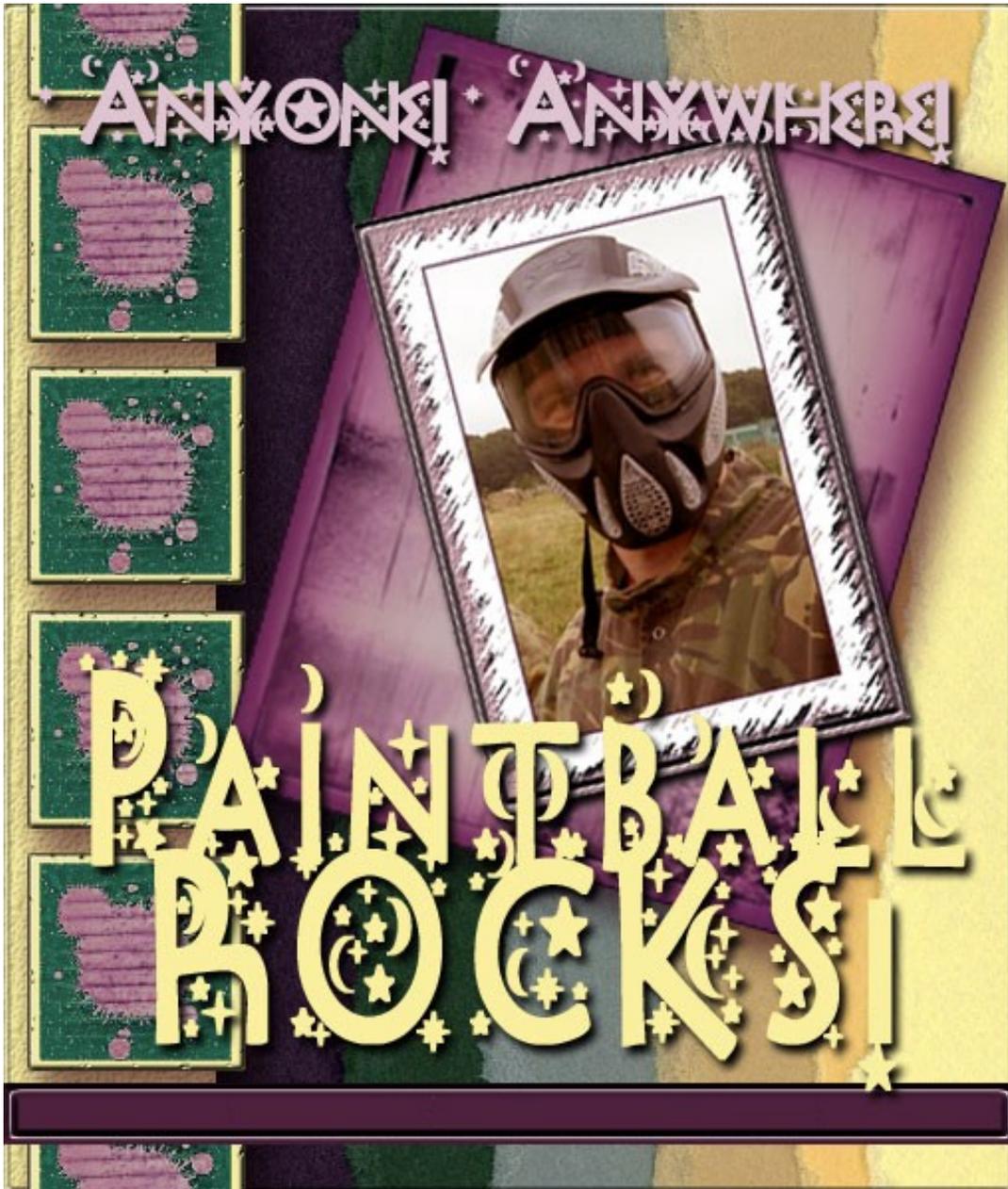


# Anyone! Anywhere! Paintball ROCKS!

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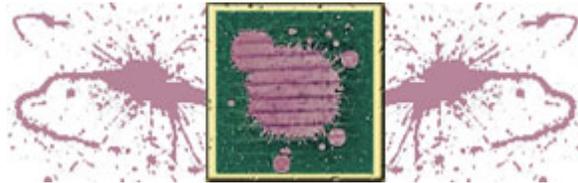


Anyone! Anywhere! Paintball ROCKS!



He who strives for the pot of gold at the base of the rainbow finds himself alone in the gathering dusk after the rainbow disappears, miles from home, feeling foolish, having to walk home in the dark. ~ Glenn Carson

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# *Table Of Contents*

## **Contents**

Table Of Contents .....	3
Anyone! Anywhere! Paintball ROCKS! .....	6
The Main Rule Of Paintball? ... HAVE FUN! .....	6
The History Of Paintball .....	6
Why Paintball Is Popular .....	8
There Are Several Reasons For The Popularity Of Paintball: .....	8
Everyone Loves Paintball! .....	9
Here Are Several Reasons Why Paintball Is A Sport Well-Loved By Many People: .....	10
The Basics Of Paintball .....	11
Finding A New Way To Workout? Try Paintball! .....	13
Paintball Can Be Good For You! .....	14
What Paintball Can Do For One's Health .....	15
How To Ensure That Paintball Will Not Be Bad For The Players .....	17
Safer Than Playing Basketball Or Baseball .....	17
Stay Safe While Playing Paintball .....	18
The Best Places To Play Paintball .....	20
Woods .....	21
Concept Fields .....	21
Speedball Fields .....	21
Indoor Fields .....	22
Fair Play In The Game Of Paintball.....	22
Best Weather To Play Paintball: In The Rain? .....	24
Here Are Guidelines So You Can Enjoy Your Paintball Game On A Rainy Day:.....	25
Add Thrill To Your Paintball Game .....	26
Tips On How To Play The Paintball Sport .....	26
Popular Paintball Games.....	27



..... 28

Recreational Or Capture The Flag ..... 28

Scenario Paintball..... 28

Backyard..... 29

Speedball..... 29

How To Reach The Goal In A Paintball Game ..... 30

Make Use Of Paintball Squads To Win The Game! ..... 31

    One Of The Most Important Traits In Playing Paintball Is Patience..... 32

Defensive Tactics In Paintball ..... 33

Paintball: It Is Not A Game, It Is A Cool War ..... 35

    Follow The Referee: ..... 35

    You Are Out:..... 35

    You Are In:..... 36

    Safety Is The Best Policy..... 36

Paintball 101: The Importance Of Stealth..... 36

Requisites Of A Paintball Leader ..... 38

    What Are The Attributes That A Paintball Commander Should Have? ..... 39

Winning Paintball As A Team ..... 40

    Paintball Is A War Game ..... 40

    Paintball Is A Tactical Game ..... 41

    Paintball Also Requires Your Team To Have A Battle Plan ..... 41

    Paintball Is Designed To Bring Out The Creative Side In People ..... 41

    Paintball Also Requires Your Team To Be Flexible ..... 41

    Paintball Requires Good Communication Between Teammates..... 42

    Winning AND Losing..... 42

5 Paintball Playing Tips On How To Win The Battle..... 42

    Establish An Optimistic Approach..... 43

    Learn By Experience ..... 43

Never Play Solo .....	44
Do Not Hide Forever .....	44
Never Surrender.....	44
Paintball Playing Techniques In Developing A Good Game .....	44
The Concept .....	45
The Playing Techniques.....	45
Ten Ways To Master The Art Of Playing Paintball .....	47
The Secrets To Winning At Paintball.....	49
The Secret To Winning At Paintball Is Not Rocket Science .....	50
Wishing You Paintball Heaven! .....	51

# *Anyone! Anywhere!* *Paintball ROCKS!*

## *The Main Rule Of Paintball? ... HAVE FUN!*

### **PAINTBALL! WHY IS IT SO COOL?**

Have you ever pondered the sport of paintball? How is this wild and wooly “game” played? What equipment or gear do I need? Is it only for pre-teen or teenage boys? Here is some insider’s info to get you inching down that pathway to this quite unexpectedly cool sport that is ready and waiting for anyone, anywhere to play... whether you are a youngster or maybe an oldster, or if you are skinny or fat, an athlete or a geek. Amazing, right?

