

Host Guide: Flag Rally

For the grown-up who runs the game: you are the Ref



AT A GLANCE

- AGES** 8–12; siblings 6+ on the Easy rules (page 2).
- PLAYERS** 6–16 in 2–4 squads (indoors: 6–12 in 2).
- TIME** About 55 minutes; rounds of 6 minutes (5 indoors).
- SPACE** A yard about 40 × 60 ft, or a living room (page 2).

YOU NEED

- 4 flags: bandanas or socks (green, orange, blue, pink)
- 15–25 cones or bright markers (shoes, cups), or painter’s tape indoors
- Phone stopwatch · pens · scissors · tape for badges · water

BEFORE THE PARTY

Print every page once (badges: 1 page per 8 guests; awards: 1 per 6). Cut out the cards.

SET UP IN 10 MINUTES

You, a grown-up, are the Ref.

- ☐ Mark the field, bases and Rally Point (page 2).
- ☐ Lay each flag in its base.
- ☐ Tape each squad card beside its base.
- ☐ Set the stopwatch. Put water in the shade.

WHY IT WORKS

Every child has a job, nobody waits more than a minute, and points reward brave runs, smart guarding and fair play.

MAKE FAIR SQUADS

Line up youngest to oldest. Count off forward, then back: 1, 2, 2, 1... Same number, same squad.

GUESTS	6	8	10	12	16
Squads	2 × 3	2 × 4	2 × 5	3 × 4	4 × 4

Other numbers: 2 squads up to 10 guests, 3 up to 15. Squads may differ by one; the smaller may keep 3 guards near its base. Late guests join the smallest squad.

RUN OF PLAY

CLOCK	WHAT HAPPENS
0:00	Welcome: squads, badges, squad cards
0:10	Rules, pledge, slow walk-through
0:18	Round 1 (6 min), then water and scores
0:28	Round 2, water, scores
0:38	Round 3, water, scores
0:48	Awards. Done by 0:55.

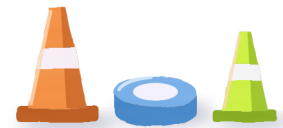
Optional Signal Relay (page 8) adds 10 minutes.

KEEP IT SAFE

Ask parents about asthma, allergies or other needs. Hurt or upset? Call “Freeze!” and let the child rest beside you. More than a bump? Tell their grown-up before they play again. An upset child can hold the stopwatch and rejoin anytime.

Field Setups and Variations

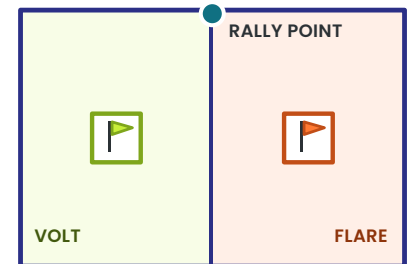
Pick one setup; add the Easy or Hard rules when they fit your guests



A big step is about 2½ ft. Pick flat, open ground away from roads, water, holes and hard edges. Lay each flag in the middle of its base.

OUTDOORS: 2 SQUADS

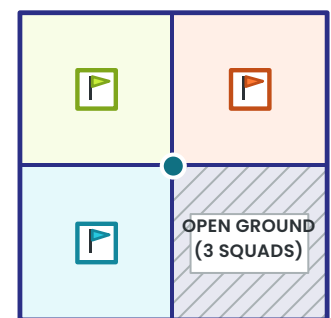
FIELD	about 40 × 60 ft (16 × 24 big steps). A middle line makes two halves, one per squad.
BASES	a square 3 big steps wide (a marker on each corner) in the middle of each half.
RALLY POINT	one end of the middle line, where the Ref stands.



ABOUT 40 × 60 FT

OUTDOORS: 3 OR 4 SQUADS

FIELD	about 60 × 60 ft. Two crossing lines make four quarters, one per squad.
BASES	in the middle of each quarter.
RALLY POINT	the center, where the Ref stands.
3 SQUADS	the empty quarter is open ground. Anyone may cross it; nobody can be tagged there.

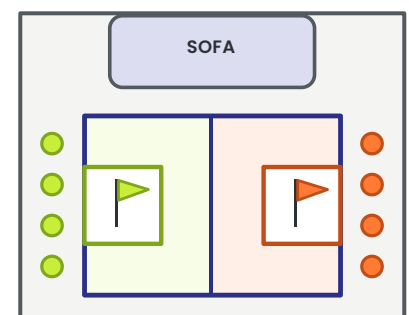


ABOUT 60 × 60 FT · DOT = RALLY POINT

INDOORS: LIVING ROOM, 6–12 GUESTS, 2 SQUADS

Move breakables and hard furniture away. Tape a 7 × 10 ft field with a middle line, at least 1 ft from walls and the sofa. Bases: 3 × 3 ft squares at the middle of each end line.

