


Capture the Flag – Game Instruction

Title: Capture the Flag

Category: Outdoor

Subcategory: Family

Players: 6 or more (2 teams)

Time Required: 30–45 Minutes 

Description

Capture the Flag is a classic outdoor team game full of excitement, strategy, and physical activity. Teams hide their flag and try to capture the opponent's flag while defending their own. It's a fun way to encourage teamwork, communication, and outdoor exploration.

Materials Needed

- Two flags or colored cloths
 - Cones or markers to divide territories
 - Whistle or timer (optional)
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How to Play

Setup:

- Divide players into two equal teams.
- Set up a large play area and divide it into two territories.
- Place each team's flag in a visible spot within their territory.
- Designate "jail" zones on each side.

Objective:

Capture the opposing team's flag and return it to your territory without being tagged.

Rules:

- Players who enter the opponent's territory can be tagged and sent to jail.
- Teammates can rescue jailed players by tagging them.
- A player carrying the flag can be tagged and must return the flag to its place.
- First team to successfully capture the other team's flag wins.

Winning:

The team that brings the opponent's flag back to their side first wins.

Tips & Variations

- Use glow sticks for a night-time version.
- Add multiple flags for extra chaos.

- **Play with walkie-talkies for secret strategies.**
- **Change tagging rules to “freeze” instead of jail.**