The sensational thing about paintball is that anyone can play... I would even say just about everyone! You might be male or female and you probably still can play this high-action game. Truth be told, even your grandmother and grandfather can join in the fun of this terrific sport. It will be an exciting time for families to get together and have some fun!

## *The History Of Paintball*



War games have been around for a long time. These are used to prepare an army for battle or the beginning of a surprise attack. Since people are not able to use real guns in this game, Bob Gurnsey, Hayes Noel, Charles Gaines and nine others decided to play this game by using markers that were originally used to tag cattle and trees. This game originated in 1981.

Later on, markers were used to shoot paintballs at other players. The bullets used for each shot is a .68 caliber gelatin capsule which comes in various colors so that

one team can distinguish the shots they fire from those of the opposition. Anyone that gets hit is out of the game.

Paintball has evolved and through the years and can be played in different ways. In one version of the game teams can one flag each and the other team must capture that flag in order to win. Another game has the same objective as the first will except there is only one flag that is situated in the center of the field and each team tries to be the first to capture the flag. The other way of winning (other than capturing the flag) would be to eliminate all of the players of the opposing team with paintball hits.

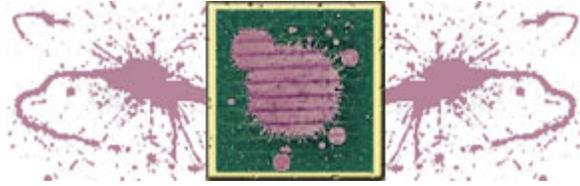
The game can be played on a small scale which is called recreational paintball. This is the original way it was played in a wooded area and can be played in an area the size of a basketball court.

If there are many people who want to play and the field is a large area the game is called a scenario. The largest scenario ever was in 2005 on a 700 acre parcel of land and with 3,000 participants.

When a player participates in a competition sanctioned by a governing body, that competition is called a tournament. Teams can be comprised of 3 to 10 players each. Rules during such events vary so people should check before entering the tournament.

For the safety of those who participate in these events, protective gear is required for each player. It consists of a helmet, chest pad, gloves, and knee and elbow pads. The guns used are only allowed to fire a maximum of 300 feet per second.

Paintball is one game that is gaining ground in the sports world. According to a study done in 2005, it is ranked as the third most popular extreme game in the world. It is considered a safe sport as long as proper equipment is used and people comply with the rules. People who are interested can sign up at the local club and join in the fun.



## ***Why Paintball Is Popular***

Paintball is fast becoming one of the most popular games around. It has become an alternative past time from the usual athletic games being played; and it has become one of the most exciting outdoor sports in the world. Anybody can play paintball, regardless of race, sex, age and social status. It is a game for people who have taste for competition and adventure.

The game combines two of the most popular childhood past times: tag and hide-and-seek, the objective being to capture the flag of the enemy while protecting one's own.

## **There Are Several Reasons For The Popularity Of Paintball:**

1. It is the team sport that enables one to remove an opponent from the game without being penalized for it. In fact, removing one's opponent is very much part of the game. It is the survival of the smartest and the quickest.



2. There is a strong sense of danger, not necessarily a physical one. The threat of being removed from the game makes it more exciting for the participants. But since it is only a game, the fear is not enough to make one mentally-incapacitated. With the right safety gear, no one is really in any real danger. It is all in the mind.

3. All players are equal. Experience is the only basis of one's edge over the other player. Factors such as race, gender and age do not put one ahead of the other.

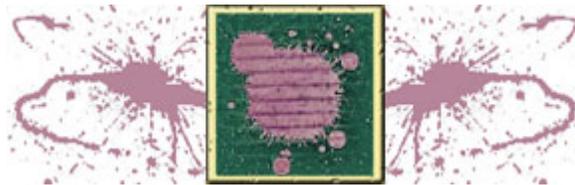
4. There is a total absence of physical contact. There is no need for a player to manhandle his opponent so that he can be eliminated from the game. One only needs to shoot the opponent, which can be done from a relatively safe distance. Very few injuries and no deaths have resulted from playing paintball.

5. There is no need to be an athlete. Playing paintball does not require extreme physical strength. In fact, the game can be played with very few physical movements.

6. No one really needs to be experienced to enjoy the game. Though it matters, a lot of old-time players find themselves surprisingly eliminated by first-time participants. It is anybody's game.

7. It is gadget-crazy. Everybody likes gadgets. Paintball requires a lot of them.

Paintball is a very stimulating and exciting sport. Playing the game gives one the chance to renew the inner child in people. It enables one to maximize his sense of adventure, without risking life and limb for that sought-after rush.



## **Everyone Loves Paintball!**

Today, many people from all over the world are playing or at least have tried playing paintball. It is becoming one of the most popular outdoor sports in the world, an alternative to classic favorites such as basketball and football.

It is the kind of game where everyone can play; a competition where things such as gender, social status, age or race does not bring about discrimination or disadvantage of any kind. All that matters is the ability to think and act quickly.

Intelligence and decisiveness are the primary factors that can make a person a paintball expert.

The objective of the game is simple enough: To capture the flag of the enemy while protecting his or her own.

## Here Are Several Reasons Why Paintball Is A Sport Well-Loved By Many People:

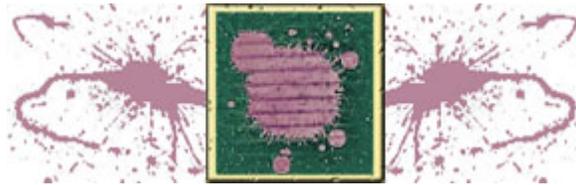
1. Physical contact is not really needed. People can dispense fears of being physically injured, or worse, death. Players do not need to hurt their opponents to have them ejected from the game. You only need to mark them with paintballs, and the deed is already done. No fuss, no “black eyes”!
2. Equality exists among the players. It is the game where a man has no edge over a woman, or the young can take advantage of the old. The only thing that can give a player an advantage over the other is experience.
3. Even amateurs can enjoy the game. Chances are that a first time player can eliminate an experienced player.



4. One does not need to be an athlete, since the game can be played with minimal physical contact.

5. Paintball players use a lot of gadgets. Everyone loves the sense of childhood one gets when using intricate toys.
6. The fact that one can just eliminate players is a thrill in itself. Eliminating one's opponent is even encouraged, while protecting the team's flag.
7. There is a foreboding sense of danger. It stems from the awareness that one can be removed from the game in just one blink of the eye, and no one is invincible. The fear is enough to arouse a little bit of anxiety in a player, but not enough to make him so nervous he cannot perform his tasks.

There is no doubt that paintball is one of the most exciting sports ever conceived. It is the kind of game where people can experience the stimulation that other strenuous sports provide, and paintball can develop teamwork and camaraderie among its players.



## *The Basics Of Paintball*

Paintball is a safe, simple yet challenging and strategic sport that is played usually by two teams, each with at least two players. Adults and kids alike enjoy this sport as they often refer to it as an advanced or improvised game of tag.

Tournaments attract many spectators of all ages, as it is a very exciting game to watch.

Paintball games are of various types, however, the most popular game often played is called "capture the flag." The object or the goal of this game is for teams to advance to the opponent's base, move the other team's flag to its destined location, at the same time guarding your own flag.

