

Game:

Capture the Flag (CTF)

Type of Game:

Noisy, Outdoor Game – Field or Large running area is required

Supplies:

Two flags – bandanas work well

Rules:

Players are split into two teams of equal athletic ability

The object of the game is to capture the other team's flag and bring it back across to your side

Boundaries are established

- Out of Bounds is not necessarily a "must have" rule
- Playing field is divided down the middle by a line or a neutral area (or expanse)
- Each team picks a position on their side for a Jail Area
- Each team hides their flag (It must be visible, reachable, and not tied down.)

If a player crosses into opposing territory they can be tagged and walked to Jail

Players can get out of Jail if a teammate runs in untagged and frees them by touching them

Players can only free one person at a time from the Jail

Jails and Flags cannot be guarded too closely

A good option is to set a 10 ft radius (20 ft diameter) Safe Zone around Jails and Flags

- No guarding player may enter a Flag Safe Zone unless the Flag is picked up
- If the Flag is picked up, the Flag Safe Zone disappears for all players
- Guards may **never** enter the Jail Safe Zone **for any reason**
- This also means the opposing team can run into these Safe Zones and wait/strategize

If the player with the Captured Flag is tagged on their way back the Flag is dropped immediately

- The Flag is NOT returned to its original hiding spot
- A new 10 ft radius Safe Zone appears around the dropped Flag

Notes:

This game requires a large to extra-large playing area

Only play this game outside

Kids will have lots of questions, have clear rules and stick to them

Play multiple rounds with teams switching sides

Adaptations:

Human flags – they can yell/call out to their teammates and run back with them

Jail breaks – every 5 or 10 minutes everybody is freed from jail

Jail time limit – each individual can only be held for 5 minutes