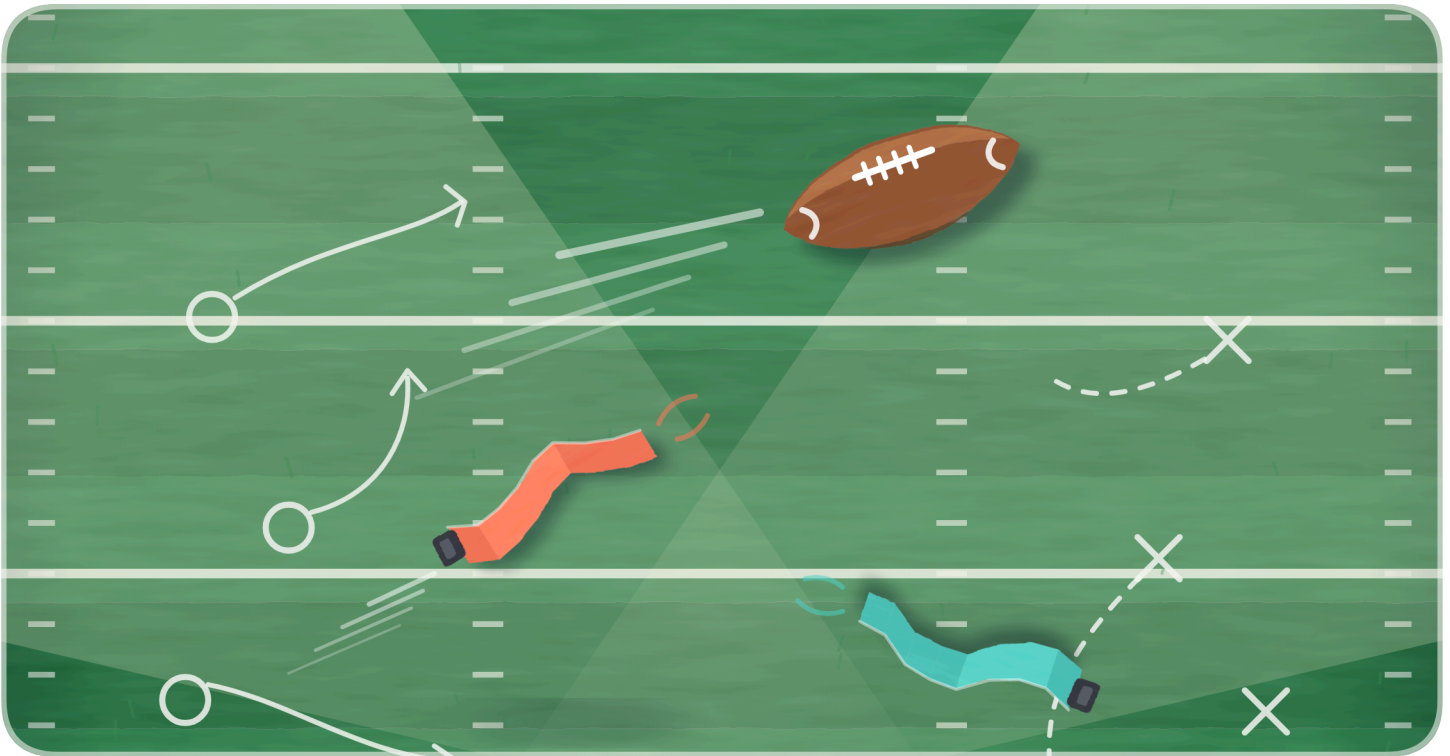


FREE PRINTABLE • AGES ABOUT 7-14 • 8-20 GUESTS

Flag Football Party Games



Four non-contact games for a 60–90 minute party: a flag-tag warm-up, a route relay, a target toss and a simple game of flag football. No blocking, no tackling: a pulled flag ends the play.

