

Capture the Flag: 4 teams - 3 games, 15-minute rounds.

First team to collect 2 flags wins that round and gets 3 points for that game.

If your team has one flag by the end of a game, you get a point.

Most points after 3 games wins!

RULES

1. Your zone is your safe zone. Pretty simple there.
2. Each flag will have a 10 ft safe zone around it and cannot be hidden, must be plain sight.
3. If you're tagged outside your zone, you go to the jail of the other team. **(ORANGE CONE)**. To get out of jail, a teammate must tag you, once tagged, you both must go back to your zone, arm in arm, before re-entering the game. No faking the arm in arm.
4. You can only rescue one person at one time.
5. EACH TEAM FLAG IS A BALL OR FRISBEE and MUST be thrown to advance.
 - Play like ultimate frisbee. You can't run with flag.
 - You are Safe when you have the flag but remember, you can't run with it.
 - You must throw to advance flag, if it hits the ground, it goes back to original spot.
 - You must have a successful throw and catch into your zone.
 - It can't simply be thrown and land in your zone.
 - Any unsuccessful attempt to advance the flag results in it being taken back to it's original team and spot.

Again, we'll play 3, 15 minute games. First team to get 2 flags in one game wins that game.

Any team with a flag at the end of a game gets a point.

Winner is the team with most points after the 3 games.

Have Fun and Be Nice!

