



Capture the Flag Homecoming Tournament

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all Intramural Sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

A review of Capture the Flag rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY & REGISTRATION

All participants must meet the eligibility standards as outlined in the Intramural Sports Handbook. Registration will take place on [FusionIM](#) and open on Wednesday, October 11th at 8am and end at 5p on Wednesday, October 25th.

GENERAL INFORMATION

1. The Players

- a. The game shall be played between two teams of ten players each. Eight players are required to begin a game.
- b. A minimum of eight players must be on the field at all times.
- c. For co-rec, a minimum of four females and four males must be on the field at all times.
- d. **All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.** Players may play on one men's or women's team, and one co-rec team.
- e. Roster limits will be 12 players.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches.



Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.

- a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shorts/Pants:** Athletic shorts/pants with pockets are not allowed. A player is not allowed to wear compression shorts or any other type of undergarments as playing shorts.
5. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
6. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
7. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

3. Persons Subject to the Rules

Team representatives including: players, substitutes, replaced players, coaches, fans and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

4. Location

All games will be played at the Mitchell Street Sports Complex.

GAME GUIDELINES

1. The games will last 15 minutes, and in order to advance within the tournament the winning team must capture all of the opposing team's flags (3) before the 15 minute period, or have the most flags at the end of 15 minutes. If there's a tie, the number of players inside of their opponent's jail will serve as the tiebreaker—whichever team has the least amount of captured players will advance. If there's still a tie after the first tiebreaker, there will be a relay race to determine who advances.

FLAGS & CONES

2. There will be three (3) flags located on each team's side.
3. Each flag will be visible on top of a large orange cone.
4. Participants are not allowed to run outside of the coned perimeter.



5. Cones will serve as a perimeter to indicate a no guarding zone for both the jail and flags.
6. Players cannot move the location of any of the flags and/or cones. Guarding of the jail or flags is not allowed within the cone perimeter.

JAIL

7. If a participant is caught, by having their flag belt pulled on the opposing team's side, the person caught must be escorted to jail.
8. Participants in jail can only be rescued by his/her own team members.
9. Participants who are rescued from jail must return to his/her own side holding hands with the person who rescued him/her. The rescued person can attempt to capture the flag again only after the rescue has been "completed".

CAPTURING THE FLAG

10. Once a player has captured a flag from the other team's side, the flag must remain visible at all times while taking it to the Safety Zone. It cannot be hidden in any way.

BOUNDARIES

11. The Safety Zone, Jail, and Flag Zone will be delegated by cones and gone over before the game begins