WHAT'S INSIDE

- Host guide and parent prep
- Flag Tag and Target Toss
- Route Runner Relay
- Party Flag Football rules
- Team cards and route cards
- Scorecard with an example
- Effort and sportsmanship awards

Ages about 7-14 • 8-20 guests • 60-90 minutes • non-contact

US LETTER • PRINT AT 100% / ACTUAL SIZE • NON-CONTACT GAMES

BOBOTEMP

Host Guide and Parent Prep

For the grown-up running the games: you are the referee



Ages about 7–14 • 8–20 guests • 60–90 minutes • non-contact

YOU NEED

- Flag belts with 2 flags in 2 colors (one color per side), 1 per player, or 2 bandanas per player tucked in at the hips
- 4 footballs, 1 per team: junior size or soft foam is easier for younger hands (ask guests to bring one)
- 20 cones or flat markers
- 3 hoops or 3 towels for Target Toss
- A stopwatch or phone timer (a whistle helps)
- Pencils and a clipboard for the scorecard
- Water for every player; shade or sunscreen outdoors

Print all 8 pages at 100% (Actual Size). Cut out page 6. Print page 8 once for every 8 players.

KEEP IT SAFE

Follow the venue's rules first. Walk the field for holes, sprinklers and rocks. Everyone warms up with Flag Tag. Water at every break. No blocking, no tackling, no pushing, no diving: pulling a flag is the only way to stop a runner. Waiting players and grown-ups stay behind the sideline. If someone is hurt, stop play and let their grown-up decide what happens next.

BEFORE THE PARTY

- 1 1–2 weeks before: check the venue's rules, gather the supplies, and on the RSVP ask families about allergies, anything that helps their child join in, and a phone number.
- 2 The day before: print, cut out the cards and pack the bag. Line up helpers: about 1 adult for every 6–8 players (2 for up to 16 players, 3 for 17–20).
- 3 On the day: arrive 20–30 minutes early to walk the field, clear hazards and set out the cones (diagrams on pages 3–5).

VENUE RULES COME FIRST

- Are footballs, throwing games and flag belts allowed, and where?
- How big is the space, and is it grass, turf or a gym floor? Party Flag Football needs about 20 × 40 yards; the other games fit inside it.
- Which shoes are allowed: sneakers, rubber cleats?
- When can you set up, and when must you finish? Where are water, shade and restrooms?

If a venue rule differs from this sheet, the venue rule wins.

MAKE 4 TEAMS

Count off around a circle (Kites, Ripples, Zigzags, Pinwheels, Kites...) so ages and friends mix, and write each name on the team cards in that order. Kites and Zigzags are the Coral Side, Ripples and Pinwheels the Aqua Side for Party Flag Football.

Players	8	9	10	11	12	13	14	15	16	17	18	19	20
Each team	2	2–3	2–3	2–3	3	3–4	3–4	3–4	4	4–5	4–5	4–5	5
Coral v Aqua	4 v 4	5 v 4	5 v 5	6 v 5	6 v 6	7 v 6	7 v 7	8 v 7	8 v 8	9 v 8	9 v 9	10 v 9	10 v 10
On the field	4 v 4	4 v 4	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5

RUN OF SHOW

GAME	60-MINUTE PLAN	90-MINUTE PLAN
Welcome: count off, flags on	5 min	8 min
Flag Tag warm-up (page 3)	8 min	10 min
Route Runner Relay (page 4)	10 min · 8 calls	15 min · 16 calls
Water break	3 min	5 min
Target Toss (page 3)	10 min · 1 round	15 min · 2 rounds
Party Flag Football (page 5)	18 min · halves 8 + 2 + 8	27 min · halves 12 + 3 + 12
Scores and awards (pages 7–8)	6 min	10 min
Total	60 min	90 min

Running late? Shorten the football halves first, then skip Target Toss. Never skip the water breaks.

Flag Tag and Target Toss

Two quick games: the warm-up everyone plays, then a throwing contest for team points



GAME 1 • WARM-UP • NO POINTS

Flag Tag

Mark a square with 4 cones: about 15 × 15 yards for up to 12 players, 20 × 20 yards for more. Put a fifth cone just outside one side: the Tuck Spot. Each round lasts 90 seconds.

ROUND 1: EVERYONE'S IT

Pull any flag, hold it up, call "Flag!" and hand it straight back. The owner tucks it in and plays on.

ROUND 2: SIDE V SIDE

Pull only the other side's flags. Lost a flag? Jog to the Tuck Spot, tuck it in, touch the cone and come back.

