



SPIN OUT

GAME RULES



GOAL: The goal of Spin Out is to jump a full rotation around the mat without making a mistake.

To Play:

- The player begins by standing in the center of the mat.
- The player then jumps and lands feet apart, then back to the center, feet together.
- With each jump, the player rotates left or right so that their next jump feet apart will land on the next set of foot prints.

It will take concentration and precise footwork to make a full spin around the mat without a mistake!