

Field Games Study Guide

Capture the flag is an outdoor game where two or more teams have flags (or balls) and the objective is to capture the other team's flags, located at the team's base, and bring them safely back to their own base.

General Rules:

1. **Never tie** your flag around your waist. Make sure it has a clip.
2. Your flag must be **worn on the outside** of all of your clothing.
3. Play by the rules.
4. Don't run people over, have fun, it's only a game.

Two-way Capture the Flag

In two-way capture the flag there are only two teams. There is a center boundary line to mark each team's territory. There is a line at the back of each team's territory where the "flags" are kept. The object of the game is to enter into enemy territory and capture all of their "flags" and bring them back to your side. The first team to capture all of the other team's flags (balls) is the winner.

Rules:

1. You are safe in your own territory, no one can pull your flag in your own area.
2. When you enter enemy territory, your flag may get pulled. If your flag gets pulled, you must go to jail.
3. If you make it all the way past the line where the flags (balls) are stored in enemy territory, you are safe (no one can pull your flag) as long as there are flags (balls) for you to take. There is no time limit back there.
4. If your flag gets pulled while running back with a ball, you must go to jail and the ball must go back.
5. You may throw, pass or kick the ball to get it back to your side. If the ball hits the ground, however, it must go back.
6. You can only take one ball from the enemy territory at a time.

Jail Rules:

1. If you get your flag pulled you must go to jail.
2. To get out of jail you must toss a beanbag into a bucket. You get two bags. If you make one, you are free. If you make both, everyone in jail is free, a jailbreak.
3. If you miss both, you have to go to the back of the line and try again.

Four-Way Capture the Flag

In four-way capture the flag there are four teams competing to capture all of the “flags” on the field. There are dividing lines to mark each team’s territory and a common “no man’s land” area in the middle. Each team will have a safe circle in their area where they keep their flags (balls). The object of the game is to capture all of the other team’s “flags” and bring them into your team’s safe circle. The game is over when one team has all of the balls in their safe circle.

Rules:

1. You are safe only in your territory. You can get your flag pulled in any other territory or in the “no man’s land” area.
2. If you get your flag pulled, you must go to the “no man’s land” and do five push-ups. Then put your flag back on and continue play.
3. If you make it to another team’s safe circle, you are allowed to **take only one ball**. You can throw it, kick it or run it out. If you kick it or throw it, you are in play again and must leave the circle immediately.
4. There is no time limit in the circle.
5. The ball **may** hit the ground. If it hits the ground it is still live. Anyone can grab it.
6. If you are running with a ball and your flag gets pulled, you must drop the ball immediately. The ball is then up for grabs.
7. No one from the team guarding their own circle is allowed in their circle. The only time they can enter their circle is if someone either doesn’t have a ball to grab, or has thrown or kicked their ball out of the circle, then they are allowed to pull that person’s flag.