



Official XOSO Coed Capture the Flag Rules

Honor Code

XOSO Coed Capture the Flag is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is not permitted at the field.

- 1. This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
- 2. All players must be registered, paid, and at least 21 years of age.**
- 3. By registering and signing the XOSO Release of Liability form, players agree that XOSO and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any XOSO Activity.**

Field

1. The field dimensions and shape will vary.
2. The field is divided into 2 or 3 "territories" with either lines or neutral zones separating one from another.

Equipment

1. All players must wear XOSO team shirts and closed-toe shoes. Sandals are prohibited.
2. XOSO flags will be provided.

Teams

1. Team rosters shall consist of 10 – 18 members.
2. A maximum of 10 players on the field during play and a minimum of 6 are required (3 of each gender) to prevent forfeiting.
3. Maximum of 6 men on the field.
4. Only paid XOSO league members are allowed to play. NO EXCEPTIONS.

Forfeits

1. Teams will be given a 5 minute grace period.
2. Teams that fail to abide by their scheduled game time will forfeit their match.
3. A team that uses a player that is not registered with XOSO will forfeit their match.

4. A forfeit will count as a 3-0 win for the other team.
5. Any team that fails to provide officials when scheduled will receive a “**Party Foul** forfeit” for each match they failed to officiate.
 - a. “**Party Foul** Forfeits” count towards the rule below determining playoff eligibility.
6. Any team that forfeits two or more matches, including **Party Foul** and match forfeits, will be ineligible for the playoffs.

Game Setup

1. Objective

- a. The object of the game is to infiltrate the enemy territory, find and steal their flag, and bring the flag safely back to your own territory without being tagged.
- b. If a player is tagged in enemy territory they become a prisoner and must proceed directly to the enemy jail without wandering or flag searching.

2. Flags

- a. Must be partially visible. (i.e. Not completely hidden).
- b. May not be tied or secured to any object.
- c. Must be within reach of all players.

3. Jails

- a. Cones will be provided to set up your designated jail area.
- b. Jails may be placed anywhere within your team’s territory.

Game/Match Format

1. The team with the most flag captures in a 40-minute match is the winner.
2. The teams shall switch territories at the 20-minute mark.
3. Every 10 minutes there will be a “line change” where subs can come in.
 - a. Jails are emptied during the line change.
4. Every 5 minutes there will be an official “Jail Break”.
 - a. The FIRST 2 players captured from each team will be released.
5. If the match ends in a tie, then the match is a tie. The Spin-Off Challenge is only used if neither team has captured a flag.
6. No game shall begin with less than 2 minutes left on the 40 minute clock.
7. If a match is “called” and the teams have not played at least 20 minutes, every attempt will be made to make up the match.
8. If the match is unable to be made up, it will be considered a tie.
9. If NEITHER TEAM has captured a flag at the conclusion of the match there will be a Spin-Off challenge to decide the winner.

Game Play

1. Attackers

- a. A full team should always have 3 attackers:
 - i. In enemy territory or jail
 - ii. In neutral zone
 1. Exception: When the other team has your flag you may double back to prevent them from completing the capture of the flag.

2. Guards

- a. Each team may have no more than 7 players defending at all times.
- b. Must stay at least 10 feet from the flag until an enemy moves within 10 feet of the flag. ONLY when an attacker is within 10 feet of the flag can the guard move within 10 feet of the flag to catch the attacker.

3. Neutral Zones

- a. To be safe in a neutral zone, BOTH feet must be on neutral territory.

4. Jail Breaks

- a. An attacker may free prisoners by tagging them while they are in jail.
- b. After being tagged free, the prisoners have a safe pass back to the nearest neutral zone (or their territory if there are no designated neutral zones) and must return immediately without attempting a flag capture or releasing other prisoners.
 - i. The freed prisoner must raise BOTH ARMS all the way to safe territory/neutral zone to indicate to all players that they are on a free pass.
 - ii. Raising both arms at any other time will result in an immediate yellow card for deception.
- c. An attacker may free an unlimited number of prisoners.
- d. There will also be official time released **Jail Breaks** of prisoners.
 - i. The first two caught prisoners from each team will be released at 5 minute intervals.
 - ii. All prisoners will be released at the 10 minute **line change**. Each team will have 2 minutes to sub in players if need be.

