



# Flag Football

## Answer the questions.

1. What do you know about flag football?
2. Describe how to grip and throw the football.
3. Why was the game of flag football invented?
4. What is the primary objective of flag football?
5. Where should you weight be shifted when passing the football?
6. Describe proper hand position for receiving the football.
7. How is the ball downed?
8. List the 5 yard penalty infractions.
9. List the 15 yard penalty infractions.
10. How is the game of flag football started?
11. What is the outcome of a fumble?
12. How does a team receive a first down?
13. How many first down may a team be awarded during one possession?

**History** American football evolved from rugby, which was a spin-off from soccer. Early roots of the modern game can be traced to a college game played in 1869 between Princeton and Rutgers universities. Each team had 25 men on the field; the game more resembled soccer than football, as running with the ball, passing and tackling were not allowed. Harvard and McGill universities played a game in 1874 that combined elements of rugby and soccer' this game caught on in eastern U.S. schools and developed into the beginnings of modern football

Early rules included playing with a round ball and needing to make 5 yards in three downs. Rules have continually evolved to make the game fair, exciting, and less violent. From its beginnings in America on college campuses, football has grown into a widely popular sport in the United States, where it is played in youth leagues, in high schools, and professionally. Football games are played all over the world, although it is not a great spectator sport outside the United States. There is a National Football League (NFL) Europe league, made up mostly of American players, with rules basically the same as in the NFL in the United States.

Flag Football is believed to have begun in the U.S. military during World War II. The game was started for military personnel to play without getting injured during wartime. It is believed that the history of flag football was first recorded at Fort Meade, Maryland and it is generally accepted as its birthplace. Local leagues were formed as military personnel returned home in the 1950s and 1960s. It is still played throughout the United States at the middle school, high school and college level. Many cities have developed their own adult flag football leagues.

## Rules

**Objective:** the object of football is to advance the ball over the opponent's goal line without having your flag pulled off. Variations are made to ensure the students safety.

The game allows players to participate in a relatively safe situation while still retaining many of the skills used in football. The rules for touch football and flag football are generally the same. However, when playing flag football, the rules for blocking, fumbling, and tackling must be strictly enforced. In flag football, any ball carrier without two flags is considered tackled. In order to minimize hazardous play, the following precautionary measures are suggested:

- No blocking, tackling, or holding the ball carrier.
- Defensive players must maintain contact with the ground. Ball carriers may not employ straight-arm or body contact.

**Length of Game** four 10- to 12-minute periods constitute a game with a 1-minute rest between periods and a 5-minute rest between halves.

**Players** A team generally consists of seven players, and the offensive team must have at least three players on the line of scrimmage when the ball is put into play. Any number of substitutions may be made at any time during a stoppage in play.

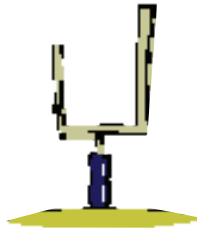
**Overtime** Tie games may be decided by one Ro-Sham-Bo

**Scoring:** Scoring is the same as regulation football:

- Touchdown = 6 Points
- Safety = 2 Points
- Kick after touchdown = 1 point (2 points by run or pass)

## Questions Continued

14. When is the defensive team allowed to rush the passer?
15. Give an example of a flagrant rule violation.
16. Why is illegal blocking potentially so dangerous?
17. What skill did you improve on most during the flag football unit?
18. Explain the two basic rules of flag football.
19. List the three ways that a team can score.



## **Penalties**

### 5-yard Penalty Infractions:

(Taken from the line of scrimmage)

- Off side
- Illegal forward pass
- Less than 3 players on the line of scrimmage

### 15-yard Penalty Infractions:

(taken from the spot of the foul)

- Illegal use of hands
- Illegal block
- Unnecessary roughness; pushing, tackling, shoving, tripping, and holding
- Unsportsmanlike conduct
- Pass interference

## Vocabulary

1. **Backs:** players behind the line who usually handle the ball
2. **Blockers:** players who keep the defensive player from touching the ball carrier or quarterback.
3. **Quarterback:** the player who receives the snap and passes or hands off the ball.
4. **Receivers:** players who catch a throw from the quarterback.
5. **Center:** player who touches the ball first and hikes the ball.
6. **Rushers:** defensive players going after the quarterback.
7. **Safety:** a defensive position, the furthest from the line of scrimmage.
8. **Line of Scrimmage:** an imaginary line marking the position of the ball at the start of each play.
9. **First Down:** moving the ball a set distance in four tries or less results in more chances to move the ball.
10. **Scoring:** catching a ball or running across the goal line.
11. **Pass pattern:** the path each receiver runs to get open and make a catch.
12. **Lateral:** passing the ball backwards or sideways.
13. **Fumbled Ball:** a ball which is dropped by a player with out being downed by the defense.
14. **Tackle:** to remove the flags of the ball carrier.
15. **Off Sides:** when a player lines up on the wrong side of the ball.

## **Putting the Ball into Play**

- The ball is put into play by a place kick or throw from the kicker's 20-yard line at the start of the game, after a score, and at the beginning of the third quarter.
- Defensive players must be 10 yards away from when the ball is kicked. Members of the kicking team must be behind the ball. The ball must travel 10 yards or be re-kicked.
- If the ball goes out of bounds after 10 yards, the opponent has the choice of beginning play where it went out of bounds or placing it on his or her own 20-yard line.
- If the ball is kicked into the end zone and the opponent choose not to run it back, play begins on their 20-yard line.

## **Fumbled Ball**

- A fumbled ball at any time is considered a dead ball and belongs to the team that committed the fumble.
- The down and point to be gained remains the same.  
A fumbled forward pass is ruled as an incomplete pass.

## **Downed Ball**

- In Flag football, the ball is downed or the player is tackled when one flag is detached from the belt or the ball carrier loses his or her flag.

## **First Downs**

- Each team has four chances to move the ball from one 20-yard zone to the next. If a team is not successful at moving the ball from one zone to the next in four downs, the ball is awarded to the opponents on the spot where the last stoppage of play occurred.

## **Passing**

- All players on both teams are eligible to catch passes.
- Forward passes may be thrown from any point back of the line of scrimmage. Lateral passes may be thrown anywhere on the field.
- Any number of passes may be thrown in a series of downs.
- The defensive team must count to 5 "Alligators" before rushing the Quarterback.