

# INACAN'S FLIP CUP

Flip Cup is a popular drinking game that is played by two teams with an equal number of players. The objective of the game is to be the first team to flip all of their cups over and finish their drinks.

## PROPS REQUIRED



## RULES AND INSTRUCTIONS:

### 01.

Divide the players into two teams of equal numbers and have them stand on opposite sides of a long table.

### 02.

Each player fills their cup with the same amount of beer or another alcoholic beverage.

### 03.

The game begins with two players from opposite teams facing each other at the centre of the table. They must cheer and drink their entire contents of the cup.

### 04.

Once they finish drinking, they place their cup upside down on the edge of the table with the rim hanging slightly over the edge.

### 05.

Using only one hand, they must flip the cup so that it lands right side up on the table. Once the cup lands successfully, the next player on their team can start drinking.

### 06.

Players must only use one hand to flip the cup, and they cannot touch the cup until it is their turn to drink.

### 07.

If a player fails to flip the cup, they must pick it up and try again. They can only start drinking once they successfully flip the cup.

### 08.

The game continues in this manner, with each player drinking, flipping, and passing the cup to the next player on their team.

### 09.

The first team to successfully flip all of their cups wins the game.

### 10.

If a player spills their drink or touches the cup with both hands, they must refill their cup and start over.

### 11.

Players should drink responsibly and in moderation. The game is meant to be fun and social, not a contest to see who can drink the most.

## TIPS TO HELP YOU WIN THIS GAME:

### 01

#### Practise your flipping technique:

The key to winning Flip Cup is to be able to flip the cup consistently and quickly. Practice your technique before the game so you can get the hang of it and avoid wasting time.

### 02

#### Be fast but steady:

While speed is important, you also need to be steady when flipping the cup. Don't rush too much that you end up spilling the drink or missing the target. Focus on being fast but accurate.

### 03

#### Use a good quality cup:

A sturdy and non-slippery cup can make a big difference in the game. Choose a cup that is easy to hold and flip, and won't slip out of your hand.

### 04

#### Stay focused:

It's easy to get distracted or lose your concentration during the game, especially if there's a lot of noise and commotion around you. Try to stay focused on the task at hand and block out any distractions.

### 05

#### Work as a team:

Flip Cup is a team game, so communication and teamwork are crucial. Make sure everyone on your team is on the same page, and help each other out if someone is struggling.

### 06

#### Don't drink too much:

While Flip Cup is a drinking game, it's important to pace yourself and not drink too much too quickly. Stay hydrated with water or non-alcoholic beverages in between rounds, and know your limits.

REMEMBER, THE MOST IMPORTANT THING IS TO HAVE FUN AND ENJOY THE GAME WITH YOUR FRIENDS OR FELLOW PLAYERS.



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