The paintball field has many obstacles such as tires, forts, old cars, hay and the newest are “inflatables” that are constructed as refuge for team players; making the game all the more exciting, as if participating in an actual game of war in videos.



When one is hit, it can hurt briefly and at times give players bruises. Players are typically required to be in long sleeves shirt and pants, making sure that the color is not be identical as that of the judge and complete paintball gear such as mask, helmet and goggles for safety.

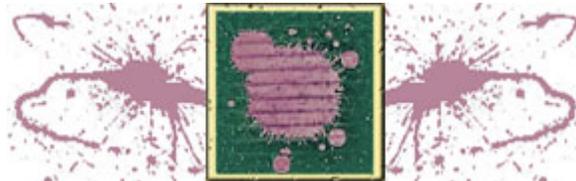
The sport of paintball has a distinct and accurate set of rules that are strictly followed. The producer of the tournament is the absolute authority in regard to either an alteration or addition to the rules; marshals oversee the event, and their decision is always final. No dispute on the paintball field is accommodated or entertained.

A military approach to paintball is useless, as that knowledge is recognized and understood by the teams. A team's tactic should be carefully planned; your team's line of attack will not be known by the opposing team, and there should be a quick switch of plans in case something goes wrong.

There must be a lot of team work involved, as everyone moves through the field. As a team member moves, there should be others to guard and keep watch and give off covering shots when necessary. A team that moves together with a common objective will have a great chance of succeeding in this game.

Communication in the field is also very important. A team-mate can shout the position of the opponent. The moment that a player is seen, the game for that player is up; so there is no reason for you to keep quite; instead, inform the others the location of the enemy.

The excitement of this game concludes when you are seen and eliminated - a situation that all team players struggle to avoid.



## ***Finding A New Way To Workout?***

### ***Try Paintball!***

There are a growing number of paintball players in the America alone; the number has increased to more than 10 million according to a recent survey taken by the Sporting Goods Manufacturers Association in 2005.

The National Xball League was developed in 2003 and many people became interested. The interest spread to other countries when the NXL celebrity games were televised.

## Paintball Can Be Good For You!

Doctors began noticing the game too and started studying its effects on a person's health. Dr. Brian Jacobs, a sports medicine expert from South Bend, Indiana commented in an interview that paintball is a source of cardiovascular exercise and is really good for the heart. He tried to play the game twice and observe how injuries were acquired and the trauma it could cause to a paintball player. Codes were developed to categorize the injuries caused by the paintball game such as: E922.5 which is an accidental injury caused by a paintball gun; E985.7, a paintball gun injury which was inflicted on purpose or by accident; and E955.7, is a self-inflicted paintball gun injury.

Regardless of the previous observations, the paintball game provides aerobic benefits and creates a workout option for people who are not always physically active. Some doctors advise patients to try the basics of the game because of its health effects.

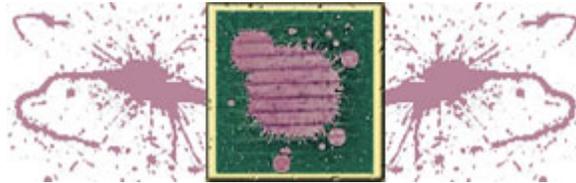
According to the American College of Sports Medicine rules, the paintball game provides substantial benefits to the body. This observation was based on a study that was conducted by Tara Kammel, a fitness expert from Maplewood, Minnesota, who attached heart monitors to fifteen paintball players. During the paintball game, players reached the maximum level of adrenaline as the heart rate surged up to 69 - 74 per cent and a CO2max level of 57 to 65 per cent.

It might at times be dangerous to play paintball, but if the players follow their physicians' advice then everyone can enjoy the game.

Play the game where there are safety rules to follow and first aid is available.

Do not play without protective gear for the eyes and neck. Wear loose fitting clothes for flexibility. Get in shape with exercise and eat a balanced diet when preparing to play the game.

If the game is played for sport, it is a sure way of keeping physically active. It does not only contribute to the physical well being but to a player's emotional and intellectual abilities as well. One recent finding by American researchers says that paintball decreased violence since it is a way to release tension. Hey workaholics! There's a new sport in town.



## *What Paintball Can Do For One's Health*

Participating in sports can really be good for a person. For those who are too lazy to go to the gym, there is something worth trying and that is the game of paintball. This extreme sport has been around for some time and almost anyone can play it. All it takes is some protective gear and a gun for the person to go out into the field.



Some people think that engaging in this type of sport is unsafe since the bullets travel at fast speeds, and a person could get injured. Contrary to that belief, statistics show that this is safer than other contact sports such as basketball and football.

This physical activity burns calories as the player has to walk up on the enemy without being detected then has to run when retreating or charging. It is better than running on a treadmill that many find boring since the scenery does not change.

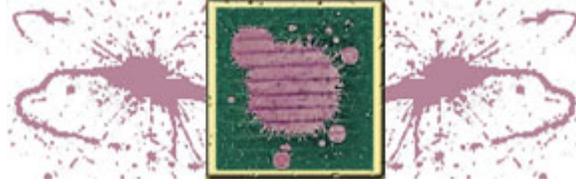
Paintball can be played in a small area or in a large area. With all the running, sweating will occur which can help with weight loss. Studies have shown that some exercise programs are not effective after a period of time. By adding this extreme sport to the exercise regimen, some pounds could be lost again.

Running burns more calories per minute than any other type of cardiovascular exercise and keeping the body active increases the metabolic rate. Playing paintball on weekends - such as twice a month -, can help a person burn calories faster and that way, one will be able to eat most anything without gaining weight.

Paintball is a team sport and nothing is better than winning a game against an opponent. Exercise improves the mood since it releases chemicals in the brain called endorphin: eating chocolate has a similar effect. This game helps you sleep better since it releases energy which takes time to recuperate.

Engaging in any form of exercise can be beneficial. It is known to prevent several diseases such as high blood pressure, depression, heart disease and various types of cancer.

Paintball is one form of exercise that can help prevent some of these high risk diseases as well as being an enjoyable game.



## **How To Ensure That Paintball Will Not Be Bad For The Players**

Many people think that playing paintball games is so risky and dangerous that a person might be hurt or injured. There are standard rules that are applied to the sport at this time. They ensure the safety and convenience of a person that will try to experience the game. Before, the sport was categorized as a war game where many people that played were injured from paintball pistols and air guns.

In the early version of the game non-powder guns were used for this type of war game. It was in the 1970s that these powerful paintball pistols and air guns were the weapons used to activate and launch paintballs. It was reported that 21,000 Americans were injured playing this sport when it was new to the curious public.



The Skirmish, one of the first paintball fields in America, called war games “friendly games” in their slogan. Consider the War Game Products, which introduced the paintball capsules that were launched by pressured air or CO2. These are non-powder guns, which are safer and less dangerous for a person who is hit by a paintball.

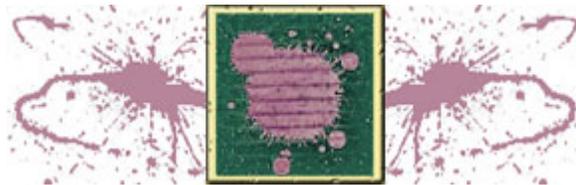
## **Safer Than Playing Basketball Or Baseball**

In the statistics of the Associated Press, there were 21,000 injuries reported each year since it was introduced. A recent survey was conducted by American Sports Data Inc, which reported that 8,700,000 people played the sport in 2002 and there were fewer reported injuries during that time. The reason for this is that the safety rules governing the sport have been standardized and enforcement is a

priority. Many say that it is safer than playing basketball or baseball where there are more reported injuries.

