

Capture the Flag Rules, Study Guide and Strategy

Description – Capture the Flag is a classic outdoor game that involves strategy and physical speed. It is good for large groups of people, and does not require a formal field. As a matter of fact this game is best played with in varied terrain that provides cover like a forest. My favorite version is in the dark with flashlights!!

Object of Game – To win you need to move the other team's flag to your side without being tagged by a member of the opposite team, before the other team moves your flag to their side.

Set-up – Field is divided into approximate thirds: Team A's side, No-Man's Land, and Team B's side. There need not be any out-of-bounds on the sides or end zones, unless agreed to by both teams in advance. Each team places their flag in plain sight wherever they want on their side as long as a standing player can access it. For example, it can't be 20 feet up in a tree. The flag cannot be secured or tied in any way.

Each team also sets up a "jail" on their side where players from the opposite team that have been tagged must stay until they are tagged by a member of their team, which is called a "jail-break", or until a flag has been captured ending the game. If the person doing the jail-break successfully touches a member in the jail, without being tagged first, all members of the jail get a free walk back to no-man's land. But no member of the jail-break can make a play for the flag until they have returned to no-man's land.

Tagging a player – Unless they are holding a flag, Members of B team can only be tagged in A teams zone and vice-versa. If they are running a flag, players can be tagged in no-man's land as well. If successfully tagged, the tagged player must report directly to the jail. If they are holding the flag while tagged, the flag must drop wherever the tag occurred. After the start of the game, players on a team may not reposition their flag. Finally, while girls can only be tagged on the back above the waist, males can be tagged anywhere. This is not tackle football; tackling will result in demerits, sitting out the remainder of the game, a hit to your participation grade, and a possible referral.

Strategy – Because the teams start evenly balanced, the trick is to "un-balance" the other team. Like a magician's trick, directing your attention in one direction, I can't tell you how many times I have seen a team reallocate resources to their jail only to have a lone runner steal the flag of a team that was "winning".

Hedrick Specific Rules/Grading – Players will clearly wear their team colors on their arms or as headbands. At the end of the period all knots need to be removed from their colors. There will be both a test (mostly on this document), and a participation grade for this event. If you are "too cool" and choose not to play it will reflect in your participation grade. Expect the test on Thursday or Friday of this week.