



Capture the Flag

Introduction: Capture the Flag is played outdoors with two teams. It's best with teams of three or more players and can be played almost anytime, anywhere.

Instructions:

1. Step One

Divide into two teams of three or more people.

2. Step Two

Divide territories for the teams. Streets, trails, creeks and fence lines all make good border markers.

3. Step Three

Agree on two items to serve as "flags." They should be brightly colored and a foot or two across.

4. Step Four

Decide what happens when captured. Either choose to make players "out" for the rest of the game, converted to the team that caught them, or put in a "jail" to be rescued by their teammates.

Tips & Warnings

- Old T-shirts make excellent flags.
- The size of the playing field is dependent on terrain and number of players. The more players, the larger the territories.
- Teams should be balanced in speed and endurance.
- Outer boundaries for the playing area are not required, but may be agreed on for safety or convenience.
- For smaller games, it's best to have captured players removed from the game for the sake of simplicity.
- Avoid areas with dangerous objects, broken glass or cliffs, especially at night.

The Game:

1. Step One

Retreat by team into your territory to hide the flag. The flag must be hung at head height and be visible from 20 yards away on at least one side.

2. Step Two

Split into attacker and defender groups within your team. Attackers and defenders can switch jobs as needed.

3. Step Three

Attempt to sneak across the border, find and capture the enemy flag, and then race back without being caught if you are an attacker.

4. Step Four

Hide around your flag or along the border and try to intercept and catch any opposing players who sneak across if you are a defender.

5. Step Five

Capture enemy players by tagging them while they are on your side of the border.

6. Step Six

Win by capturing the enemy flag and carrying it back to your side of the border.

Tips & Warnings

- Avoid hiding the flag in a great hiding spot. Instead, put it in a deceptively open spot, where no one will think twice about it.
- Captured players must obey your orders. They cannot yell information back to their side.
- Once hidden, the flag cannot be moved.
- Once you capture the flag, you have to carry it across the border. You can't throw the flag across.
- Guarding the flag is poor sportsmanship and also reveals the location of your flag. Agree not to post a guard within 10 feet of the flag.
- Wear dark or camouflage clothing and tennis shoes.
- You can play with three teams and three flags to make things more complicated.

Jail:

1. Step One

Put captured enemy players in "jail" by picking an area with a clearly defined border to serve as the jail.

2. Step Two

Rescue teammates by sneaking across the border, finding the jail, tagging your teammate, then racing back across the border.

3. Step Three

Recapture players by tagging them again before they reach the border.