

Get up &  
**go!**

## How to play

This game is played outdoors.

Split the players evenly into two teams.

Mark out two playing areas using string or towels, then place a flag at the end of each area. If you don't have flags, then you could use jumpers.

Each team must enter the other team's playing area and dodge being captured by ducking and diving, then claim the flag and bring it back to their playing area.

If you're tagged or captured, stand still like a statue until a teammate frees you with a touch. The team that gets the flag first wins.

### Equipment

String or towels, two flags.  
If you don't have any flags,  
you can use jumpers.

# Capture the flag