

## What is YOU.FO?

YOU.FO is a completely new sports game based throwing an aerodynamic ring with sticks over 10-30 meters. YOU.FO requires concentration, strength, flexibility and cooperation.

Although the basic skills are easy to learn, YOU.FO will continue to challenge players to improve their skills, and to invent new game concepts. YOU.FO can be played one-on-one or in teams, with goals or freestyle, in city parks, on sportsfields or at the beach. YOU.FO is suitable for age 12+ (10-12 years under supervision of an adult). See [www.you.fo](http://www.you.fo) for more information.



Check out our new WebApp with Free access to instruction videos, fun activities and more  
<https://you.fo/world/>



## Learning the basics\*



Make sure the point or 'nose' is facing upwards during the entire movement.

### 1: Start

Hold stick **Horizontal** with red point facing upwards.



### 2: Push & Pull

your left arm towards your chest and at the same time **Push** your right arm forward and out.

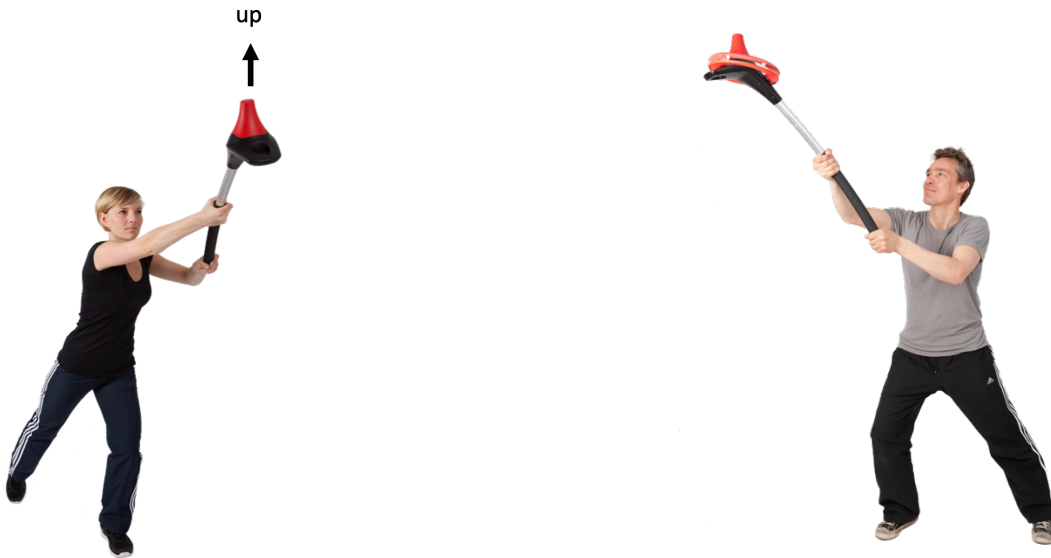


### 3: Stop & Fly

Make a sudden **Stop** by pointing the stick in the throwing direction. (The ring will take off and **Fly.**)

