

CAPTURE THE FLAG RULES



Materials:

2 flags
Socks
cones

Teams are denoted by hats and no hats. Each player fully tucks their shirt in and has a sock in the back of their pants. At the beginning of the game, each team receives their flag and hides it on their side of the arena or placed in a bank. The first team to find the other team's flag or retrieve it and return it to their side of the midline wins. If your sock is pulled while carrying the enemy's flag, you must set it down. You may never carry your own flag: once it has been moved by the other team, it stays where it is moved to. Your sock may only be pulled on the enemy's side of the arena; you are safe on your own side.

No-jail rules (preferred): If your sock is pulled, you may not be on the enemy's side of the field but must return to your own. You may continue play as normal on your own side, receiving a sock either by pulling an enemy's or receiving one from a teammate. Once you have a sock, you may again enter the enemy's side of the field.

Jail rules: If your sock is pulled, your captor walks you to their team's jail, a predetermined area of the field, and hands your sock to the jailer. You can be rescued if one of your teammates runs into the jail without having their sock pulled, in which case the jailer hands them your sock and both of you must walk back to the midline. You are safe on the walk back.

Note: The jail rules slow down the pace of the game and force some participants out of the game for long periods of time. The no-jail rules are preferred to keep everyone engaged in the game.