The number of people participating in paintball games has surpassed the number of people who try snowboarding according to the American Sports Data Inc. survey. It is now considered the fourth largest alternative sport in America and it is still growing because of the number of people that are interested and curious about the sport.

There are newly developed rules and guidelines which regulate the sport. It is now one of the safest sports played because it requires the use of new types of safety equipment. This sport is not so bad after all! It is a great loss for those who have not yet tried the sport so that can experience the thrill and fun of paintball games.



## ***Stay Safe While Playing Paintball***

Paintball is an extreme game that has thousands of players nationwide. There are more than ten organizations that sponsor events throughout the country at different venues.

Though the inventors of this game created it just for fun, this game has grown. A recent survey has shown that this is the third most popular game in the world.

Safety is the most important concern for those who want to play this game. This goes from the clothing that should be worn to the types of weapons that can be used.



Protective equipment consists of a face mask, gloves, pads for the chest, knees and elbows. They must be worn at all times while inside the playing field. It is advisable to wear shoes with rubber soles given the rough terrain where the game is usually played.

Guns should be inspected before being used in any of the matches. This is because there is a maximum velocity allowed. The paintballs should not travel over 300 feet per second since anything greater can seriously injure the players.

To prevent a misfiring from occurring, barrel plugs should be used for the safety of the gun owner and the people who are present during the event.

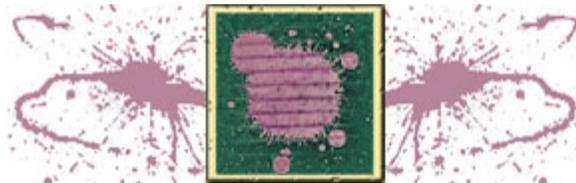
The facemask may fall off suddenly during the heat of the action. It can also fog due to sweat, paint or dirt. When this happens, the player should call on the referee so that it to be cleaned off of the field. The opponent is not allowed to fire on the player until that person is ready to return to the firing zone.

Since this game is about fun, players are not allowed to curse or hit other players. The only activity allowed is shooting the opponent so that he will be eliminated.

Another safety feature allowed in the game involves giving the opposing player the opportunity to surrender; but should the player show any form of hostile action, then one has no choice but to shoot the opponent.

Aside from protection given to the players, the organizers of such events also put safety nets around the area and require the audience remain a certain distance away from the action to avoid being hit by any of the balls.

Safety is a primary concern of paintball and almost every other sport: this is why rules are set in place which the players have to abide by. This is done to protect both the players and the fans: to prevent injuries from happening and so that everyone can have a good time.



## ***The Best Places To Play Paintball***

There are various types of paintball fields that offer a challenge and excitement to players. Paintball fields add to the overall enjoyment of the sport.



## Woods

“Woodsball” as it is referred to by a lot of paintball players is the “purest” type of setting where paintball is played. On this type of field, players get the feel of the real war game.

Basically, the field is a secluded area in the woods which has an open area. Players “hare,” learn stealth or how to advance the field in a very sneaky manner.

## Concept Fields

The concept field is often created outdoors, with many objects that have been set up for players to take refuge in or seek protection from. Usually concept fields have a theme, the most common of which is the urban city setting with cars, buildings and many other city elements.

There are some fields that are very creative with their themes, such as medieval themes with castles which have towers, wagons and cutouts of people. Concept fields are interesting and fun: players are able to adjust the skill level of the group by removing or adding obstacles.

## Speedball Fields

According to paintball fanatics the most exciting and challenging of all fields are the speedball fields. They are made up of equally spaced and equally sized barriers.

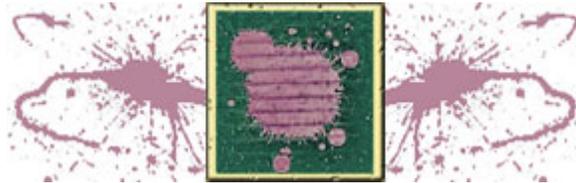
The challenge here is that a player cannot see past the huge barriers and can bump into or encounter anyone at any time. With the smaller barriers a player can be concealed one way, yet revealed to another player.

## Indoor Fields

These fields offer a much different approach and encounter from an outdoor field. The first and major thing that new players encounter is that here paintball guns are very loud: some find that the sound hurts their ears so they wear earplugs; but this is not necessary most of the time.

Indoor fields are generally found in cities where there is a lack of open areas to play the game. Similar to outdoor fields, indoor arenas also offer a variety of themes and set ups. The range is considered to be the major difference.

A team with great team effort is the key to the game of paintball regardless of where you play - the basic paintball idea remains the same. The option is up to you: select a field that fits your interests and your performance level the best. Paintball fields are as diverse as one's imagination.



## *Fair Play In The Game Of Paintball*

For those who want to play, there are rules to be followed. The first is having the proper gear which will protect the person from paint balls.

Guns should be checked before being used in the matches because the maximum velocity allowed is only 300 feet per second. Anything above that can cause serious injury to the players. As a precaution, barrel plugs should be used to avoid any misfiring incidents for the safety of the gun owner and the people who are present during the event.

Protective equipment must be worn at all times inside the playing field. This consists of a face mask, gloves, and pads for the chest, knees and elbows. When

hit, the player must stand up with both hands in the air to inform everyone that he has been eliminated. If the person is not sure of being hit, then ask the referee and he will confirm or deny the hit.



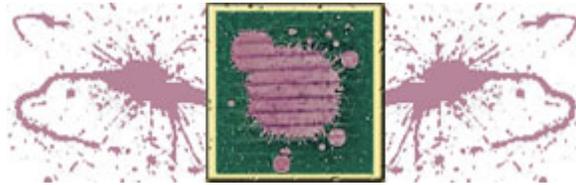
The facemask may fog due to sweat, paint or dirt. When this happens, the player should inform the referee so that he can be escorted away from the field before returning to the game. In case the facemask falls off, the same rule applies. During such instances, the opposing team is not allowed to fire at that person.

Paintball is a sport where a player can only be eliminated by shooting the other person. Should a player wipe the paint off and continue playing the game but is caught by the referee, that player is automatically ejected from the game. This is a form of cheating that is never tolerated.

Players are not allowed to curse or hit the other players. This game is about fun and anyone caught will also be taken out of the game.

There is another way of taking out the opposing player and that is by asking the person to surrender. Should the player show any form of hostile action, then you have no choice but to shoot the opponent.

Rules are made to protect the participants in the game. By knowing the basic rules and checking how the game is played, everyone will have fun and enjoy a good game.



## *Best Weather To Play Paintball: In The Rain?*



People play in the rain for the love of paintball and the rain adds so much interest and challenge to the game.

When playing in the rain, everything will be muddy and slippery: consequently running, stopping and crouching will be harder than normal; visibility will be lower; and wind can make paintball courses more difficult.

All of these make playing paintball challenging which is exactly that paintball fanatics look for; the action and the thrill!

## Here Are Guidelines So You Can Enjoy Your Paintball Game On A Rainy Day:

1. Put on something that keeps water off of your body, such as a raincoat, “slicker,” waterproof clothing or even plastic garbage bags. It is very important that you stay dry so you don’t shiver as this will affect your mobility, accuracy and can be very uncomfortable.

Remember to cover your head too. Wear any waterproof covering but make certain that water will not be sliding down your face and cause fog to form on your goggles. Wiping the fog from your goggles each time you pause behind a tree or a bunker can distract from your concentration on the game.

2. Take paper towels with you. The lens on your mask, even if it is a thermal type of lens, will fog up and paper towels come in handy; you can just wipe off the fog. Do keep in mind that you should turn away from the action - in a “sitting duck” (crouch) position - before you wipe the fog from your mask.

