



## OBJECTIVE

The object of the game is to collect your ball from the opponent's tower and return to your half without being tagged. The first team to do this wins!

## EQUIPMENT

- 2 Tip It Towers
- 2 Barricades
- 1 Hex Cone Set
- 1 Red Playground Ball
- 1 Blue Playground Ball
- 12 Red Webbing Sport Sashes
- 12 Blue Webbing Sport Sashes
- 20 Flexible Field Markers

## SET UP

1. This game can be played indoors or outdoors; in large areas or smaller areas, however, larger spaces allow you to be more tactical.
2. Mark out a halfway line to define each team's territory
3. At the far end of each team's territory, set up each tower with the opposing team's ball on top (e.g. blue tower will hold the red ball).
4. Set up a ring of markers around each tower. This will be dependent on the size of your space, a minimum of 1.5m-2m is recommended.
5. Nearby, using the cones, set up a 'prison' for tagged players.
6. Set up a barricade in each half to allow each team a hiding spot.



## GAME PLAY/RULES

- Divide players into two even teams, each wearing the coloured sash of their respective team.
- All players are to start on their team's side of the halfway line.
- Once the game starts, players are free to move anywhere within the defined game area, with the exception of inside the circle surrounding the tower or prison you are defending.
- Players can enter into the opposition's half to attempt to steal their ball from the tower and carry it across into their team's half to win.
- You may not throw the ball across to your half however you can hand it to another player in your team.

## HOW TO SEND A PLAYER TO PRISON

- Once you are in opposition territory you can be tagged and sent to prison.
- You cannot be tagged in your own half.
- If you go out of bounds, you get sent to prison. If tagged in the opposition's half with the ball, it must be returned to the tower and then the player goes to prison.
- Any hard tags or tackles (ankle taps included) can send the tagger to prison.

## SAFETY

- It is recommended to demonstrate how to tag safely: Lightly tap a player on the torso.
- Any hard tags or tackles (ankle taps included) can send the tagger to prison.



## HOW TO GET OUT OF PRISON

- To get out of prison a teammate needs to tag you.
- When multiple players are in prison they can join hands so that if one player is freed, everyone connected is also freed.
- Once freed from prison, the players must return to their half and cannot be re-tagged until they return back into the opponent's half - you cannot go for the ball straight away.

## TACTICS

- The barricades are a good hiding spot if you want to plan a surprise attack on your opponents.
- Sometimes players will have to sacrifice themselves by making a diversion. It can give your team a better chance at winning by distracting your opponents.
- You can go from having everyone in your team in prison, to everyone being free in a short amount of time. Never give up, even if you are the last one left.
- Always try and keep your fastest players until the end. They will be the best players to get the ball or to free people from prison.

# CAPTURE THE FLAG INSTRUCTIONS



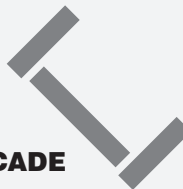
**PRISON**



**TIP IT  
TOWER**



**BARRICADE**



**BARRICADE**



**TIP IT  
TOWER**



**PRISON**