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

SteadyStack™

Activity Instructions

Equipment List

- 6 SteadyStack™ Batons
- 72 Rainbow® SteadyStack™ Discs

1. SteadyStack™ Relay

Objective: Be the first team to complete the course with 6 discs stacked on the baton.

Number of Players: Up to 24 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.
- Create a starting line at one end of the play area.
- Place 6 Rainbow® cones (not included) at the other end of the play area.
- Divide players into 6 equal teams and assign each team a Rainbow® color.
- Provide teams with 1 baton and 12 discs in their team's color.
- Teams line up behind the starting line.

Game Play:

- At the signal, the first player from each team crosses the starting line with 1 disc balanced on the baton and rushes toward the cone.
- Players go around the cone and return to the starting line while balancing the baton and disc.
- After the first player crosses the starting line, the next player takes the baton, adds another disc, and begins their trek to the cone and back.
- If a player drops any of the discs while on the course, the team restarts the course with 1 disc.
- Play continues until one team successfully runs the course with 6 discs on the baton.

Scoring: The first team to cross the line with 6 discs on the baton wins.

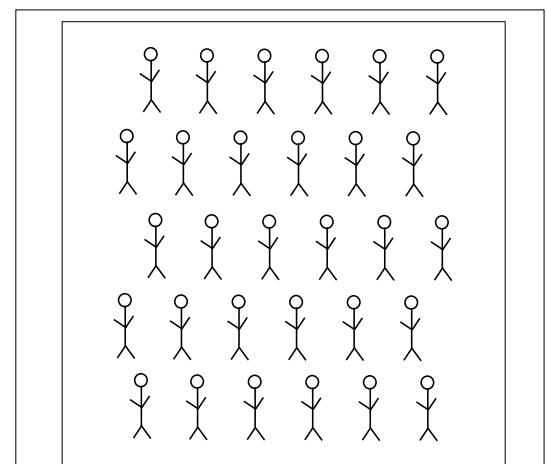
Options:

- For more difficulty, place obstacles within the course such as a balance beam, cones to weave through, etc.

Diagram 1: Play Area



Diagram 2: Teams



- Be the team with the most discs stacked on the baton and complete the course.
- For more difficulty, increase the number of discs.
- For less difficulty, teams that drop discs return to the start line and run the course with the same number of discs as was dropped.

2. SteadyStack™ Brigade

Objective: Be the first team to successfully pass the baton down the line with 6 discs balanced on top.

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 players into 6 equal teams and assign each team a Rainbow® color.
- Advise each team to line up side-by-side with an arm's length between each player, creating 6 lines.
- Provide teams with 1 baton and 6 discs in their team's color.

Game Play:

- At the signal, the first player in each line places 1 disc atop the baton and passes it down the line to the next player.
- Players pass the baton from player to player until it reaches the last person in line and then it is returned to the first person in the line in the same manner.
- Once the baton is returned to the first person in line, they add another disc to the stack and repeat play.
- If any of the discs fall while passing the baton, the baton is returned to the first player and passing starts over.

Scoring: The first team to successfully pass the baton with 6 discs down the line and back, wins.

Options:

- For more difficulty, spread the players out so they have to move to one another before passing the baton.
- For more difficulty, if any disc falls the team starts over with 1 disc.

3. SteadyStack™ Tower

Objective: Be the team/player to balance the most discs for 5 seconds.

Number of Players: Up to 12 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 players into 6 equal teams and assign each team a Rainbow® color.
- Provide teams with 1 baton and the discs in their team's color.
- Players can be located anywhere on the play area.

Game Play:

- At the signal, 1 player places 1 disc on the baton and balances it for 5 seconds.
- After 5 seconds the player or a teammate may add another disc to the stack and balance for another 5 seconds.
- Play continues adding discs and balancing for 5 seconds until the tower topples.

Scoring: The team/player who balances the greatest number of discs for 5 seconds, wins.

Options:

- Compete in pairs. Which person can balance the most.?
- For added difficulty, players traverse an obstacle course while balancing the discs.
- For more difficulty, if any disc falls, the team/player starts over with 1 disc.