

Capture the Flag



How To:

- 1.** Divide the group into two teams; identify each by a set of arm or headbands or whatever you have handy if you are able.
- 2.** Set up a jail area (about 3 square yards) and a separate spot for each flag. Jails are set up at opposite ends of the playing area.
- 3.** The object of the game is to penetrate the other team's area and capture their flag. A flag is "captured" after it has been returned to the captor's area.
- 4.** Prisoners are taken by tagging an opponent that has crossed into your territory. Prisoners are taken to the jail of their captor; they wait there quietly until they are released.
- 5.** Prisoners can only be released when a member of their team runs through the jail in which they are being held captive. After their release, prisoners are given free escort back to their side.
- 6.** You may choose to have flag guards or jail guards. Guards should stand about five feet from what they are guarding.
- 7.** The game continues until a flag is captured, or time is up.