

Capture the Flag

OBJECTIVE – Capture the Flag is one of those all-around games that works a little bit on everything. Its primary focus is the concepts of Offense/Defense, Teamwork, Strategy, and in some instances throwing/catching. This is also a great game to work on cardiorespiratory fitness. This game has many variations and modifications that can be made to alter the game a little, but the core concepts of capture flag are always there.

Capture the Flag BASE RULES

- 1.) A class is split into two equal teams.
- 2.) Each team will have their own color flag belts. In our case the belts will be for the blue team, and the red team.
- 3.) Players are always safe from having their flag belts pulled when they are on their own side.
- 4.) The objective of the game is to run over to the other teams' side, without having your flag belt pulled and make it into their bank. Once in their bank you are safe and cannot have your belt pulled while you are in that area, however you still will need to take an item from their bank and run it back to your side without having your belt pulled. If all those things are done you can play that teams either score a point and the item is removed from the game, or the item goes in the opposing teams' bank.
 - a.) Thieves can only take one item at a time.
 - b.) If a flag belt is pulled, that player will go back to their side, put on their belt, and then they are back in the game.

VARIATIONS – Instead of running the ball over to their side you can play that the teams have to throw it over the midline. They must leave the bank and make a throw to a teammate on the other side. If they catch it they keep it. Once a throw is made that player must go back to their side, they may not keep doing straight back to the bank. They are never allowed to throw from inside the bank.



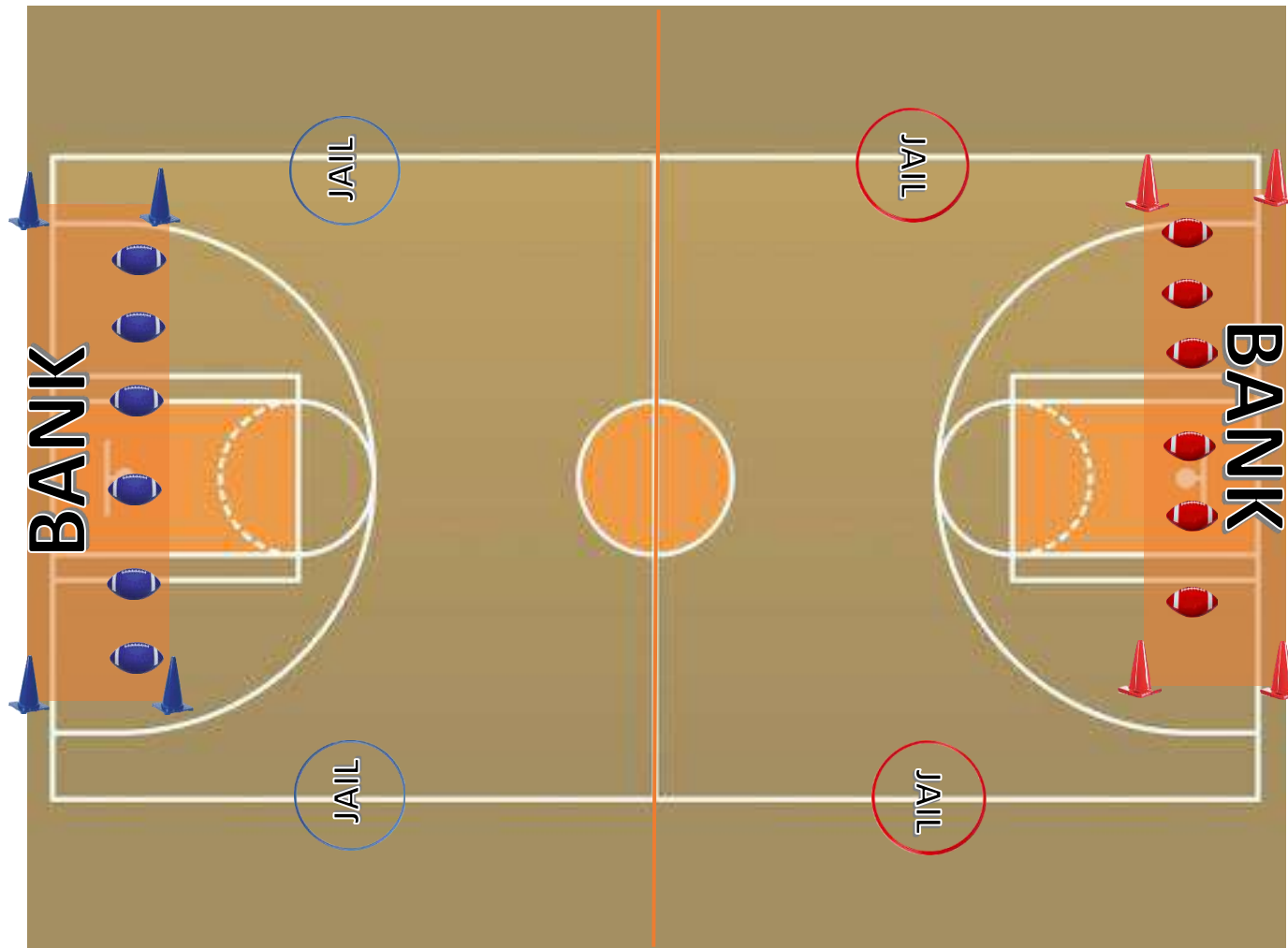
Capture the Flag KINGDOM RULES

- 1.) A class is split into two equal teams.
- 2.) Each team will have their own color flag belts. In our case the belts will be for the blue team, and the red team.
- 3.) Players are always safe from having their flag belts pulled when they are on their own side.
- 4.) In this version of capture the flag there are 3 main jobs. (Thieves – Players who try to steal the other teams' items) (Guards – Players who defend their side, both bank and jails.) (Knights – Players who try and rescue their teammates from jail.)
- 5.) The objective of the game is to run over to the other teams' side, without having your flag belt pulled and make it into their bank. Once in their bank you are safe and cannot have your belt pulled while you are in the area, however you still will need to take an item from their bank and run it back to your side without having your belt pulled. If all those things are done you can play that teams either score a point and the item is removed from the game, or the item goes in the opposing teams' bank.
 - a.) Thieves can only take one item at a time.
 - b.) If a flag belt is pulled, that player will go to one of the opposing teams' jails.
- 6.) For a player to be saved from jail a knight will run over into the opposing teams side and try to link up with ONE player from the jail. Once linked they can safely walk back to their side with the player they saved.

VARIATIONS – Instead of running the ball over to their side you can play that the teams have to throw it over the midline. They must leave the bank and make a throw to a teammate on the other side. If they catch it they keep it. Once a throw is made that player must go back to their side, they may not keep doing straight back to the bank. They are never allowed to throw from inside the bank.



SETUP



EQUIPMENT NEEDED:

Hula Hoops (2 Per Team)
{Ship}



Bowling Pins (4 Per Team)
{Battlestations}

Scooters (2 Per Team)
{Mini Boats}

Gatorskin Balls (A Bunch)
[Cannonballs]

VARIATIONS

Kindergarten – With K classes we do not play for a winning ship. Teams earn 2 points each round for following the rules, and 1 point for being ready and back on their battleship at the end of a round.

1st Grade – Earns 2 points for following the rules, and 2 bonus points if they were the last team standing.

* Points can always be earned for teams that are ready in between rounds.