Capture The Flag Rules and Regulations:

Scoring:

* The winning team is the first team to go into enemy territory, grab the flag and return it to their side of the field. This ends the game.

The Playing Field:

* Capture the Flag is a sport played on a field with two “flags.”
* Each team will be made up of 15-20 people.
* The field is divided into two sides, one for each team.
  + A flag will be placed at the end of each team’s side.
  + Once play begins a player is safe on their own side but can be “caught” (tagged/flag pulled) as soon as they cross the mid-line.
  + A player only needs to be touching their side to be safe, not completely or even half on their side.
    - Jail: If a player is caught, they go to a jail placed at the end corner of the opposing team’s side and can only be freed if one of their teammates ventures across to tag and save them.
    - The jail freer may free everyone in jail at once but does not get a free walk back; only the people freed from jail get a free walk back. The freer must touch each of them, or touch part of a human chain and only the people connected to the chain are freed.
    - A player may get free from jail by touching any person on either team who is not in jail, nor currently on their side, nor in a chain on either side.
    - The Flag Key: The main flag may not be guarded. There is an effective “key” (similar to basketball) in a ten-yard box around the flag. No person on the defense may be inside this area.
    - If a player becomes caught while carrying the flag, the flag is immediately returned to the box.