

A background image showing children playing flag football on a grassy field. In the foreground, a boy in a blue jersey is running with the ball while a boy in a red jersey is tackling him. Other children in blue and red jerseys are visible in the background, some with their arms raised in celebration. The scene is bright and outdoors.

10 EPIC Flag Belt Games Kids Will Beg to Play!

For Coaches, Teachers & Parents – **Powered by GARISTY & CO Flag Football Belts.** Whether you're running a PE class, a youth practice, or a backyard party, these 10 games will get kids moving, competing, and laughing. All you need is a field, some energy, and the right belts.

ACTIVE PLAY

ALL AGES

10 GAMES

Game #1: Flag Tag

The classic gets a serious upgrade. Every player is both hunter and prey, making this a heart-pumping, scramble from the first whistle to the last flag standing.

Setup

Everyone wears a belt with 2 flags. All players are "it". You can pull flags from anyone. Last person with a flag wins.

Twist

Each player gets one 5-second safe zone per game. Use it wisely! Great for catching your breath at a critical moment.

Why Our Belts

Flags reset instantly, fits all sizes, and no pinching. Built for the chaos of flag tag. Plus we have extra flags in the bag!

[View on Amazon](#)

Game #2: Capture the Flag (Belt Edition)

How to Play

Two teams, each defending a base and a "flag" object. Infiltrate enemy territory, grab their flag, and race back without losing your own belt flag. Get pulled? You freeze until a teammate tags you back in.

[Shop Now](#)

Setup

2 teams, each with a base and a "flag" object on opposite sides of the field.

Twist

Pulled players freeze until tagged back in by a teammate.

Why Our Belts

Easy-to-see flags ensure fair play for all ages. 4 extra flags are included!

Game #3: Sharks & Minnows

One of the all-time great playground games – now with flag belt stakes! The tension builds as more sharks enter the water and the minnows' odds shrink with every crossing.

Setup

1-2 sharks in the middle. The rest are minnows who must sprint across the field to safety.

Rules

Sharks pull flags. Any minnow who loses their flag joins the sharks. The field gets more dangerous every round.

Twist

Designate a "Super Shark" with extra flags. They are harder to stop and add a wild-card element!

Why Our Belts

Withstand hard play and repeated pulls. No painful tugs, no broken gear mid-game.

[Buy Here](#)



Game #4: Steal the Bacon

Setup

Place a football or beanbag in the center of the field. Teams line up on opposite sides and number off.

Rules

The coach calls a number. Those two numbered players race to grab the "bacon" and bring it back to their side without getting their flag pulled.

Twist

Call multiple numbers at once for maximum chaos! More players on the field means more flag-pulling mayhem.

Why Our Belts

Secure fit during full speed sprints. Flags stay put until someone earns that pull.



[Order Now](#)

Game #5: Cops & Robbers

A high-drama game of chase and strategy! Robbers try to get their loot across the field while cops hunt them down. The speed boost twist keeps everyone on their toes.

1

Split the Group

Half the players are cops, half are robbers. Robbers get a head start carrying their "loot."

2

Chase & Pull

Robbers try to cross the field. Cops chase them down and pull their flags to stop them.

3

Speed Boost Twist

Cops can trade 3 collected flags for a temporary speed boost. A clutch power move!

[See Why Families Love Them](#)

Game #6: Relay Flag Frenzy

Setup

Divide players into relay teams. Each player must complete a full lap around the course with both flags still attached.

Rules

Lose a flag during your lap? You have to start over. Pass the baton only after completing a clean run.

Twist

Add silly challenges. Hop on one foot, spin three times, or crawl under a cone. Chaos guaranteed!

Why Our Belts

Adjustable for all ages with zero slipping so the relay stays fair and the game stays fun.



[Check Reviews](#)

Game #7: King/Queen of the Ring

The ultimate battle royale for young athletes! Everyone starts inside the ring, and the goal is simple – pull flags, survive, and be the last one standing. As the ring shrinks, the action gets intense fast.



The Arena

Mark a large circle. All players start inside. Pull as many flags as possible while protecting your own.



Shrinking Ring

Every 2 minutes, the boundary shrinks forcing players closer together and ratcheting up the pressure.



Last One Standing

The final player with at least one flag remaining is crowned King or Queen of the Ring!



Belt Built for It

Our belts handle crowded, high contact play without breaking down. Durable from round one to the final showdown.

[Order Today](#)

Game #8: Zombie Run

One zombie starts in the middle. Everyone else must cross to the other side. Lose both flags? You become a zombie. The last survivor wins and becomes the first zombie next round.

01

Start with 1 Zombie

One player is chosen as the zombie who stands in the center of the field.

03

Get Caught = Join Zombies

Lose both flags? You're now undead. The zombie horde grows each round.

Why Our Belts

Our belts come with a drawstring bag to hold everything safely together so you won't lose anything!

[Buy Now](#)

02

Survivors Run

All other players must sprint from one end of the field to the other without losing both flags.

04

Last Survivor Wins

The final human standing is crowned champion and kicks off the next round as zombie #1.

Game #9: Ultimate Dodge Flag

Dodgeball meets flag football in this high energy mashup. It's the game that kids beg to play again and coaches love because it demands teamwork, strategy, and hustle all at once.



How It Works

Play like dodgeball – but instead of getting hit by a ball, you're out when both of your flags are pulled by opponents.



The Re-Entry Twist

Eliminated? Don't sit out! If a teammate catches a loose flag that's been pulled, you get to re-enter the game. Stay engaged!



Why Our Belts

Bright, visible flags mean no cheating and no confusion. Everyone can see who still has flags and who's out.

[Add to Cart](#)

Game #10: Team Builder Challenge

The perfect closer for any session. This one isn't just about speed, it tests teamwork, creativity, and composure under pressure. Great for PE classes, team-building days, or end-of-practice rewards.

⚙️ Setup

Build an obstacle course or series of challenges. Players must complete each task while keeping at least one flag on their belt.

🔄 Twist

Surprise "flag thief" rounds let designated players roam and steal flags mid-course no one is ever safe!

✅ Why Our Belts

Stay securely in place even on obstacle courses and turf. Built tough so the challenge is the course, not the gear.



Perfect for PE & Parties

Bonus: Why Choose GARISTY & CO Flag Belts?

Every game on this list is better with the right gear. GARISTY & CO Flag Football Belts are built to handle real kids, real play, and real fun!



Adjustable for All Ages

Fits kids and adults alike – one belt system for the whole family or entire team roster.



Safe Flag Pulls + Extra Flags

Easy, clean releases with no pinching, no snagging, and no frustration. Just pure, fair gameplay. There are also 4 extra flags in case one gets misplaced!



Includes a Drawstring Bag

A drawstring bag comes with the belts and flags to make sure nothing is lost!



Built to Last

Durable materials that survive practice after practice, season after season. Real value for coaches and parents.

Ready to level up your games? Grab your GARISTY & CO Flag Football Belts on Amazon. Click the button below.

[Shop on Amazon Now](#)