

# 10 Commandments for Paintball

by Kristen "Lady Attitude" Kleist  
c/o [www.NJPaintball.com](http://www.NJPaintball.com)

## 1. Thou shall wear protection.

A certified well maintained goggle system that has been approved for paintball should be worn at all times in any areas designated as a play area. This would include the chronograph area, target range, and trails. Do not limit yourself to just a goggle system, wear kneepads, elbow pads, and gloves. Protect any area that might risk injury from a fall or direct hit.

## 2. Thou shall plug thy barrel.

Anywhere that goggles are not on, your gun should be plugged and pointed toward the ground. If you are eliminated plug your gun. Any area that a Referee or field operator designates as a non-play area, your gun should be plugged. Always use a barrel plug that fits snug into your barrel. Make sure that it is secure. Get in the habit of checking it regularly. Point the gun down at the ground unless you are aiming at a target.

## 3. Thou shall not adjust thy gun velocity over the posted maximum fps.

The posted maximum velocity is determined by what insurance regulations deem to be safe. If you exceed the limit you are endangering those around you. If you exceed the limit you are cheating. Do not ever adjust your velocity during a game. Any adjustments should be performed at the chronograph station only so that you can check your velocity directly and accurately.

## 4. Thou shall not kill.

Literally. Do not shoot at rabbits, dogs, birds, squirrels, horses, fish, or other animals.

## 5. Thou shall not wipe.

Do not ever wipe off paint to cover the fact that you are hit. Someone went to a lot of trouble and expense to put that paint there, so leave it alone. Never ever wipe paint off on the playing field unless or if you have to because you can't see through your goggles. Wiping a hit is a sin that is not excusable, ever. You will not be forgiven.

## 6. Thou shall only discharge thy weapon on the playing field and in designated areas.

Do not shoot at anyone that is not playing the game. If you drive around with your gun in your car gassed up with paint in the hopper, seek professional help. I am not joking. You are a psychotic if you shoot at anyone that has not consented to playing paintball. Do not shoot at or in anyway get paint on any object that is not on a designated paintball playing field or paintball target range.

## 7. Thou shall Respect thy Referee.

The referee's main job in recreation play is to keep you safe. Listen to your refs. When they give you instructions; carry them out or ask them to clarify if you do not understand. They have a very difficult job. Most refs do the work because they love the sport (no one ever retired on paintball ref's pay).

**8. Respect thy fellow players.**

Sportsmanship is the key to being a good paintball player. Paintball is an action packed sport. Each one of us on the field should remain in complete control. Be responsible for your actions. If you're hit you're out. If you're out, don't worry about it, the next game is minutes away. Do not throw a fit. Other than entertaining the rest of us, you are accomplishing nothing. Never ever lay your hands on another player with aggressive intent.

**9. Thou shall not over shoot a target.**

Excessive fire is inappropriate in any paintball game and in any circumstance. More than 3 broken paintballs on one player fired from the same gun is rude. It shows lack of control and skill from the player discharging his weapon. Don't overshoot.

**10. Eliminated men shall not communicate.**

Dead men don't talk, shoot or whine. Graciously exit the field remembering the above: barrel plug in and goggles on. Be polite, after all you are going to be playing with or against those other folks all day.