



YOU·FO®

w w w . y o u . f o

This is not a toy but a sports game.

Age: 10+

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. 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 us immediately at info@you.fo if such is the case.

You are advised to read the user's manual carefully and watch the video trainings before playing at www.you.fo/users-manual.

Please keep this instruction label somewhere safe for future reference.

Learning the basics



1. Preparation

Place ring and hold stick as shown.

2. Throw

Swing stick forward with both arms to launch ring.



3. Follow-through

Finish throw in the direction you want ring to go

4. Catch

Anticipate and keep your eye on ring.



Have fun learning!

YOU.FO easy to play, hard to master.

YOU.FO

is an innovative sports game based on throwing an aerodynamic ring with a specially designed sword like stick over distances of 10-30 meters.

How to play YOU.FO ?

For instructions, games and product information please visit www.you.fo

facebook.com/youfosports
twitter.com/youfosports



Designed by YOU.FO, Amsterdam, The Netherlands.
Made in China. Patent pending.

