Time Trial):**

* A team consists of 4 stackers.
* Three stackers stand behind set point (marked by a throw down line).
* The first stacker stands at the table with their hands on the timer.
* Nine cups are organised in three stacks of three cups.
* They begin in the down-stacked position.
* In the time trial, the first stacker starts by activating the timer.
* All three stacks are up-stacked from one direction to the other.
* Stacker goes back to the beginning and down-stacks the three stacks.
* STACKER DOES NOT STOP THE TIMER.
* On completion of the down-stack, stacker runs to their team. When their first foot crosses the line, the next stacker can run to the stacking table.
* STACKER DOES NOT TOUCH THE TIMER.
* Second stacker must up-stack then down-stack the cups.
* On completion of the down-stack, stacker runs to their team. When their first foot crosses the line, the next stacker can run to the stacking table.
* Third and fourth stackers follow in this fashion.
* When the Fourth and final stacker completes the down-stacking they must immediately place their hands on the timer on the Stack mat to stop it and record their team time.

**3-6-3 Doubles Stack (Time Trial):**

* A 3-6-3 stack will be completed as a pair.
* One stacker will use their right hand only and the other stacker will use their left hand only (outside hands).
* A scratch will be given if the pair begin stacking simultaneously.

Please visit [www.speedstacks.com/learn](http://www.speedstacks.com/learn) to watch free video instruction