

## **Elbow Tag**

Everyone gets a partner and hooks elbows. The pairs spread out around the designated playing area. Two individuals are chosen to be it. One will be the chaser, the other being chased. The person being chased may hook elbows with any pair at any time. The member of the pair at the opposite end of where the chase hooks is now being chased. If the chaser catches the chase, the chase spins around three times and becomes the new chaser. The previous chaser now becomes the chase.

Note: A time restraint may be needed to prevent limited participation from the rest of the group.



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/game/elbow-tag>