ROUND 3: CROSSING

Two pullers without belts stand in the middle; everyone else lines up on one side. On "Go!" cross the square. Lose a flag and you become a puller. Cross on every "Go!" until 3 runners are left.

Pull flags only: never grab clothes or arms, never push. Don't cover your flags with your hands. Step outside the square? Go to the Tuck Spot.

No points: this is the warm-up. Cheer every clean pull (the flag and nothing else). Easier: walking only, or a bigger square. Harder: a smaller square, or one flag each.

Mixed ages: the youngest players are the first pullers in Round 3.

SKILL

Dodging, clean flag pulls

PLAYERS

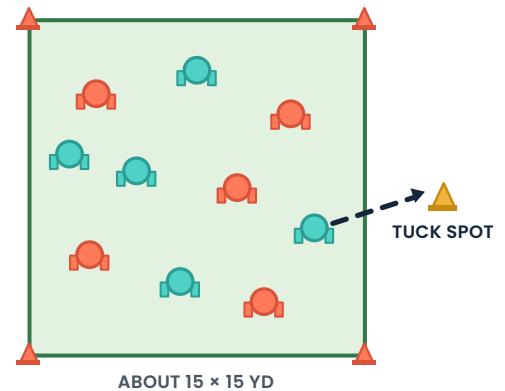
Everyone at once

TIME

8–10 minutes

YOU NEED

Flag belts, 5 cones, a timer



GAME 3 • THROWING • TEAM POINTS

Target Toss

Mark a near throw line with 2 cones and a far line 3 yards behind it with 2 more. Lay 3 hoops in a row ahead of the near line: hoop 1 at 5 yards, hoop 2 at 8, hoop 3 at 11.

- 1 Each team makes 8 throws a round, taking turns down its team card. The next team waits behind the far line.
- 2 Players under 10, or anyone who wants it, throw from the near line; 10 and over from the far line.
- 3 Score where the ball lands first: hoop 1 = 1 point, hoop 2 = 2, hoop 3 = 3. On the rim counts.
- 4 After a team's 8 throws the referee calls "Clear!" and the next team collects the balls. Nobody steps past the throw line before "Clear!"

Bonus hoop (optional): hang a hoop at shoulder height from a goal, fence or sturdy branch beyond hoop 3. A throw through it = 5 points.

A team scores the points of its 8 throws. 90-minute plan: 2 rounds; add both.

Easier: towels instead of hoops; underhand throws for players under 8. Harder: move each hoop 2 yards farther.

SKILL

Throwing accuracy

PLAYERS

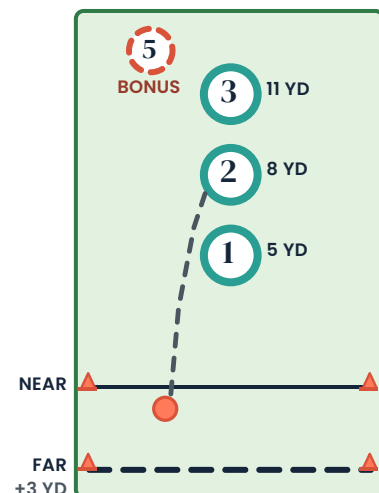
One team at a time

TIME

10 minutes a round

YOU NEED

2–4 footballs, 3 hoops, 4 cones



Route Runner Relay

Game 2 · team points: every lane runs the route the announcer calls



SKILL	PLAYERS	TIME	YOU NEED
Routes, throwing, catching	All 4 teams at once	10 or 15 minutes (8 or 16 calls)	4 footballs, 8 cones, the route cards (page 6)

Set up 4 lanes side by side, about 10 yards apart. Each lane has a start cone and a far cone about 15 yards ahead. A team lines up behind its start cone: the first player is the quarterback (QB); the second is the runner, 2 big steps to the QB's right, facing the far cone.

HOW TO PLAY

- 1 The announcer shuffles the route cards face down, turns one over and calls it for every lane: "Slant... ready... hike!"
- 2 In every lane the runner runs that route, and the QB throws as the runner makes the cut.
- 3 The runner brings the ball back and becomes the next QB; the QB goes to the back of the line, and the next player steps up as the runner.
- 4 When all 4 cards have been called, shuffle and call them again: 8 calls make one round.