- Walking feet only. Rounds last 5 minutes.
- 2 players per squad on the field. The rest sit in a line behind their end line: your bench and Rally Point. Bench players cheer but never tag.
- Tagged? Go to the back of your bench line. The front player walks on.
- “Rally!” every 30 seconds: both field players go to the back of the line, and the next two walk on. Carrying a flag? Finish your run first.
- Only 1 guard within 1 big step of your base.



ROOM 12 × 15 FT · FIELD 7 × 10 FT

EASY: AGES 6–7 OR MIXED AGES

- Field about 30 × 45 ft. Rounds last 4 minutes.
- “Rally!” every 30 seconds.
- Guards stay at least 1 big step back from their base.
- Little Sparks: put a tape star on the badge of each player 7 or under. Anyone chasing a Little Spark must walk.

HARD: AGES 10–12

- Rounds last 8 minutes (adds about 6 minutes).
- Hand-offs: a carrier may hand the flag to a teammate. Never throw it.
- Home flag: you can capture only while your own flag is in its base.

Flag Rally: The Rules

Read aloud to every player before the first round



THE GOAL

Grab another squad's flag and carry it onto your own ground. That's a capture!

YOUR GROUND

Your half (or quarter) of the field. Nobody can tag you there.

TAGS

On another squad's ground, you can be tagged: a light two-finger touch on the shoulder or back. No pushing, grabbing or tackling. Felt it? It counts. Stepping outside the field counts too.

THE RALLY POINT

Tagged? Walk to the Rally Point by the Ref with a hand up: you can't tag or be tagged. A teammate's high-five or the Ref's "Rally!" brings you back in. Touch your own base, then play on.

BASES AND GUARDS

Nobody can be tagged inside a base. In another squad's base you're safe for a count of 5 (guards count aloud), then leave! Never guard from inside your own base. Only 2 guards within 2 big steps of it.

CARRYING A FLAG

One flag at a time, in your hand. No throwing. Tagged while carrying? Hand the flag to your tagger: a save! They return it to its base, then walk home without tagging or being tagged.

CAPTURE!

Hold the flag high and do your Captain call. "Freeze!" Flags go back, everyone walks home, then play restarts.

POINTS

Capture 3 · Save 1 · Fair play 1 each round

THE END

Rounds last 6 minutes. After 3 rounds, most points wins. Tied? Most captures, then most saves, then Captains play rock-paper-scissors.

REF SIGNALS · THE REF HAS THE LAST WORD



GO

"Lights on... GO!"
Arm up, then down.



FREEZE

"Freeze!"
Both hands up.



RALLY

"Rally!"
Every minute. Rally Point
players back in.



ROUND OVER

"Lights off!"
Arms crossed overhead.
Walk home.

FAIR-PLAY PLEDGE (ALL TOGETHER)

**We tag light. We play fair.
We call our own tags.
Win or lose, we rally together!**

Squad Cards

Write the names, cut on the dashed lines and tape each card beside its base



Volt Squad

Flag color: green

"We power up the city!"



CAPTAIN CALL

Captain: "Volt, charge up!"

Squad: "ZAP!" Make a lightning bolt: one arm high, one arm low.

Before every round and after every capture.

PLAYERS

Captain _____

Flare Squad

Flag color: orange

"We light up the night!"



CAPTAIN CALL

Captain: "Flare, light it up!"

Squad: "WHOOSH!" Wiggle your fingers up high like flames.

Before every round and after every capture.

PLAYERS

Captain _____

Tide Squad

Flag color: blue

"We roll like the river lights!"



CAPTAIN CALL

Captain: "Tide, roll in!"

Squad: "SPLASH!" Make a wave: arms up and down, one after another.

Before every round and after every capture.

PLAYERS

Captain _____

Nova Squad

Flag color: pink

"We shine over the skyline!"



CAPTAIN CALL

Captain: "Nova, shine on!"

Squad: "FLASH!" Jump into a star: arms and legs out wide.

Before every round and after every capture.

PLAYERS

Captain _____

Squad Badges

One page gives two squads a full set of jobs: print 1 page per 8 guests



Write your squad name and color the star. Tape the badge to your shirt with painter's tape. Badges are optional: anyone can do any job. Swap badges within your squad at each water break.

Captain



Lead the huddle and the plan. Start your Captain call. Talk to the Ref for your squad.

Squad _____

Guard



Protect your flag. Stay near your base, never inside it. Tag light: two fingers, shoulder or back.

