

Giant Twister

Official Rules Guide — Premier Disco Giant Games

2-5 Players	3m x 3m Mat size	5-10 min Average game	All ages Recommended
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About the Game

The classic body-twisting party game, scaled up to a full 3m × 3m mat. Simple to explain, guaranteed to get people laughing, and a brilliant way to break the ice at any event.

Object of the Game

To be the last person still standing.

How to Play

- 1 Decide who goes first.
- 2 Roll the dice and place the body part shown on one die onto the coloured spot shown on the other.
- 3 Roll a "sting" and you choose which body part to place yourself.
- 4 Play moves clockwise around the players.
- 5 If you fall over, you're out.

***Tip:** Keep your base wide and your weight low — a stable stance beats a stretch every time.*

Winning the Game

The last player still standing, without falling or letting any other part of their body touch the mat, wins.

A Few Strategy Tips

- **Watch your opponents, not just your own spot.** Anticipating where they'll need to reach next helps you box them out.
- **Keep your core engaged.** A steady core makes awkward stretches far more manageable.
- **Don't rush the placement.** A slow, controlled move beats a fast, wobbly one.

Frequently Asked Questions

How many players can play Twister?

Best played with 2 to 5 people, though the giant mat gives a bit more room than the tabletop version.

What happens if I fall over?

You're out for that round — last person still standing wins.

How big is the mat?

3m by 3m for the giant version, roughly three times the size of the standard game.

How long does a game take?

Usually 5 to 10 minutes, making it easy to run several quick rounds.