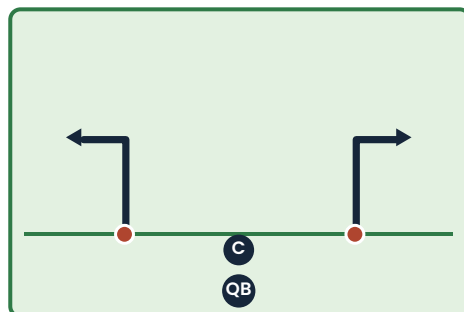
POINTS

Catch = 2 points. Touched but dropped = 1. Missed = 0, no blame. The scorekeeper writes each call's points on the scorecard (page 7). Every team gets the same 8 calls, so small teams just take more turns.

Easier: players under 10 run half the steps (round up). A grown-up can be QB, and underhand tosses are fine. Harder: the QB must throw before the announcer counts to 3 after "hike". Short on space or balls? Run 2 lanes at a time and give each pair of teams its own 8 calls (allow about 5 more minutes).

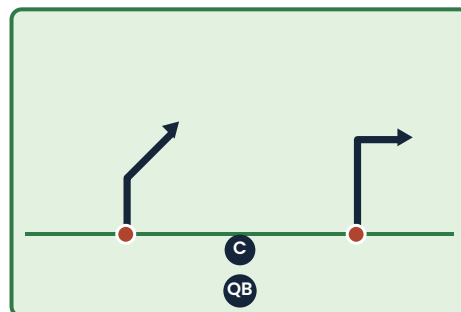
PLAY IDEAS FOR PARTY FLAG FOOTBALL (PAGE 5)

Plays are built from the route cards. Pick routes that never cross, so nobody collides; extra players run a Curl on their own side.



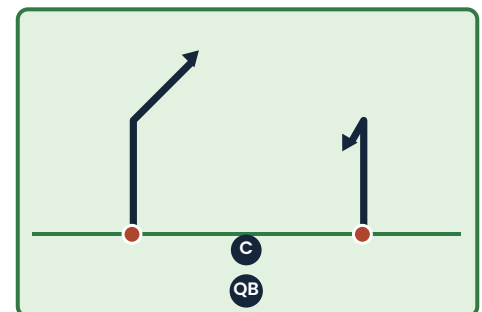
Wide Open

Both receivers run an Out. Throw to whoever is open.



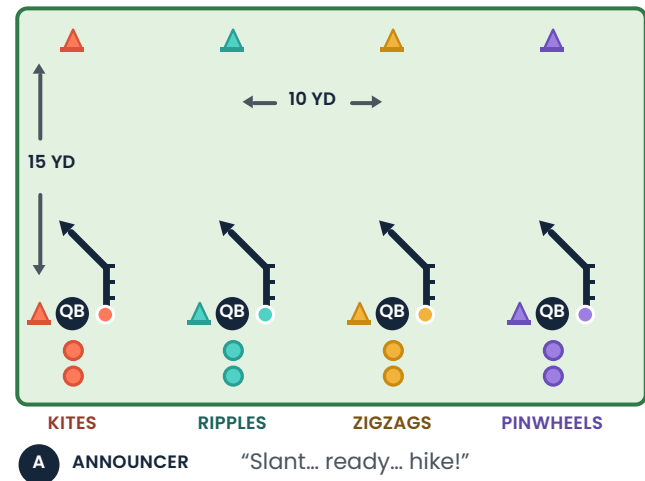
Inside Out

Left runs a Slant; right runs an Out.



Deep and Short

Left runs a Post deep; right runs a Curl short.



Party Flag Football

Non-contact: no blocking, no tackling. A pulled flag ends the play.



SKILL	PLAYERS	TIME	YOU NEED
Teamwork, passing, flag pulls	Coral Side v Aqua Side	2 halves of 8 or 12 minutes	Flag belts in 2 colors, 1 football, 10 cones

SIDES Coral Side (Kites and Zigzags) plays Aqua Side (Ripples and Pinwheels); each side wears one flag color. Up to 5 per side play at once, the same number on both sides.