### 4: Catch

**Anticipate** and keep your eye on the ring.



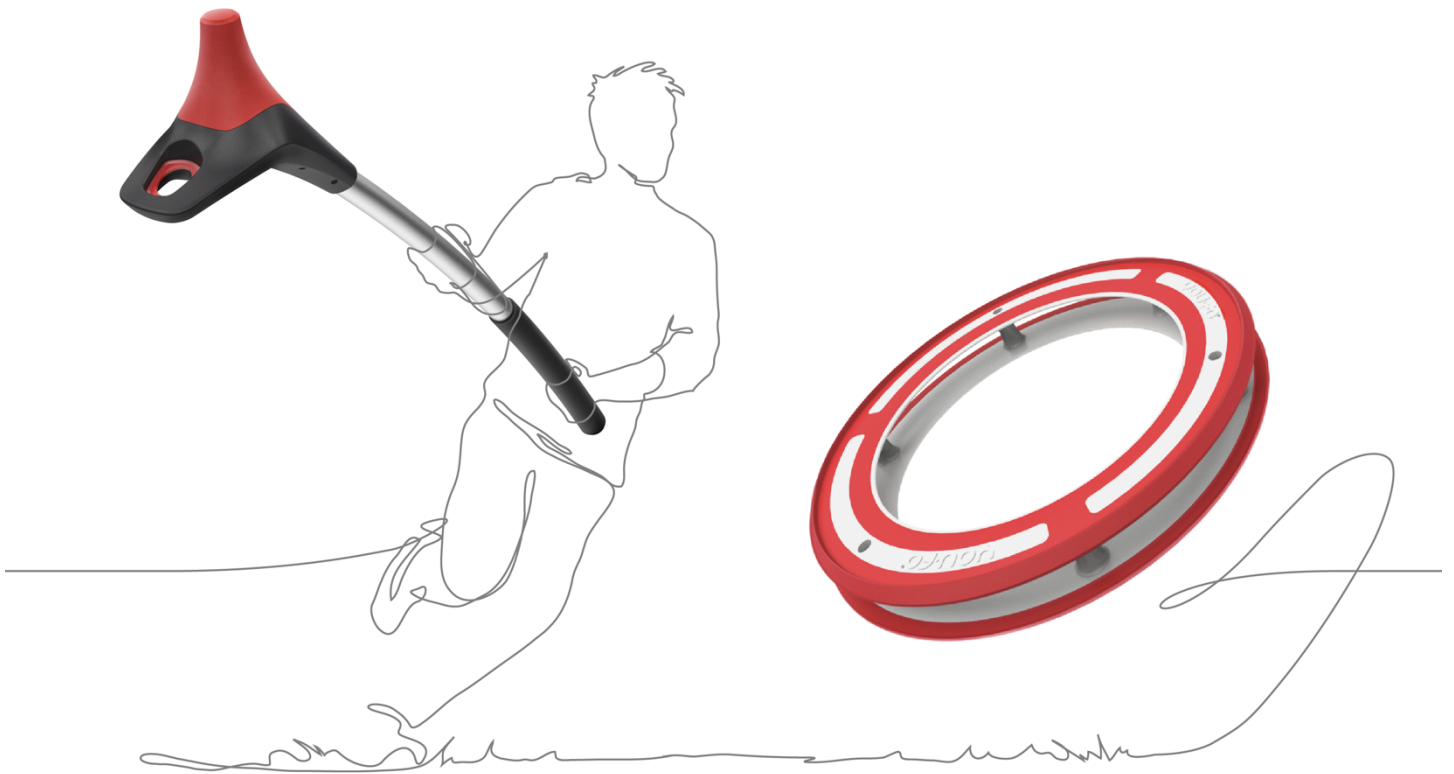
*\*Throwing explained for right handed people. If you are left handed, please mirror the instructions.*

### **What if you do not succeed immediately?**

Don't worry. This is part of the learning process.

Check out these learnings from other YOU.FO players:

1. **The ring takes off too early / The ring does not fly in the right direction**  
Make sure the red point is facing upwards during the entire movement. Also make sure your chest is always pointing in the throwing direction and that you do not twist your upper body.
2. **The ring does not fly straight.** Hold your right elbow low and make sure the ring stays horizontal during the entire movement.
3. **Catching is difficult.** Make sure the throwing person finishes the movement with the end of the stick in a high position. This will make the ring fly in a bow shape movement, making it easier to catch.



## Safety Instructions

This is not a toy but a sports game.

Age: 12+ (10-12 years under supervision of an adult).

Allow for an ample, safe distance to other players and people as well as any nearby property. YOU.FO is intended to be used with the (provided) YOU.FO ring only. Never throw a modified or damaged ring or foreign object. Never use the stick for anything other than throwing or catching the ring. Remember that any thrown object and throwing or catching movement can cause injury. Patent and trademark protection.

Play only in a clear well lit area and only throw to an alert catcher. YOU.FO can not be held responsible for any injuries to persons or property resulting from use of YOU.FO.



Although YOU.FO is designed and manufactured according to high industry standards, we cannot exclude manufacturing defects. Should you believe your set to be defective do not use but please contact your supplier if such is the case.

You are advised to read the user's manual carefully and watch the video trainings before playing at <https://you.fo/how-to-play/>. Please keep this instruction label somewhere safe for future reference.

**Patent & trademark**

EU Reg. Community Design no. 002334748-0002

U.S. Design Patent No.D725,198

EU Reg. CommunityDesign no. 002334748- 0001

US: . Design Patent No. D731,603 S

EU Reg. No 1154757

US Reg. No 4,508,598