3. Wear boots or cleats instead of sneakers to keep your feet from getting wet.

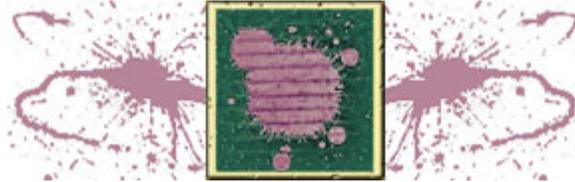
4. Wear gloves to prevent cold and wet hands.

5. Having a soaked paintball can be really frustrating. You should pack extra garbage bags for use as spare coverings. These can be used to cover your gear and function as a raincoat in emergencies. Huge plastic transparent bags also are great for covering the head, hoppers and the gun. You can effectively turn your gun into a waterproof weapon by simply covering it with plastic and securing it with rubber bands.

6. Shooting on a rainy day is much more different than the typical “hose down.” Consider the amount of barrel smoke that will be produced even when using HPA. Bring along an “unported barrel” if you happen to have one. Porting allows water to get into the barrel resulting in twisting shots.

## Add Thrill To Your Paintball Game

There are really so many ways to add thrill to your paintball game: just allow your imagination to run wild and experiment with things. Have fun in the rain!



## Tips On How To Play The Paintball Sport

Playing paintball is so much fun. The main goal of the game is to capture the opponent's flag and make them surrender by aggressively attacking their defenses. What excites many people is the fast pace and action-packed scenery that a person will experience.

Most paintball games are played in a place where players can move freely. Outdoor venues like fields or improvised camps provide complete facilities for everyone who wants to experience this sport. There are also indoor venues that are available during various seasons when people are unable to go outside because of the cold weather or rainy seasons.



A person is provided with a paintball gun that is primarily air pressured. The group is generally composed of ten or more persons divided into two teams. Each team must have an equal number of persons and they will battle like two opposing armed groups on a battlefield.

Each group will be provided colored armbands to mark each member so that their teammates are and opponents are not confused. The main goal is to reach the opponents' flag and hit every opponent – when doing so - using their paintball guns. The team that captures the flag will bring it to their base to ensure they have won the game.

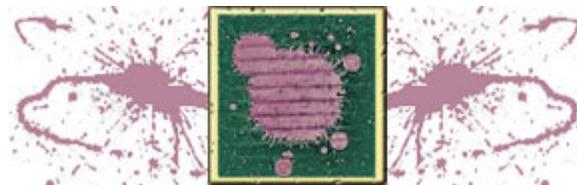
A person will know that he is eliminated when he is hit by the paintball. It is determined by the splat of a paintball that will break and mark the gear. A referee will determine if he may continue or to be eliminated from the game.

The paintballs are about the size of marbles; but they are spherical in shape with hard shell layers that enables the paintball to go a long distance and speed up the launch when fired at the target.

Paintball guns appear similar to a real gun but it has a barrel container that stores and launch the paintball. It has a trigger that will activate the release and a reservoir that will store more paintballs. The propulsion is powered by pressurized gas.

The execution will depend on the style the player thinks will be effective for defense.

The thrill and excitement is what really makes people love this sport. Others consider it an activity that can be enjoyed with their friends and families. It will give a person a worthwhile experience with the adventure-like setting and the excitement of the game.



## **Popular Paintball Games**

As paintball improved and became popular, many individuals tried their abilities at it; giving rise to the assortment and diversity of paintball tournaments and games.



## Recreational Or Capture The Flag

Played by two teams, where each team has a flag and the objective of both teams is to capture or seize the opponent's flag and carry it to your team's starting point. This is one way for your team to win and another way is by eliminating the opposing team entirely.

Each team has to defend their base and simultaneously dispatch team players to eliminate the opponent and capture their flag.

These games are usually played in the forest; bunkers and structures can be put up throughout the area.

## Scenario Paintball

This is a paintball game with a theme set up behind it: there are an endless number of themes that can be created making the game feel and look very realistic.

There are a number of players; in many cases as many as a hundred are involved in each team.

Each team gets the theme (storyline) a day before the start of the game. There are usually two teams participating, having the “general” as a team’s leader.

Each player is given a role and they should work together as a team in order to carry out and win an assigned mission. Props in accordance with the theme are introduced and distributed throughout the field. There are questions asked in connection with the theme and points are awarded for correct answers. These points are totaled at the conclusion of the game and the team having the most number of points wins.

## Backyard

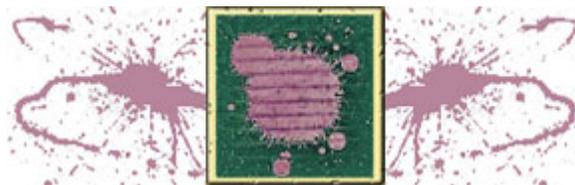
This can be played right at your own backyard, a friend’s empty property or at times any property but you must get permission first. You gather your friends to form a group and then conceptualize your own game which typically is “capture the flag.”

## Speedball

Also called “Center Flag,” the speedball field is designed with many huge bunkers; usually “inflatables” filled with air that are shaped similar to big snakes, soda cans, water tanks etc.

Here, a team can be composed of between three to ten players in a game. There is only one flag that is involved and it is located at the center of a field. The two teams start at each end of the field and attempt to gain possession of the flag at the center and carry it to their bunker. The team that does this successfully wins.

Paintball can surely challenge the “soldier” in you. Give it a shot!



## *How To Reach The Goal In A Paintball Game*

Those who always play the paintball sport may have the experience to execute the right strategies to capture the flag of their opponents. Those who are beginners in playing this sport may tend to be wilder in making their executions and movements in the battlefield. A person must determine how to meet his objective to reach the goal of the opponent's base.

There are flags, which stand on the bases of each team. Every team must attack and defend their bases so that their opponents will not reach their goal. If a team captures the flag of the other team, they must bring the flag back to their base to ensure that they have reached the goal by eliminating each member of the other team.

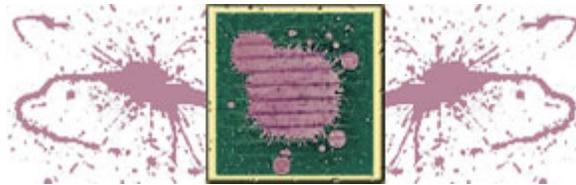
A strategy must be planned before each team proceeds with their attacks. It is up to the team leader to decide who will be assigned to attack aggressively and who will defend their base. Their goal is to not be hit by the enemies' paintball so that they may continue playing the game. They must eliminate every person who blocks their attempt to reach the opponent's flag. It must be well executed to ensure a chance of winning.

If the members of the team are cautious of being hit by the enemy, it could make it more difficult for their team to win the game; they tend to be more defense-minded forgetting that they must help and accompany their other teammates in the attack.

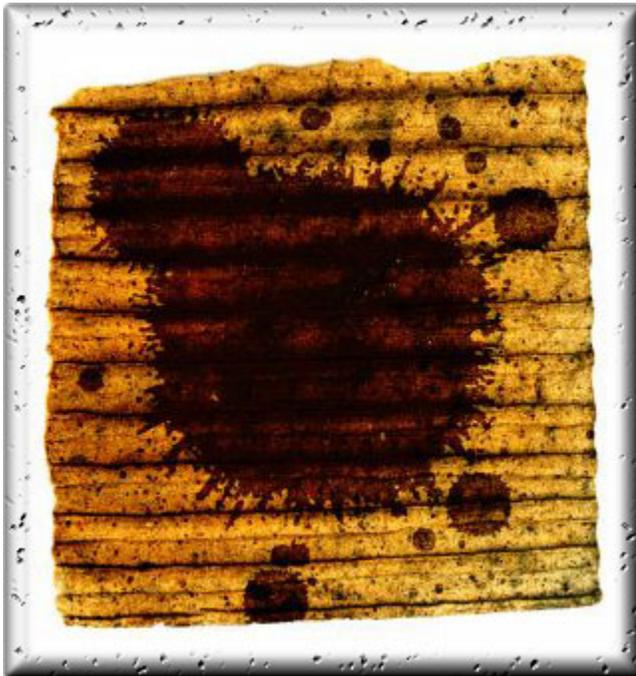
Being too aggressive can also result in losing the game. Each member must remember that it is important to have a plan that will back up each member in the attack. It is not advisable to be a "Rambo" type attacker: one must cooperate and communicate whatever plan or strategy the leader instructs.