FIELD About 20 yards wide and 40 long, with a 5-yard end zone at each end; about 15 × 30 yards for ages 7–9. Cones on the 4 corners, both goal lines and midfield.

A DRIVE Start on your own goal line. You have 4 plays to cross midfield, then 4 more to score. Don't make it? The other side starts on its own goal line.

THE SNAP The center hands the ball back between the legs to the QB: "Hike!"

FIVE-FLAG COUNT Defenders stay 5 big steps from the QB while the referee counts aloud: "one flag, two flag... five flag." The QB passes or hands off before "five flag" (no QB runs). Too late? The play is over at the line.

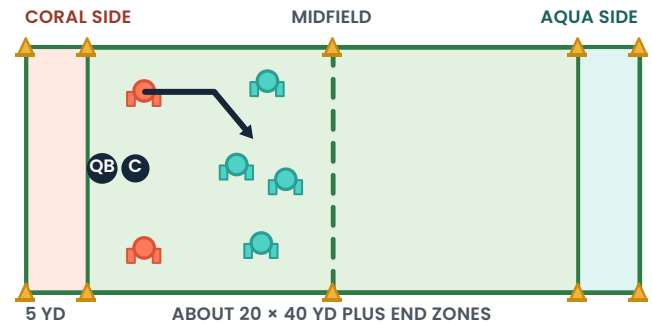
PLAY OVER When the runner's flag is pulled (the ball goes where the flag came off), the runner steps out of bounds, a pass hits the ground (back to the line) or someone scores.

INTERCEPTION Play stops; the defense starts a drive from its own goal line.

SCORING Touchdown = 6 points. Then one bonus play from 5 big steps out: score again for 1 point.

FAIR PLAY No blocking, no tackling, no pushing, no holding, no diving. Pull the flag, never the shirt, and don't cover your own flags. If players bump, the referee stops play and replays the down.

HALVES Flip a coin to start; the other side starts the second half. Switch ends and drink water at halftime.



EVERYONE GETS A TURN

- Side order: alternate the two team cards: #1 of the first team, #1 of the second, then #2, #2 and so on.
- Each new drive, the next player in side order is QB and the one after is center, so everyone gets both jobs before anyone repeats.
- More than 5 on your side? After every play, the first waiting player swaps in for whoever has been on longest (never the QB or center).

Example: the Coral Side with 14 guests (Kites 1–4, Zigzags 1–3)

Drive	1	2	3	4	5	6	7
QB	K1	Z1	K2	Z2	K3	Z3	K4
Center	Z1	K2	Z2	K3	Z3	K4	K1

K = Kites, Z = Zigzags. Drive 8 starts again with K1.

MIXED-AGE RULES

- Guard your size: on defense, cover a player about your own size and age.
- Rainbow passes: players 12 and over throw soft, high passes to younger teammates.
- Short routes: players under 10 may run half the steps on any route card.
- Little siblings under 7 play beside a grown-up buddy or take a quiet job (page 7).

Play ideas: page 4.

Team Cards and Route Cards

Cut on the dashed lines. Teams keep their card; the announcer keeps the route cards.



TEAM CARDS: WRITE THE PLAYERS IN COUNT-OFF ORDER

Kites CORAL SIDE "Up, up and away!" OUR FLAG COLOR _____ <table> <tr> <td>1 _____</td> <td>4 _____</td> </tr> <tr> <td>2 _____</td> <td>5 _____</td> </tr> <tr> <td>3 _____</td> <td></td> </tr> </table>	1 _____	4 _____	2 _____	5 _____	3 _____		Ripples AQUA SIDE "Make a splash, then dash!" OUR FLAG COLOR _____ <table> <tr> <td>1 _____</td> <td>4 _____</td> </tr> <tr> <td>2 _____</td> <td>5 _____</td> </tr> <tr> <td>3 _____</td> <td></td> </tr> </table>	1 _____	4 _____	2 _____	5 _____	3 _____	
1 _____	4 _____												
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1 _____	4 _____												
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Zigzags CORAL SIDE "Cut left, cut right, catch it tight!" OUR FLAG COLOR _____ <table> <tr> <td>1 _____</td> <td>4 _____</td> </tr> <tr> <td>2 _____</td> <td>5 _____</td> </tr> <tr> <td>3 _____</td> <td></td> </tr> </table>	1 _____	4 _____	2 _____	5 _____	3 _____		Pinwheels AQUA SIDE "Spin it, pass it, grin!" OUR FLAG COLOR _____ <table> <tr> <td>1 _____</td> <td>4 _____</td> </tr> <tr> <td>2 _____</td> <td>5 _____</td> </tr> <tr> <td>3 _____</td> <td></td> </tr> </table>	1 _____	4 _____	2 _____	5 _____	3 _____	
1 _____	4 _____												
2 _____	5 _____												
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1 _____	4 _____												
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ROUTE CARDS: IN = TOWARD THE QB · OUT = AWAY · 1 TICK = 1 STEP

