

FREEZE TAG

RUN FREE. TAG LIGHT. RESCUE FAST.

SETUP

Mark one visible play zone. Choose two pinnie-wearing taggers. Use two-minute rounds and leave space around walls and equipment. Equipment: Cones or painted lines | 2 pinnies | Optional timer

1

MARK THE ZONE BEFORE YOU RUN.

Use visible boundaries and remove hazards.

2

TWO TAGGERS. TWO MINUTES.

Rotate visible taggers after every short round.

3

TAG LIGHT: SHOULDERS OR UPPER BACK.

One gentle open-hand touch only.

4

NO GRABBING, PUSHING, OR BLOCKING.

Heads, clothing and force are never tags.

5

TAGGED? FEET STILL. ONE HAND UP.

Freeze where safe and become easy to see.

6

HIGH-FIVE RESCUE. THREE-STEP BUBBLE.

A high-five frees; taggers may not guard.

7

OUT OF BOUNDS? FREEZE AT THE EDGE.

The boundary cannot become an escape.

8

FALL OR CLOSE CALL? STOP AND REPAIR.

Check first; then replay or one RPS round.