Capture the Flag Study Guide

* The object of the game is to take the opposing team’s football or frisbee and throw it to your side.
* In order to score, someone from your team must catch the object on your side of the field.
* Each team starts the game on their side of the field
* Each object is placed inside of a circle
* The circle is the safe zone
* Players may not run from the circle to free someone out of jail
* Players are not safe inside the circle if the object is not inside the circle
* Only one player is allowed inside the circle
* Everyone must wear a flag belt
* You want to avoid going to jail in order to score
	+ If your flag belt gets pulled on the opposing team’s side of the field then you go to jail
	+ If your flag belt falls off on the opposing team’s side of the field then you go to jail
	+ If you step out of bounds then you go to jail
	+ If you tie your belt then you go to jail
	+ If your belt is underneath your shirt then you go to jail
	+ If you stiff arm or swipe while the opposing team is trying to pull your belt then you go to jail
	+ If you slide, dive, or jump then you go to jail
	+ If your try to run through the defense you go to jail
* Players going to jail must hold their flag to let the other team know that they are going to jail
* Players in jail must keep two feet in at all times
* If a player goes out of bounds when trying to free someone out of jail, then they will go to jail
* To get someone out of jail a player must tag the person in jail, then both players should run out of bounds back to their side.