ROUTE CARD 1 Slant 3 steps straight, then cut in at a slant and keep running. The ball comes quickly. Call it: "Slant!"	ROUTE CARD 2 Out 5 steps straight, then a sharp cut out, away from the QB. Turn your head for the ball. Call it: "Out!"
ROUTE CARD 3 Post 6 steps straight, then angle in toward the middle of the end zone and run deep. Call it: "Post!"	ROUTE CARD 4 Curl 6 steps straight, stop, turn in to face the QB and take 2 steps back toward the ball. Call it: "Curl!"

Scorecard

The scorekeeper fills this in after each game; add the totals at awards time



ROUTE RUNNER RELAY: CATCH 2, TOUCHED 1, MISSED 0

TEAM	CALL 1	CALL 2	CALL 3	CALL 4	CALL 5	CALL 6	CALL 7	CALL 8	TOTAL
KITES									
RIPPLES									
ZIGZAGS									
PINWHEELS									

90-minute plan: write round 2 under round 1 in each box and add both.

TARGET TOSS: HOOP 1 = 1, HOOP 2 = 2, HOOP 3 = 3, BONUS HOOP = 5

TEAM	THROW 1	THROW 2	THROW 3	THROW 4	THROW 5	THROW 6	THROW 7	THROW 8	TOTAL
KITES									
RIPPLES									
ZIGZAGS									
PINWHEELS									

PARTY FLAG FOOTBALL

SIDE	TOUCHDOWNS	BONUS PLAYS	SIDE POINTS
CORAL SIDE			
AQUA SIDE			

Touchdown = 6, bonus play = 1. Both teams on a side get the side's points.

TOTALS

TEAM	RELAY	TOSS	FOOTBALL	TOTAL
KITES				
RIPPLES				
ZIGZAGS				
PINWHEELS				

WORKED EXAMPLE

Kites, 60-minute plan

Relay, 8 calls: $2 + 1 + 2 + 0 + 2 + 2 + 1 + 0 = 10$

Toss, 8 throws: $3 + 0 + 2 + 1 + 1 + 0 + 2 + 3 = 12$

Football: Coral Side, 2 touchdowns (12) + 1 bonus play (1) = 13

Total: $10 + 12 + 13 = 35$

Tied totals share the place. Every team gets a cheer.

QUIET JOBS

Any player may choose a quiet job for a game and switch back any time.

SCOREKEEPER

writes the points on this sheet.

REFEREE ASSISTANT

runs the timer and calls the five-flag count.

ANNOUNCER

calls the relay routes and cheers good plays by name.

EQUIPMENT CAPTAIN

sets out cones and hands back pulled flags.

Effort and Sportsmanship Awards

Every player gets one: they reward effort and fair play, not winning. Print 1 page per 8 players.



Clean Pull Pro

for pulling flags fairly: the flag and nothing else

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Hustle Award

for running hard all the way to the last whistle

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Super Teammate

for cheering, sharing the ball and helping others

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Fair Play Star

for honest calls and playing by the rules

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Route Runner

for sharp cuts and never giving up on a route

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Never-Quit Catcher

for reaching for every ball, caught or not

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Huddle Leader

for good ideas in the huddle and fair turns for all

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES



Comeback Spirit

for a big smile after a tough play

Awarded to _____

Signed _____

FLAG FOOTBALL PARTY GAMES