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Read instructions in their entirety. In the event of missing parts, call **1-800-533-0446**.



Activity Instructions

Equipment List

- 42 Rainbow® FlipFrenzy™ Discs

FlipFrenzy™

Objective. Be the team with the most points after a predetermined amount of time.

Number of Players. Up to 36 players.

Setup.

- Use the play area available; a basketball court indoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Place the Rainbow® FlipFrenzy™ Discs around the play area with the colored side down.
- Divide the players into 6 equal teams. Designate each team a Rainbow® color.

Game Play.

- All players start at any location in the play area.
- At the signal, players rush from disc to disc in search of their team's color. When a player finds the correct color, they flip the disc to the color side up.
- Players are not allowed to slide on their knees or crawl from disc to disc.
- Players may flip discs showing an opponent's color to be color side down.
- Upon hearing the end signal, players freeze in their location.

Scoring. Points are awarded by the discs flipped up to show a color.

- Each disc with the designated color flipped up earns one point for that color team.
- The team with the most points, wins.

Options.

- Players hop, skip, or jump to each disc.
- When a player flips over an opponent's color disc, they perform an exercise (jumping jacks, lunges, etc).
- Play for multiple rounds. The team with the most wins at the end, wins overall.

FlipFrenzy™ Collection

Objective. Be the first team to collect all 7 of their discs.

Number of Players. Up to 36 players.

Setup.

- Use the play area available; a basketball court indoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Place the discs around the play area with the colored side down.
- Divide the players into 6 equal teams. Designate each team a Rainbow® color.

Game Play.

- All players start at any location in the play area.
- At the signal, players rush from disc to disc in search of their team's color. When a player finds the correct color, they collect it and place it in a designated area for each team.
- Players are not allowed to slide on their knees or crawl from disc to disc.
- Players may flip discs that are showing an opponent's color to be color side down.

Scoring. The first team to collect all 7 of its discs, wins.

Options.

- For more difficulty, students play as a relay. Create a start line and place the discs at the opposite end of the play area. 1 player from each team crosses the start line, searches for, and collects 1 disc in their team's color and returns to the starting line when the next player goes.
- Have teams collect a Rainbow® Set of discs.
- When one disc is collected the entire team performs an exercise.

FlipFrenzy™ Small Sided Games

Objective. Be the team with the most points after a predetermined amount of time.

Number of Players. Up to 36 players.

Setup.

- Use the play area available; a basketball court indoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Divide the play area into 6 sections.
- Divide the players into twelve equal teams. Designate each team a Rainbow® color.
- Assign 2 teams to a section, ensuring teams of different colors are playing in each section.
- Divide the discs so each section has 6 discs with 3 in each team's color.

Game Play.

- All players start at any location in their designated section of the play area.
- At the signal, players rush from disc to disc in search of their team's color. When a player finds their team's color, they flip the disc to the color side up.
- Players are not allowed to slide on their knees or crawl from disc to disc.
- Players may flip discs that are showing an opponent's color to be color side down.
- Upon hearing the end signal, players freeze in their location.

Scoring. Points are awarded by the discs that are flipped up to show a color.

- Each disc with the designated color flipped up earns one point for that color team.
- The team with the most points, wins.

Options.

- Players hop, skip, or jump to each disc.
- When a player flips over an opponent's color disc, they perform an exercise (jumping jacks, lunges, etc).
- Play for multiple rounds. The team with the most wins at the end, wins overall.