



## Official Xoso Coed Capture the Flag Rules

### Honor Code

Xoso 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 18 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 two “territories” with either lines or neutral zones separating one from the other.

### Equipment

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

### Teams

1. Team rosters shall consist of 10 – 14 members.
2. A maximum of 10 players on the field during play. At least 4 of the 10 spots in the field must be held by women. If only two women are present, the team must play with two less people in the field (so 8 fielders) If three women are present, the team must play with one less person in the field (9 fielders).
3. A team must have 2 of each gender AND six total players to prevent a forfeit.
  - a. Each team will have 5 minutes from the scheduled game time to meet the minimum attendance rule.
4. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit

their game. Subs can register at  
<http://www.xososports.com/page/sub-registration>

5. **Roster Checks:** Captains have the right to ask for a roster check of the opposing team. The request must be made with the official either before or during the game but before the 20 minute mark. Once the game has played more than 20 minutes, no roster checks may be done unless a player shows up late. If it is found that the opposing team is playing with an “illegal player” (i.e. not on that team’s roster or registered as a sub) then staff reserves the right to remove the player and forfeit the game. Roster checks may not be done after the game and Xoso staff decisions are final.

### **Forfeits**

1. Teams will be given a 5 minute grace period. Teams unable to field the minimum roster at 5 minutes after the scheduled game time will forfeit. This time counts towards the 40 minute game time. This grace period is optional, and teams that can field a legal lineup will not be permitted to stall and wait for more players.
2. A team that uses a player not on their roster will forfeit their game, unless it’s a paid sub that registered through the website and checked in with the head umpire.
3. A team that uses a player under 18 will forfeit their game.
4. Any team that forfeits two or more games 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.
  - d. May not be confined in an enclosed area (like a dugout).
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, but may not be confined in an enclosed area (like a dugout).

### **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. Subs may also enter after a flag capture during the reset.
  - a. Jails are emptied during the line change.
2. Every 5 minutes there will be an official “Jail Break”.
  - a. The FIRST 2 players captured from each team will be released.
3. 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.
4. No game shall begin with less than 2 minutes left on the 40-minute clock.
5. 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.
6. If the match is unable to be made up, it will be considered a tie.
7. 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 (if applicable)

- 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. An attacker may free an unlimited number of prisoners.
- c. 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.
    1. Raising both arms at any other time may result in removal from the game.
- 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**.

## **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 wiffle ball 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.

## **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.

Please email Xoso at [comeplay@xososports.com](mailto:comeplay@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.**