



**“Once you Jump In you automatically win, the only thing you lose is unwanted weight”**

**Objective:** Get kids active

**Equipment:** 32 Tiles, At least 3 different Sport Balls, Wristbands, Playmaker Cards, Allstar Cards

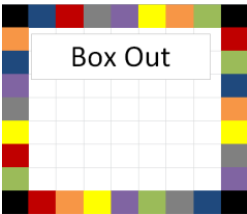
**Number of Players:** 2 – 10

**Ages:** 8 and up

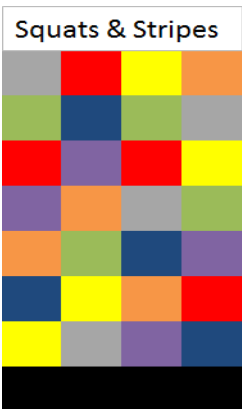
**Different type of tiles:** Sports, Exercise, Card, Quarter

**Different Sports Possible:** Basketball, Football, Baseball, Hacky Sack, Soccer, Frisbee, and Golf

**Different Exercises Possible:** Pushups, Situps, Mountain Climbers, Burpees, Squats, Jumping Jacks, Jump Rope, Hull-a-Hoop, Planks, Sprint, Shuffle, Kangaroo Jump, Bear Crawl, Crab Walk, Back Pedal, Cartwheel, Duck Walk, Handstand Walk, Somersault, and Roll



Rules: Single player. Players roll dice one at a time and perform action that is on tile and the first one to make it back to the 1<sup>st</sup> Quarter tile wins.



Rules: 8 players in all split into 4 different 2 player teams. Each team starts on a black tile and one person rolls dice. Everyone first in line goes the number rolled and their teammates wait to get on the board. The players on the board will each perform the action the tile requires. First exercise tiles go then sports, then card tiles. After a play passes all 8 tiles in their row then their teammate is now on the board while they wait. The teammates are linked together so for example when one has to do pushups, shoot a ball, etc. so does the other. First team to complete two cycles through their row wins.



**YOU THINK THIS IS A GAME...well it is a game #thesportyboardgame**

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