Squad _____

Scout



Watch the other bases and call out gaps. Hurry to the Rally Point to high-five teammates back in.

Squad _____

Runner



Go for a flag. Sneak, dodge and carry it home in your hand. One flag at a time.

Squad _____

Captain



Lead the huddle and the plan. Start your Captain call. Talk to the Ref for your squad.

Squad _____

Guard



Protect your flag. Stay near your base, never inside it. Tag light: two fingers, shoulder or back.

Squad _____

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Watch the other bases and call out gaps. Hurry to the Rally Point to high-five teammates back in.

Squad _____

Runner



Go for a flag. Sneak, dodge and carry it home in your hand. One flag at a time.

Squad _____

Flag Rally Scorecard

Keep it on a clipboard; the Ref fills it in during play



Ref: make a tally mark the moment a capture or save happens. Add up at each water break.

POINTS

CAPTURE 3 points Carry another squad's flag onto your own ground	SAVE 1 point Tag a player who is carrying a flag	FAIR PLAY 1 point Every squad keeps this point each round, unless the Ref has to remind it twice (rough tags, arguing, ignoring a tag)
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ROUND SCORES

	ROUND 1				ROUND 2				ROUND 3			
SQUAD	CAPTURES	SAVES	FAIR PLAY	POINTS	CAPTURES	SAVES	FAIR PLAY	POINTS	CAPTURES	SAVES	FAIR PLAY	POINTS
VOLT												
FLARE												
TIDE												
NOVA												

Points = Captures × 3 + Saves + Fair play (1 or 0)

GAME TOTAL

SQUAD	ROUND 1	ROUND 2	ROUND 3	TOTAL	ALL CAPTURES	ALL SAVES	PLACE
VOLT							
FLARE							
TIDE							
NOVA							

EXAMPLE

ROUND 1, VOLT AGAINST FLARE

SQUAD	CAPTURES	SAVES	FAIR PLAY	POINTS
VOLT	= 1	= 2	1	6
FLARE	= 0	= 3	1	4

Volt: $1 \times 3 + 2 + 1 = 6$

Flare: $0 \times 3 + 3 + 1 = 4$

TIED TOTAL?

- 1 More captures (all rounds) wins.
- 2 Still tied: more saves wins.
- 3 Still tied: the Captains play rock-paper-scissors, best of three. Three or four tied? Play in pairs, then the pair winners play.

REF NOTES

- Call "Rally!" at every full minute on the stopwatch: 5:00, 4:00, 3:00, 2:00, 1:00. Easy and indoors: every 30 seconds.
- Keep the stopwatch running through a Freeze, unless someone is hurt.
- Rough play: the player spends one minute beside you, then goes back in.
- A carrier who steps outside the field hands you the flag. Put it back in its base. No points.
- Squads not playing: cross out their rows.

Flag Rally Awards

One for every player. Write a name, then read it out with a cheer.



Lightning Runner

For quick feet and daring dashes.

This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge



Teamwork Star

For helping your squad every round.

This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge



Master Planner

For the cleverest plan of the party.

This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge



Fair Play Champion

For light tags, honest calls and a big heart.

This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge



Brave Guard

For standing strong to protect the flag.

This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge



Rally Spirit

For cheering loud and bringing teammates back in.

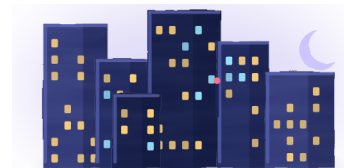
This award goes to

Date _____ Ref _____

Flag Rally · Neon Team Challenge

Signal Relay

Optional. A quiet squad game for after the rounds. About 10 minutes, indoors.



SET UP

Cut out the 12 signal cards and shuffle them. Lay the four flags in a row on the floor. Each squad sits in a line facing the flags, one player behind another.

QUIET RULES

Whispers only. No peeking at the card or at other lines.

PARTY GOAL

Light 6 city lights for each squad playing (2 squads: 12, 3 squads: 18, 4 squads: 24).

City lights _____ Goal _____

PLAY

- 1 The Ref stands behind the lines and quietly shows one card to the last player in every line.
- 2 Pass it forward. Tap the shoulder in front of you. When that player turns around, whisper the color and show the gesture, one time only.
- 3 The front player waits, hands in lap. When every line is ready, the Ref says "Show!"
- 4 Front players touch the flag of that color and make the gesture. Each squad that gets it right lights one city light: the Ref makes a tally mark.
- 5 Front players move to the back of their line. Next card!

Turns 1 to 4: one card. Turns 5 to 8: two cards, passed in order.

