**Capture the Flag Study Sheet**

* Capture the Flag is a traditional outdoor [sport](https://en.wikipedia.org/wiki/Sport) where two or more teams each have a [flag](https://en.wikipedia.org/wiki/Flag) (or multiple flags).

**Object of the Game**

* The objective of the game is for players to go into the opposing team's territory, grab the flag and return with it to their territory/base without being tagged.

**How to Play**

* Capture the Flag requires a playing field
* In both indoor and outdoor versions, the field is divided into two clearly designated halves, known as territories.
* Players form two teams, one for each territory. Each side has a "flag" (or multiple flags) which is most often a piece of fabric, but can be any object small enough to be easily carried by a person
* The flag is defended mainly by tagging opposing players who attempt to take it. Within their territory players are "safe", meaning that they cannot be tagged by opposing players. Once they cross into the opposing team's territory they are vulnerable.
* In some variations, the area in which players cannot get tagged in the opposing territory is called the **“safe zone”**
* Enemy players can be "tagged" by players in their home territory and, depending on the rules, they may be sent back to their own territory, or frozen in place, or sent to a “jail” until freed by a member of their own team.

**When Stealing the Flag…**

* Flag must be visible at all times
* Flag can be handed off to another player (throwing it to another player does NOT count as a hand off)
* Can only grab one flag at a time
* The bucket/container the flags sit in DOES NOT count as a flag. It cannot be taken to the opposite side for points.
* Flags must be returned to the bucket when the person is tagged on the enemy side
* You can tag a player on your side of the field with a flag in your hand

**Safety Rules when Tagging**

* No throwing of objects at people (ie. snow/gloves/shoes)
* No pushing/shoving or excessive body contact (i.e. tackling)
* Tag in an appropriate place on the body

**Equipment**

* Playing field
* Identifying markers for the opposite team (ex. Pinnies or Pinnie belts)
* Cones
* Flags (Pinnies or other object that is easy to carry)

**Variations**

* Limit the number of players allowed in the safe zone at one time.
* Limit the amount of time players are allowed to spend in the safe zone
* Allow a player to hand off to another teammate. The flag must still be carried over the center line.
* The players in the tagged zone/jails can join hands and reach out to make it easier to be freed (make a chain)
* Similarly, all players in the holding zone are freed when a player makes it across to rescue them (jail break)
* For extended games, allow players to hide their flags in plain sight in a designated area (base)