



# ***NERF GAMES & RULES***

## **CAPTURE THE FLAG**

Steal the other team's flag from their base and take it to yours.

If the other team has your flag, shoot them. They have to give it back to return to your base.

(No stealing back before the flag gets to the base).

When you get hit, sit on the ground until your teammate tags you. If everyone on your team is down, you LOSE.

If you are out of ammo, raise your hand and start picking up ammo to fill your gun. You only get 15 seconds of "invincibility".

## **FREEZE TAG**

In this game, the objective is to not get tagged by a Nerf Bullet.

If a player gets hit, he holds his hands up in the air for 5 seconds.

After 5 seconds is up, the player can take revenge on their tagger.

## **HUMANS VS ZOMBIES**

This game is like tag with a twist! All players have a Nerf gun (Humans) except the Zombie.

The Zombie's objective is to tag Humans 3 time (by any Zombie) he turns into a Zombie!

Tagged players place their Nerf gun in a box to show other players that he is now a zombie.

As the game progresses, there will be 2 zombies, then 3, until all players are Zombies! If all players are zombies before time is up, a referee will assign random players to be Humans.

During the game play, Humans can shoot the zombie to stop from being tagged. The zombie is then immobilized and will put his/her hands up in the air for 5 seconds. After 5 seconds, the zombie is free to move.

***KIDS INDOOR PLAYGROUND***  
*At Triangle Fitness*