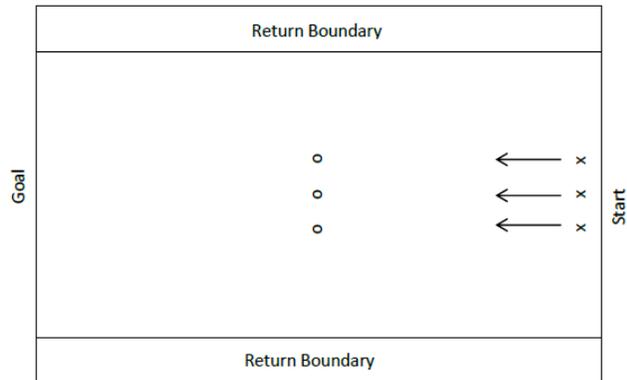


## Scoring Tag

**Objective:** To run across a field to a goal line and score without being tagged and repeating the procedure for a designated time period.

**Description:** Define the boundaries of the playing area with a starting line, a goal line and at least five yards of running space outside each sideline. Form three to four groups with four to twelve runners in each group. Designate one group to be the taggers first and they will stand at mid-field to start round 1. All of the other runners will start at the starting line. On command the runners attempt to run to the goal line



without being tagged. If tagged, the tagged runner exits the left boundary sideline and jogs back to the starting line (staying outside the boundary) and immediately start over and try to score again. If runners are not tagged before they cross the goal line they score 1 point and exit the right boundary. They jog back to the starting line down the right boundary sideline and attempt to score again. Each individual keeps track of the points that they score. At the end of the designated time for each round, the runners of each group gather and total their scores. In round two, another group becomes the taggers. Continue the game until each team has had an opportunity to be taggers. Add up the team points from each round to determine which team scored the most points.

**Variation:** (1) Add exercises to do once you are tagged and exit the boundary. You must do an exercise outside the boundary line before you can jog back to the starting line and go again. (2) After an exercise is completed, runners do not have to go back to the start, they may enter wherever they exited the playing field.

**Equipment:** Cones to mark the boundaries

**Note:** I often use four groups consisting of freshmen, sophomores, juniors, and seniors and adjust the groups according to size and ability.