

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL CUP STACKING RULES

1. **The StackMat:** The StackMat is activated when both hands are placed on the touch pads that will illuminate the red and green lights indicating the timer is ready.
 - a. The timer will start when the Stacker (participant) removes both hands from the StackMat.
 - b. The timer will stop when the Stacker places both hands back on the StackMat.
 - c. When starting and stopping the stacker may use any part of the hand(s), but neither the wrist nor forearm may be used to start or stop the timer.
 - d. When starting the timer, a stacker's hands may not be in contact with any cups.
2. **Up-stacking:** The "up-stacking phase" begins once the Stacker starts the timer or starts up stacking the first stack in the sequence. Stacker must proceed from left to right or right to left (personal preference).
 - a. A stacker's hands may not be on two stacks at the same time in the up-stacking phase
 - b. A stacker may not simultaneously be "up-stacking" one stack while "down-stacking" another.
3. **Down-stacking:** The "down-stacking phase" begins once the Stacker starts down-stacking the first stack in the sequence.
 - a. The Stacker must down-stack the first stack before beginning to down stack the second.
 - b. Same rules apply from second to third stacks.
4. **Event Stacking:** The event stack is a pattern consisting of a 3-6-3 stacking from left to right or right to left (individual preference).
 - a. Stacker must complete the up-stack before beginning to down-stack.
 - b. The down stack must end in a 3-6-3 pile or 1 total pile depending on the Stacker's preference.
5. **Hiccup:** An accidental slight movement of a hand or hands on the touch pads of the StackMat causing the timer to start seemingly on its own, is not considered a "try". Simply reset the timer.
6. The handling of stacks can be performed with either one or two hands.
7. The Stacker gets three timed "entries" Each entry will count regardless of the final time.
8. Intramural champion t-shirts will be awarded to the first 15 Stackers to beat the benchmarked time.
9. The benchmarked time for this event will be 8 seconds.

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