Run the Gauntlet

Equipment

8 cones to designate the scoring areas
Ball
2 Flags

Organization

Set up the field about the size of a basketball court using four cones in each area to create a zone. In the center of each end zone place a flag or an object that can be used to signify a flag.

Rules

• The aim of the game is to get the opponent’s ‘flag’ and return it safely (without being hit by the ball) to your end zone.

• Players must pass the ball between each other to move up the pitch

• Players can run with the ball, but if they are touched then they must stop and pass. Taking three touches will result in a changeover of possession

• If the ball is dropped then the other team can pick it up and attack. However, dropping the ball does not mean that there has to be a changeover, as the attacking team can also pick it up after they drop it

• When an attacker succeeds in taking the ball inside the opponents area he may take the flag but he has to leave the ball behind. After taking the flag, the attacker becomes a target as he attempts to run with the flag back behind his own end zone

• To stop a player from scoring the team who has had its flag taken must try to hit the player with the ball. Teams attempting to hit the flag runner can between each other

• If the flag runner is hit with the ball then the flag must be returned and the team that made the successful hit start with a free pass from the edge of its scoring area