

Limbo

Official Rules Guide — Premier Disco Giant Games

2+ Players	1 Pole	All ages Recommended	5-15 min Per game
----------------------	------------------	--------------------------------	-----------------------------

About the Game

How low can you go? A party classic that needs nothing but a bit of nerve and a good sense of balance.

What's included: a freestanding limbo pole with adjustable stands — not something guests need to hold themselves.

How to Play

- 1 Set the pole across the adjustable stands at a starting height.
- 2 Players take turns leaning backward and shuffling underneath it without touching the pole or the ground with their hands.
- 3 Anyone who knocks the pole, or touches the ground, is out.
- 4 After everyone's had a go, lower the pole on the stands and the round repeats.
- 5 Last player still in wins.

A Few Strategy Tips

- **Bend the knees, not just the back.** It's easier to control your balance than arching too early.
- **Use your arms.** Keep them out for balance rather than tucked in.

Variations

- **Music-led limbo.** Play a tune and only lower the pole between songs for a party atmosphere.
- **Team relay limbo.** Take turns as a team and combine everyone's best attempts.

Frequently Asked Questions

How many players can play Limbo?

Two or more — the game works with any size group, taking turns one at a time.

Do we need to hold the pole ourselves?

No — the pole sits on a freestanding stand with adjustable height, so no guests need to hold it.

How do you win?

Last player to get under the pole without touching it or the ground wins, as the pole is lowered round by round.

Is Limbo suitable for all ages?

Yes — it works well for a mixed-age crowd, since the pole starts at a comfortable height for everyone before getting progressively harder.