

WHIP 'N' STRIP

SUPPLIES

- 4 road cones (or other large-ish object)
- Tape/Paint/Etc to mark the "Safe Zones"
- A flag for each player (bandannas are good, socks will do in a pinch)
- Way to identify the 4 teams (colored tape/face paint/t-shirts/etc.)

SET-UP

Use the tape/paint to create a 10ft diameter safe zone in each corner of the playing area (field or gym). Place the road cone in the center of the safe zone. Congrats! You're set up!

PLAY

Students place their flag (or sock) into the waistband of their pants, like flag football. Students are divided into 4 teams. Each team is assigned a color (red/blue/yellow/green) and identified accordingly. Each color is given a corner with a safe zone. The object is to retrieve all 4 cones from opposing teams' safe zones and return into your safe zone. The first team to have all 4 cones in their safe zone simultaneously wins.

While you are running around any member from any opposing team may pull your flag (that is the 'strip' part of Whip 'n' Strip, what were *you* thinking?). If your flag is pulled you must squat down wherever you are and call for help.

To get back in the game, a teammate from your color must come, grab your hand, and escort you back to your color's safe zone. Once back at the safe zone you can replace your flag and go back out. If your teammate's flag is pulled while they are attempting to rescue you, you are both down and will need a new rescuer. One way to deter this is to whip around each other (like a running orbit, or propeller). This is where the whip part comes in.

OTHER RULES

No flags can be pulled inside any safe zone.

Teams are not allowed in the safe zone they are defending. (Green team is trying to deposit all the cones into their safe zone, but they must stay outside the perimeter of it, this lets other teams get in there to attempt to steal).

The cones cannot be thrown or passed.

If the cone carrier has her flag pulled, she is down and the cone must be dropped immediately.

If opponents pull each other's flags simultaneously, they are both down.