

**Capture the Flag**

Study Guide

**INTORDUCTION & HISTORY**

It is believed that the game of capture the flag has roots to the battlefield.  During a battle, soldiers knew that the war was over when the enemy’s flag was captured.  The amount of casualties or prisoners of war was not the determinant of the winning side; rather, the war was declared officially over only when the opposing regiment’s flag was secured.  During the Civil War, soldiers known as color bearers or color guards were appointed the duty of guarding the flag.  Color guards that successfully captured the enemy flag or protected their own flags were awarded the Medal of Honor.Capture the flag is a very active game that requires a great deal of running. The game combines the same evasive maneuvers of flag football with the fun of sneaking into enemy territory and stealing items from their side (footballs, soccer balls, batons, etc.)

**OBJECT OF THE GAME**

The object of the game is to sneak into enemy territory and *steal* ALL of the enemy’s objects. The first team to have all of the opposing team’s objects in their own hula-hoop wins the game.

* Each team will start with 1 ball in each hula-hoop on their side of the field (2 total).
* One person on each team must guard the hula-hoops on their side (goalie).
* All other players must try to enter the opposing teams territory in order to try and steal the items in their hula-hoops.
* The items must be brought back to your own side and placed in your team’s hula-hoop before the opposing team pulls your flag.
* Flags can only be pulled while in opposing team territory (the field is divided in half and marked accordingly).
* There is to be NO flag guarding (holding with hands, stuffing in pants, hiding, etc.)
* If your flag is pulled while on the opponent’s side of the field, you must go to the “jail box”.
* If a teammate is able to high-five your hand, you are out of “jail”. (one player at a time)
* If you have a ball, you may throw or kick it to a teammate to advance it across the field more quickly.
* If you have a ball when your flag is pulled, the ball goes back to the other team’s hula-hoop
* Once all 4 of the balls are in one hula-hoop, that team wins!

**PENALTIES**

All penalties and infractions result in automatically being sent to “jail”.

1. Flag guarding
2. Diving, sliding or bullying your way into the box
3. Your flag belt falls off on the opponents side

***\* Note: All players are expected to cross the centerline during each game. All players are expected to play fairly and go to “jail” when caught. We use the honor system in physical education and respect the game; it’s teammates, and opponents!***