UP AND DOWN TAG

OBJECT OF THE GAME:
Avoid getting tagged!

WHAT YOU'LL NEED:
- 1 large playing space
- Things to stand on/hang from (rocks, trees, toys, etc.)

INSTRUCTIONS:

Setup: Define your playing space's boundaries. Then, choose a person to be "it."

Playing the Game: Operating with the normal "tag" game rules, a player is only safe when their feet aren't touching the ground (standing on a rock, climbing a tree, etc.) Once one player is tagged, they become "it" and the game continues.

Source: https://activeforlife.com/transform-the-game-of-tag/