



NC-804

Capture-The-Flag

Goal

- Capture the enemy teams hidden “flag” and bring it back to your territory
 - First team to steal the other’s flag wins
- Have fun, but be safe (smart)
- Leadership/teamwork



MAY THE
ODDS
BE EVER
IN YOUR
FAVOR

Territory

- North and South
 - Divided by yellow line

Teams

- A/B/C Flight vs D/E Flight
 - Even out if required
 - Wear different colors

Off limits (areas shaded red)

- Softball field
- Drill Pad
- Baseball field
- Tennis courts
- Woods
- On/under bleachers
- In buildings
- Inside fenced/bricked enclosures
- In/around/under cars/buses

Boundaries (red line)

- Out of ditches and tree lines
- Not beyond north bleachers
- Not beyond east track
- Not in trees/behind restrooms (football)

Rest Area (blue)



Safety (#1 priority)

- Watch out for pot holes & tripping hazards
 - Wear proper shoes
 - Look where going
- Don't climb/jump fences
- Beware of concrete/asphalt
- Don't throw anything other than water balloons
- Stay inside boundaries
- Stay out of ditches
- Follow rules



Flag Rules

- Each team will designate 2 players who will run off to secretly hide team flag
 - Other team members stay out of sight
- Flag Rules
 - Flag must be visible from one angle (i.e. can't cover it)
 - Flag can't be tied down or wedged (need to be able to grab it as run past)
 - Flag can't be buried or raised up
 - Can't move your flag once placed

Jail

- Where you go if you get tagged/hit by a water balloon in enemy territory
- Go to jail until someone on your team saves you
- You can “save” someone from jail by tagging them.
- Once freed, must run back to your territory with hands in air before “alive”
 - Free trip back (no tag)



Team Roles

- Break team into “guards”, “attackers” & “scouts/rangers/recon”
- **Guards** (defense)
 - Defend your flag
 - Prevent jail breaks
 - Patrol the center line, and rest of your territory
 - Ready to tag/water balloon anyone who crosses or tries to find your flag
 - Communicate to rest of team when found someone hiding or sneaking on their side
- **Attackers** (offense)
 - Try & sneak away or outrun guards, looking for flag
 - Will go to jail often while searching, so other attackers need to take turns saving them so that all attackers don't end up in jail at once
 - Once find flag, tell rest of team and try to capture it
- Optional: **Scouts/Rangers/Recon** (usually fastest)
 - Can switch between roles (offense/defense) depending on team needs
 - Usually save others from jail, help search for flag near the border, defend when guard outnumbered, or slowly into enemy territory while attackers distract guards.

Strategy

- Do you want to play defensively, picking off other team's attackers and then rush with superior numbers?
- **The Mad Rush**
 - A desperate move, or one used if you know where the flag is, and involves sending almost everyone in at once in hopes that one person gets the flag back safely.
- **The Decoy**
 - Risky but rewarding
 - Involves sending some of your fastest players all to one side of territory
 - Goal: To not get tagged, drawing as many guards to chase them as possible, while other players on the other side of the field quietly sneaks around to look for the flag.
- **Blockers**
 - If you have the flag or know where to find it
 - Group up with 3-4 other teammates
 - Run with fastest in middle, and rest 4-5' away on either side (taking tags as "blockers")
 - Once tagged, stop playing and go to jail (can't keep blocking)

Flag

- Things to consider when “hiding”
 - “best spot” may not be what you expect at first
 - Try to think about places you would look if other team
 - Usually want a spot that is far back in your territory (easier to defend)
 - More ground team has to cover without getting tagged/wet
 - Mixing in a very close location once in while may be worth risk (they may not expect it and look there)
 - Try to make flag only see-able from behind so that the other team needs to run all way around to get a view of it
 - Placing near your jail may lead to prisoner seeing it while they wait
- Guards must remain at least 20’ away from the flag
- If grab flag, and are tagged/wet, drop the flag and go to jail
 - Defending team can return flag to original location
- Can pass flag to teammate

Other Info

- Need to sweep area and place cone on potholes before play
- One hand tag
- Will switch sides after every game
- If games quick
 - Play until one teams wins by 2 games
 - “best spot” may not be what you expect at first
- No winner after 1 hr...reset and switch sides