A person cannot attack and hit a target if he is too concerned about being eliminated. However, he may have reasons to back up because he may determine that their flag must be protected and guarded at the same time. There is nothing to be afraid when being hit by a paintball. This does not cause much discomfort even though a hit may cause bruises. Protective clothing is important in playing this game.

Every person has a different style of playing this game but what is important is cooperation and sticking to the game plan that will lead to winning the game.



## *Make Use Of Paintball Squads To Win The Game!*



Paintball is a rough sport but it is not always a physical game; more often, it is a mind game. While physical fitness and strength matters, a good strategy will also make or break your game.

One of the most effective ways of playing paintball is to make use of squads; achieve this by dividing the paintball players into squads. A squad is a group playing to achieve a common objective and preferably made up of not more than six members. It is best if the squad

members are disciplined and are quick in their physical movements. If possible,

each squad member should be briefed on the team's specific objective and must be advised how each member can help achieve this goal.

Each squad member must realize that their movements are important to the team. Slow movement can be an asset when the enemy is near. Learning how to hide is also important to avoid getting hit by paintballs. However, what is more important about learning how to hide is that by doing it, the chance that you will be seen or fired upon by the enemy is diminished. A relative distance of at least five yards between squad members will make it more difficult for the enemy to see you.

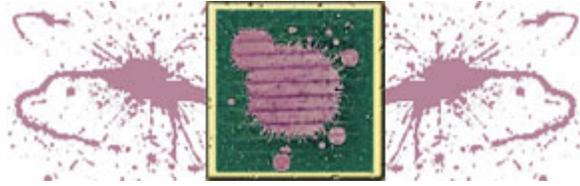
## One Of The Most Important Traits In Playing Paintball Is Patience

Members of the paintball squad must not only use their physical agility to win the game, but more importantly their minds to make use of strategies that will help them win over their opponents. They must also learn to coordinate with each member to avoid being detected by their enemies. The team must be informed that it is best for the squad to fire as a group, making sure that each member is in the right position before firing.

Squad members should support the other members who are being fired at by firing back; especially when they are in a better and more strategic position to do so.

The most important thing is that the squad knows that they are playing for the team and that coordination and team work will be a deciding factor in winning the game. Remember, more heads, rather guns that are firing as one, are better - especially in paintball.

Whatever you do, play as a team and you will certainly have the advantage over your enemies.



## *Defensive Tactics In Paintball*

The best offense is having a good defense. This kind of thinking is usually deployed in sports such as basketball or soccer where the team does its best to prevent the other team from scoring especially in a championship match. A team can also use the same tactics in the game of paintball by preventing the opposing force from capturing the flag.



Games start with both sides having limited ammunition. Since the game can last for a very long time, the team should make every shot count. The players should only fire when there is a clear shot rather than not being able to fire when it matters the most.

Spreading out over a certain area is a good defensive tactic. This is to cover the enemy no matter which direction he may come from. Should the opposing team see one of your team members, the others who have a better view should neutralize the opponent.

If in the opening minutes of the game, the team has lost half of its members, the best strategy is to fall back to the base and regroup. A perimeter should be set up to prevent the other team from outflanking the group while patrols can be sent out to search for the enemy.

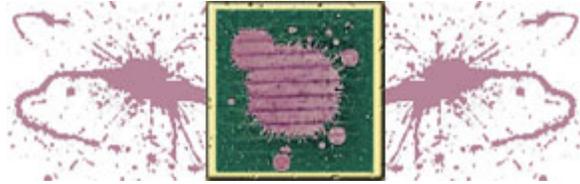
If a scout has spotted the enemy, the person can take the opponent out. Should there be a group moving towards the base, then go back and tell the others and fight off the enemy with the same number of people. This plan could fail if any of the members of the opposing force escapes the attack and informs the others the location of your base.

The trick in catching the enemy off guard takes camouflage and concealment. Since the guns have a limited range, it is best to wait until the opposing force enters the "kill zone" before any shooting takes place.

When a firefight takes place, the player's position has been revealed. Since the enemy will return fire, the person can still survive the enemy's bullets by getting sufficient cover.

If this is not feasible, then transferring to a better area is a good idea. The player should inform the others before moving so that the others can give adequate cover.

It takes planning for the play to work. By communicating on the field, the team has a good chance of defending the base then surging forward to kill the enemy or capture the flag.



## ***Paintball: It Is Not A Game, It Is A Cool War***

Paintball is a game where there are two groups (teams) of players and each group's aim is to eliminate the opposite team via shooting paint balls at each other. The following are the basic rules in playing paintball.

### **Follow The Referee:**

Paintball should have only one referee for each game. This referee who will start and end the game as well as stop it (in order to check for paint) and be the decision maker should any problems or game issues arise. Fortunately or unfortunately, any verdict issued by the referee – as in any other game – is final and cannot be repealed.

### **You Are Out:**



A player is no longer in the game if he or she is shot by a paintball marker that cracks or splatters on him or her. This applies when the marker or pellet breaks anywhere on the player's clothes, equipment or gun. Take note that whether the shot came from a fellow teammate or from an enemy, the marked player is required to call out "DEADMAN" or to yell "OUT" in reference to themselves.

They are required to immediately leave the field using the route that is the safest as well as shortest, all the while calling himself out.

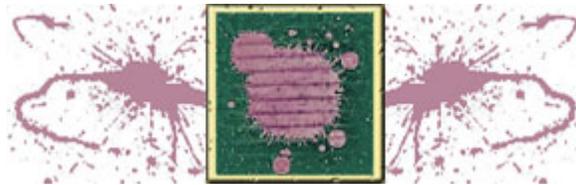
## You Are In:

If a player is hit by a paintball marker and the marker does not crack or break, that player is still in the game. A player is also considered in the game if he or she is accidentally splattered by a paintball marker, especially if the splatter is caused by the paintball marker hitting a rock, a bush or tree. But this rule no longer applies if the player calls him or herself “OUT” or “DEADMAN” even if they have mistakenly thought that they were hit only discover that they were not. The rule says that they are still required to leave the field using the safest as well as shortest route.

## Safety Is The Best Policy

All players are required to wear protective clothing that covers the arms, neck and legs. “T” shirts are not allowed to be worn during the game. All players must have goggles as well and these cannot in any way, be removed during play.

Paintball is a game of strategy as well as quick thinking. But just like any other game, there are rules that need to be observed to make the game not only more challenging, fun, exciting, but most importantly fair.



## *Paintball 101: The Importance Of Stealth*

Paintball is a war game. Firepower and manpower do matter. Firepower is the ability of a paintball gun to inflict a lot of paint on your opponents and the ammunition it can carry. However firepower is useless in the wrong hands. It is still manpower that will win teams their games.

Manpower is the ability of a player not to only play harder but to also play smarter in the field. This article tackles about stealth and how it can win games for you.

Stealth is the ability to blend with your surroundings. Using different techniques to achieve this, stealth will usually indicate who the “newbie” is in a paintball environment.

Stealth is about moving the right way. When you have to make a quick dash, it is best to just stick to paths where there are no twigs. Twigs are the worst things to step on as they will snap, break, and make noise. It is recommended that you take your time (when you still have it) and move slowly when going through a cluttered area.