5. Flag Captures and Attempted Captures

- a. When in possession of the flag the attacker has no neutral zone safety. They must make it safely back to their territory (both feet in safe territory) to complete the capture.
- b. Game resets on completed flag capture.
- c. If the attacker is tagged while in possession of the flag, the flag will be left at the spot of the tag.
 - i. If the tag occurs within 10 feet of the neutral zone/center line the flag will be moved back to ten feet away from the neutral zone/center line.

6. Spin-Off Challenge

- a. At the conclusion of a tied match in which neither team has captured a flag, there will be a Spin-Off challenge. Each team will choose one player to represent their team.
- b. Each team will have a flag placed in an open area side by side.
- c. Each representative will place their forehead on a wiffleball bat and spin around 15 times before racing to retrieve their team's flag and return it to the neutral zone line.
- d. The first player to get back with their flag will win the match for their team.

Officiating

- 1. XOSO Coed Capture the Flag is a player-officiated sport, and each team is responsible for designating players from their team as umpires for other games as indicated on the provided season schedule:

- a. Teams will be scheduled by XOSO to provide TWO umpires for games in rotating fashion.
 - b. If a team fails to furnish TWO umpires as scheduled they will be issued a **Party-Foul** forfeit. The **Party Foul** forfeit does not count as a loss. Teams with two or more forfeits, including game forfeits, will be ineligible for the tournament or playoffs.
 - c. Games must be officiated by at least two Umpires: a Jail Monitor and Time Keeper.
2. The team-designated Umpires are the designated league officials for the game.
3. Any player that officiates 8 games in a single season may play in the following XOSO CTF season for free.
 - a. Not all seasons will have enough available games for people to achieve this benefit.
 - b. It is the responsibility of the player to inform XOSO after each officiated game on paper or by email at referees@xososports.com
4. **Only team captains may dispute calls with the Officials.**
5. All decisions by Officials are final.
6. Any player who commits the following infractions shall be declared out at the Officials' discretion:
 - a. No player shall use abusive language.
 - b. No player shall engage in any unsportsmanlike conduct.
 - c. No player shall argue with a XOSO staff member or Official.
7. Any player who breaks the above rules twice in one game shall be ejected.
8. Any player ejected twice in a season shall be removed from the league.
9. Before each game the Head Umpire should remind both teams that this is a social league and players are expected to play for fun and help call themselves tagged if necessary.
10. Umpires have complete authority and may:
 - a. call a time out;
 - b. call off a game because of weather or other reasons;
 - c. penalize or eject a player, for any reason.
 - d. ejected players must leave the field for the duration of the day in question.
11. Official Duties
 - a. The official will be responsible for:
 - i. Starting games
 1. Keeping time
 2. Recording each win and loss
 3. Enforcing the honor system
 4. Enforcing all penalties
 5. Managing the game
 6. Turning in the final score, with team captain signatures at the end of the match. The scoresheet must have the name of the official in order to receive credit towards the 8 game officiating requirement towards a free CTF season.

7. Umpires may make rulings at their discretion at the time of the play. These rulings will not necessarily become part of XOSO's official CTF rules.

