



FCSSC Capture the Flag Rules

1. Teams start at their TEAM flag.
2. Each player has 2 flags on their belt.
3. The centre line is mark by pylons.
4. Once the FCSSC GC yells “CAPTURE THE FLAG” the game has begun.
5. Defensive players cannot enter the crease around there own flag (marked by cones).
6. Once an opponent is in the crease the defensive team can not pull the flag (no reaching).
7. Once both of your flags are removed from your person, you are frozen and cannot move.
8. A teammate may sacrifice one of their flags to bring you back to life, this can be done as many times as possible. But when you have no flags you are frozen.
9. You need to get the TEAM Flag of the opposing team and cross over the centre line win.
10. We will play as many games as possible in 40mins.
11. Boundary will be determined on site.