Stealth is best accomplished when using the proper equipment. Shoes and clothing will help tremendously in minimizing the sound you create when moving. Shoes with soft soles are recommended as they make less noise than army combat boots because they have a natural sound absorption property that helps limit the sounds made while stepping.

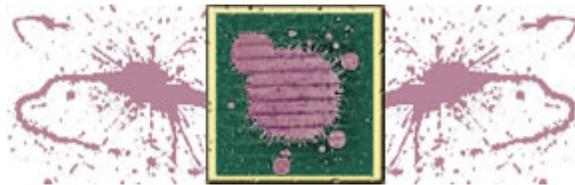
Soft clothing will also be an advantage as coarse fabrics will create a lot of noise when brushing against branches and the foliage. It is great for crawling quietly to go to a desired place with a minimal amount of noise created.

Other things must also fit snug or tightly on your body. This includes harnesses and holsters. You should also avoid putting anything in the leg area since walking and running will cause it to make noise - this includes your reloads and ammunition.

There are also several techniques such as using colors that match the foliage of the battlefield: this will hide you and makes you virtually unseen (when not moving) by your enemies.

When you have to move, it is recommended that you learn how to crawl the proper way (and with the ability to still fire when needed).

Stealth takes a lot of time to learn properly. Even experienced players will make mistakes and with these mistakes they learn how not to do it!



## ***Requisites Of A Paintball Leader***

It takes a lot of guts and character to be a leader in any sport. Even in paintball, where there is minimal physical contact and it can be played by everybody from all walks of life, there are certain qualities needed to be a leader of a paintball team.

First, he has to achieve that certain level of respect; the kind where other paintball players, some of them close friends, are willing to follow his orders. This is a feat to achieve since not everyone can bear to take orders from just anyone.



He should be a master strategist. In this case, flexibility is a must since he must make the initial battle plan suitable for any kind of battlefield. He must also be courageous, the type of player that will never hesitate to go into the frontline, even if he is protected by his men. He must be a well-liked character, someone who has the ability to communicate clearly and effectively with all types of people.

## What Are The Attributes That A Paintball Commander Should Have?

### 1. Experience and quick-wit:

Experience is one thing that is not gained easily: it takes a lot of time and patience to achieve the kind of experience suitable for a leader.

### 2. Physical fitness:

He must be able to get into the thick of things, and to be able to get into any areas that his men can go. Mobility is a necessity for a paintball commander.

### 3. Respected aura

Respect is needed to convince all of the members of a team to follow whatever orders that are needed, dispensed, and carried out. No team player will follow someone he does not like and/or respect.

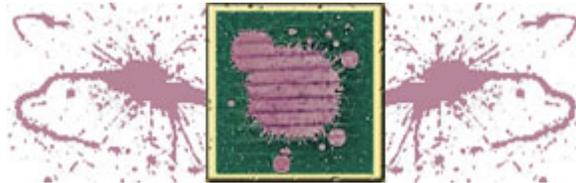
### 4. Ability and willingness to communicate

A commander talks with authority and conviction - he can make people listen and take action.

A paintball commander must be able to put aside his personal performance for a while to analyze the performance of his team. He should survive almost every

battle. He should be able to dissect and identify the flaws of his team and the battle plan whenever things go wrong and have the “smarts” to come up with a better plan the next time around.

Like all other participation sports, a paintball leader must be able to inspire other people to perform the best they can. Once this is done, the whole team, not only the paintball commander, will achieve victory.



## *Winning Paintball As A Team*

### Paintball Is A War Game

Paintball is a war game and like in real war, you are never alone. You have your friends fighting beside you and with the same spirit - wanting to win as much as you do.



## **Paintball Is A Tactical Game**

You have to know your team's strengths and weaknesses. As a rule, it is best to use your team's strength to win rather than trying to cover up your weaknesses. This does not mean that you will not care about your weaknesses: if you are disadvantaged because of it, then you have other days to learn how to change it. What really matters now is how to prevent the other team from exploiting your weakness and making it a turning point in your battle.

## **Paintball Also Requires Your Team To Have A Battle Plan**

Who will be the designated shooter (sniper)? Who will charge and start all the action for your team? These are just two of the different positions and strategies that your team will have to determine so that your team can win.

## **Paintball Is Designed To Bring Out The Creative Side In People**

You have to make sure that your battle plan allows for a contingency plan for when mistakes happen. You are never really sure how your opponent will react when you stage a certain part of your plan. The sign of a great "general" is knowing the different plans that your opponent will make to counteract everything you do. A general should not be rattled when every plan he has made has failed. He should be able to devise new plan in the middle of the fight.

## **Paintball Also Requires Your Team To Be Flexible**

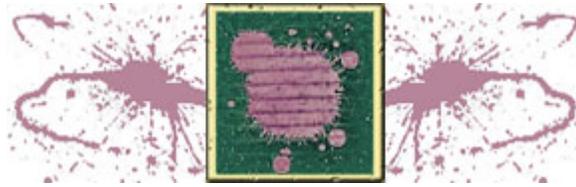
Just because you are not a designated hitter does not mean that you cannot do that to your opponents. Your team should understand each other's job and make sure that when one of your teammates falls, there are others who can carry on the job he was doing.

## Paintball Requires Good Communication Between Teammates

You should have your own signs and you should learn to bond with your teammates so that you will know what he wants by just a look of the eye or nod of the head.

## Winning AND Losing

Paintball is also not just about winning as a team; it is also about experiencing losing as a team and experiencing all of the hardships of playing and surviving as a team. It is in learning as a group and bonding as brothers.



## 5 Paintball Playing Tips On How To Win The Battle

Among the many sports that bring about solidarity and sportsmanship in various competitive activities, paintball ranks third among the most popular and highly stimulating games in the world.

According to the 2005 statistics of Sporting Goods Manufacturers Association International, paintball ranks third, next to inline skating and skateboarding.

This paintball hype is based on the premise that people who love “extreme sports” would most likely use activities that will stimulate adrenaline rush. Because every players aim is to win the game, they would most likely try to obtain all of the possible pointers and suggestions available just to achieve their goal.

Here is a list of some tips on how to play the game well and prevail in the battle:

## [Establish An Optimistic Approach](#)

Paintball is, basically, a war game, where players can either win or lose; so there are instances where things may not always conform to the plans of the players. What must be observed is that each player must look at the results in a very optimistic way.



For instance, if a player was not able to win the game, he must accept the fact and identify the areas where he failed to perform, which contributed to his failure.

Remember that there is always another opportunity to win the game.

## [Learn By Experience](#)

Every failure is a learning experience: view it constructively as a learning experience. Work on the things that need more consideration and improvement.

## Never Play Solo

In order to win the battle, it is better for a player to play on a team rather than playing solo. The concept that there are other players ready to cover up for you is a good indication that you will last throughout the game.

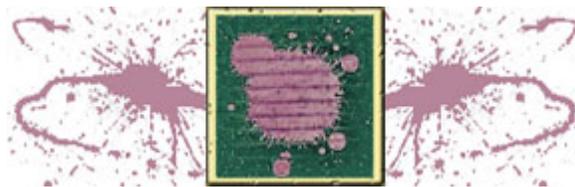
## Do Not Hide Forever

If you are trying to win the game by avoiding being seen and hit by your opponents, you will also have fewer chances of hitting the opponents. You will never learn the correct strategies needed to win the game unless you come out in the open and take action.

## Never Surrender

Just as in real battle, it is best not to surrender even if the odds of winning the game are probably higher. The point here is to stay in the game as long as you continue to be a “hard target.”

Winning a paintball game is not so much about how you stay in the game but about how you played the game.



