

Capture the Flag — Rules Sheet

Everything you need to run a game. Print it, grab it, and head to the field.

The Basics

- ◆ **Players:** 8–40, split into two even teams
- ◆ **Space:** A field, yard, park, or gym
- ◆ **Time:** 15–30 minutes per round
- ◆ **Gear:** 2 flags (bandanas work), cones or rope
- ◆ **Goal:** Grab the enemy flag, bring it home
- ◆ **Tag rule:** Two-hand touch (agree before you start)

Set Up The Field

- 1 Divide the space in half with a **center line**. Each team owns one side.
- 2 Place each team's **flag** visibly in its own territory, near the back.
- 3 Mark a **jail** on each side for tagged players.
- 4 Set a **safety radius** (about 10 feet) around each flag where defenders can't camp.
- 5 Split into two even teams and send everyone to their side.

How To Play

- ◆ Cross into enemy territory to grab their flag.
- ◆ Get **tagged** on the enemy side → go to their jail.
- ◆ A teammate frees you by tagging you in jail. Both get a free walk back.
- ◆ Carry the enemy flag across the center line to win.
- ◆ Tagged while carrying → drop the flag where you stand.
- ◆ Defenders must stay outside the safety radius.

Settle The Arguments

- ◆ **"I made it back before the tag."** A referee's call is final. When unsure, replay the point.
- ◆ **"You can't guard the flag."** Correct — defenders stay outside the safety radius until a raider enters it.
- ◆ **"I was already across the line."** Mark the center line clearly with cones or rope before you start.

Golden rule: Agree the tag rule, the safety radius, and the boundaries out loud **before** the first round. Most arguments come from skipping this.

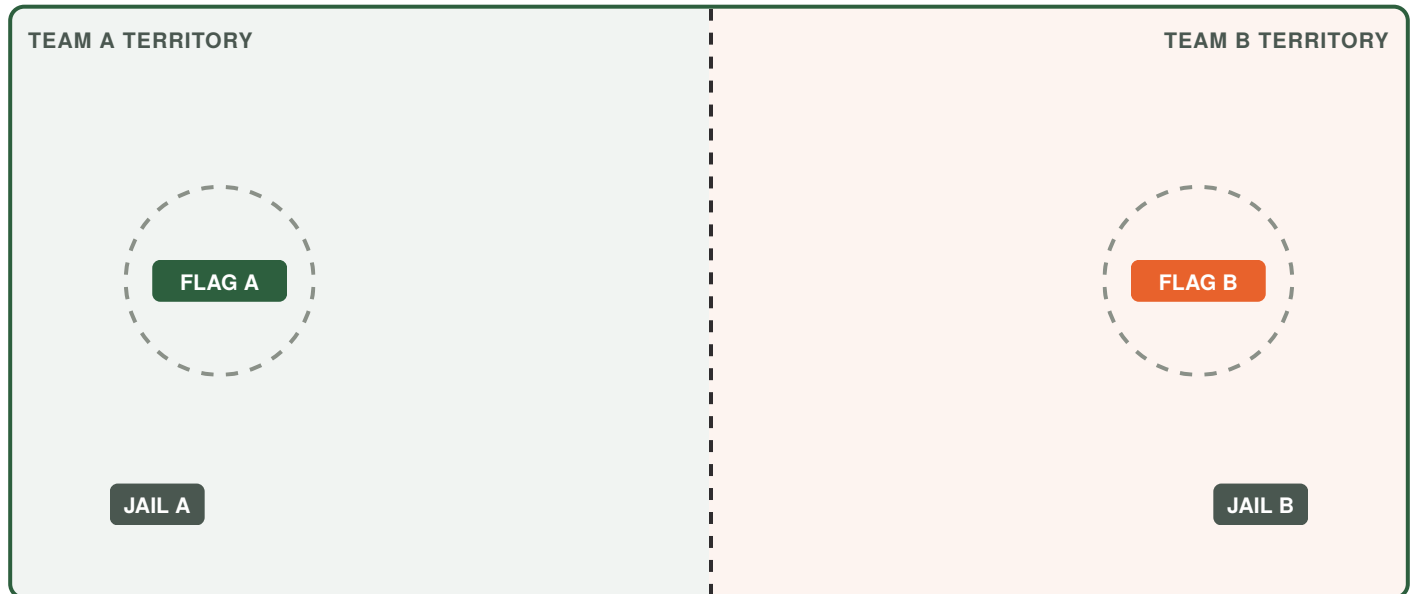
Stay Safe

- ◆ Two-hand touch only — no grabbing, pushing, or tackling.
- ◆ Walk the boundaries first and clear anything hard to trip on.
- ◆ Give a chased player room to stop. Watch for head-on collisions.

Field Setup & Ways To Play

A simple layout to copy, plus quick variations to keep the game fresh.

Field Layout



Flag sits inside a safety radius (dashed ring)

Center line splits the field

Jail in each back corner

Quick Variations

Nighttime	Glow sticks mark players and flags. Stealth beats speed after dark.
Indoor	Play in a gym. Tighter space, two-hand touch, furniture as cover.
Nerf	A foam-dart hit replaces the tag. Everyone wears eye protection.
Water	A bursting water balloon replaces the tag. Best on a hot day.
4-Base	Four teams, four flags, four corners. Great for big crowds.
One-Flag	One neutral flag at the center. Both teams race for the same target.

Team Size Cheat Sheet

- ◆ **Small (8–12):** Shrink the field. Fewer defenders, faster rounds.
- ◆ **Medium (12–25):** The classic setup works perfectly.
- ◆ **Large (25–40):** Bigger field, add a second referee.
- ◆ **Huge (40+):** Switch to 4-Base to spread the crowd out.

Get the full rules, setup diagrams, and every variation at flagcrack.com