Sportsmanship and Cards

1. Any player or team may be removed from the league for the remainder of the season, and denied registration for subsequent seasons due to unsportsmanlike conduct at the complete discretion of XOSO if it is in the best interest of the league.
2. Officials and XOSO staff members may give **YELLOW** and **RED** cards at their discretion for unsportsmanlike conduct without prior warning.
 - a. Games will be whistled to a stop to issue the card.
 - b. Suspensions as a result of YELLOW/RED cards may be reviewed by XOSO staff members who may alter or amend punishment as they deem necessary.
3. **Warnings, Yellow Cards, and Red Cards**
 - a. **Warning:** No suspension, but if conduct is repeated there should be a card given.
 - b. **Yellow Card:** Player must sit out the remainder of the current GAME. The team shall play minus one player for the remainder of the game.
 - c. **Red Card:** The player in question shall be ejected from the remainder of the current GAME and the following GAME. The team shall play minus one player for these games. The player must leave the premises. Two Red Cards for any player in a season shall prevent that player from participating in or registering for any XOSO league for at least two months.
 - d. 2 Yellow Cards = 1 Red Card
 - i. A player receiving two Yellow Cards on the same day (before, during, or after a game) will result in a Red Card and immediate ejection from the game, and facility.
4. If a **Yellow** or **Red Card** results in a team's inability to meet the 3/3 gender requirements to play in a game it shall count as a forfeit for said team.
 - a. The forfeited game or match shall count as suspension time served for the offending player.
 - b. If the opposing team must forfeit it shall also count as suspension time served.
5. **Some Causes for Cards**
 - a. Drug and alcohol use on or near the playing court/field shall be an immediate **RED CARD**.
 - b. Raising both arms in deception to indicate that a player is on a free pass from jail when they are not on a free pass will result in a yellow card.
 - c. Arguing calls, especially by non-captains with other players, referees, or XOSO staff members.
 - d. Unsportsmanlike communication between opposing teams, both verbal and non-verbal:
 - i. Arguing, yelling, pointing, questioning, misleading or confusing the other team with incorrect rules, swearing and other foul language.
 1. Warnings should be given to BOTH teams at first.

- ii. Moving in a threatening manner, physical abuse or gestures shall result in an immediate RED CARD.
- e. Foul language or behavior directed towards referees, spectators, players, or XOSO staff members.

Protests and Disputes

1. Protests and disputes must be filed on paper with the XOSO staff member on site or by email on the day in question.
2. Team captains may dispute the final score of a match or the receipt of a Yellow or Red Card for a team member by explaining in detail their reasoning.
 - a. Disputes based on referees' judgement calls (safe, tagged, etc.) will not be heard.
 - b. Only rules explicitly outlined in this document shall have grounds for reversal.
 - c. The initial ruling shall be considered accurate, and the burden of proof shall rest with the captain filing the protest.
3. The XOSO staff shall consider all protests and may request additional information/perspectives from other players and witnesses in the interest of making the proper determination and ruling on the protest.

Tournament

1. If there is a playoff, the top 4 teams will go to the tournament based on season rankings.
 - a. Leagues with less than 6 teams will only have a championship match.
2. The top teams will be determined by record (2 points for a win, 1 point for a tie, 0 points for a loss).
3. If time permits, we will occasionally take more than 4 teams to the tournament (i.e. We have 5 or more hours of field time).
4. In case there is a two-way tie between teams, the following tiebreaker system will be used:
 - a. Overall season capture differential (Overall season captures scored minus overall captures against)
 - b. Head-to-head matchup
 - c. In the case that a tie still persists, a coin flip will determine the winner.
5. In case there is a three-way (or more) tie between teams, the following tiebreaker system will be used:
 - a. Head-to-head matchup
 - b. Overall season capture differential (Overall season captures scored minus overall captures against)
 - c. In the case that a tie still persists, a coin flip will determine the winner.
6. In the event of a forfeit, for the purposes of tiebreakers, the forfeiting team shall lose by 3, resulting in a win/loss differential of -3 for the game. The team winning as a result of the forfeit shall win 3-0 for a differential of +3.
7. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +10, even if the team won by more than 10 captures.

All other playoff scenarios that occur will be treated on a case-by-case basis by the Sports Director. The Sports Director has the final say on any disputes and will treat each situation in the fairest and most logical way.

Please email XOSO at disputes@xososports.com if you have any questions about these rules.

These rules may be modified as needed to make the league more fun for everyone.

www.xososports.com
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