## *Paintball Playing Techniques*

### *In Developing A Good Game*

Paintball is an exciting game, but unless you know the right techniques in playing the game you can never win the battle.

Paintball is an example of a war and chasing game. Because of its tremendous impact on people who love highly stimulating games, its popularity continues to grow. In fact, according to the 2005 statistical reports of the Sporting Goods Manufacturers International, paintball currently ranks third among the most well liked intense and ultimate sports.



## The Concept

Paintball is a kind of stimulation game in which the players are engaged in a battle. The object of the game is based on “survival of the fittest.” Using paintball guns or markers loaded with “gelatin capsules filled with paint,” every player will try to eliminate his opponents. Once the player is hit by the paintball marker, he is automatically removed from the game; therefore, he can no longer participate.

## The Playing Techniques

Since paintball is focused on letting an individual or a team obtain an advantage over the other players, it is important to know some of the playing techniques that will enable the player to succeed in winning the game.

Like any stimulation or war games, techniques are important in establishing the right position, the right plan, and the right approach in order to win the game.

Here is a list of some of the playing techniques that every player must know:

### **1. Invisibility**

This is an important technique when playing paintball because as long as the player remains invisible to his opponents, the more chances he will have of winning the game.

The main concepts of invisibility are: a) motivate the players to play well in the game because they feel good when they are invisible; b) achieve the goal of winning the game because an invisible player is a “tough target” to catch spot ; and c) invisibility initiates comradeship among teammates.

Besides, once a player remains invisible, the longer he can stay in the game.

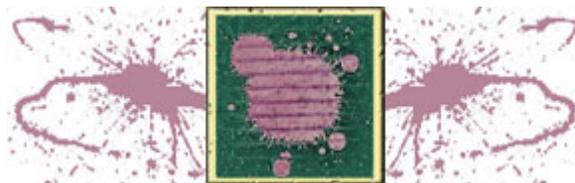
### **2. Vision**

It is not enough that a player has good camouflage so that he will remain invisible throughout the game. It is also important to obtain tools and devices that would mislead the other players by letting them believe that they have spotted their opponent, but in reality, it was just a ploy.

### **3. Development**

Try to employ movements that would initiate security and clearance from other players that lurk in the area. Stop running or walking every 30 seconds and check to see if the area is clear.

Using these techniques will definitely ensure the player of winning the game.



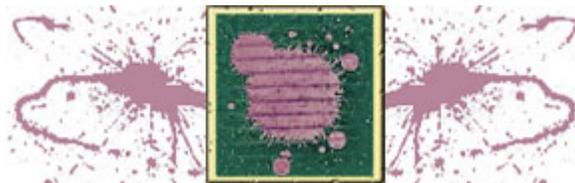
## *Ten Ways To Master The Art Of Playing Paintball*

Since the paintball game was discovered, many enthusiasts have found that this game is a stress reliever and some have even made a career out of it. But funds are usually short for average players and this keeps them from taking their skill to the next level. Mastering paintball can be accomplished in ten ways:



1. Playing paintball requires vigorous physical activities: running, jumping, crawling, etc. Eating right, brisk walking, running and eliminating vices such as drinking, smoking, and drugs should be attained to get into shape.
2. Be well informed: books, magazines, and online information are always available for players who want to play or master the game. More of the skills must be learned during the actual playing of the game; but tips and suggestions are important too.
3. Visual practice. Assess the environment where the game will be played. Paintball is a real world scenario for the player. It may sound silly but try developing your instincts in a supermarket. Visualize the routes of escape, where the other shoppers are and what your next step will be.

4. Prepare all of the equipment and accessories that are needed prior to the game. Pack the batteries, towels, pads, etc. and save time looking for an item once the game has started.
5. Wear comfortable clothing that is appropriate for the paintball game. Look for comfortable camouflaged items that are loose so that movements are easily made. Do not wear clothes that make sounds when moving as this will lead the other shooters to you.
6. Before the game, if there is time, use it to get the feel of the field. By doing this a player can visualize the field itself, especially during daytime. Look for hiding places and the places where you anticipate the opponents might go.
7. Attitude plays an important role in playing the game. Know your role in the paintball game so you can derive strategies not only for yourself but for the whole team.
8. Be flexible by changing tactics in every game. Opponents can see the pattern of a player and can be use it against him if he does the same thing every time.
9. Review past mistakes and try not to make them again. The best tips that a player can get are from his last game.
10. Upgrade the gadgets: Some accessories have inexpensive ways to upgrade. It not only increases your efficiency but also your confidence.



## *The Secrets To Winning At Paintball*



Most team sports require teamwork, skill and planning. This can be seen in the winning teams of sports like basketball, football and hockey. The same approach can be taken to make a very good paintball team.

The best way to become a championship team is to know how to play both as a team and individually. It starts at practice where the team will learn to play both offense and in defense.

War games are simulated to emulate the real thing. A fort can be made and some members selected to protect it while the other group attacks. After each game, an assessment must be made so that any mistakes made can be corrected to make the team more efficient.

Aside from conducting some exercises within the group, other teams can be invited to participate in a practice to sharpen the skills before a tournament.

There are several ways that the exercise can end: by capturing the flag, eliminating all the members of the other group or waiting until the time expires. A good way to train the participants to move swiftly during an offensive is by agreeing to a time limit before the exercise begins...

The members should rotate the roles of offense and defense during training exercise as both will have to be used in a real game.



Marksmanship should also be part of training. The members must be able to hit both stationary and moving targets since both are necessary in an actual game where both sides have limited ammunition.

Since the exercise usually lasts from 30 minutes to an hour, the team should make every shot count. The players should only fire when there is a clear shot available rather than not being able to fire when it matters the most.

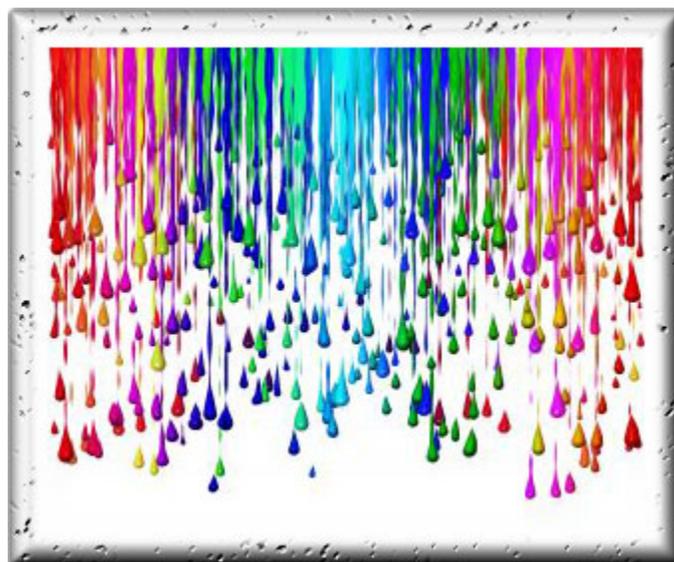
Stealth is another element needed to win the game of paintball. By being able to sneak up on the enemy first, the team can attack the enemy position before the opposing forces can mount a counterattack.

Learning to communicate using hand signals and sounds will prevent the other team from knowing what the team's plans are. By practicing all of these drills and scenarios in practice, the group will be ready to take on anyone in the league.

## [The Secret To Winning At Paintball Is Not Rocket Science](#)

The secret to winning at paintball is not rocket science; it just takes a lot of practice so that each person knows what to do which will pay off during competition.

Mastering the game of paintball will take some time. Be patient, practice and time is more important than expensive equipment. **Playing paintball is habit forming.**



Anyone! Anywhere! Paintball ROCKS!

## ***Wishing You Paintball Heaven!***

Wherever and whenever you are going...  
Have the best Paintball Experience of Your Life!