FLAG FOOTBALL STUDY GUIDE

TERMINOLOGY

DEFLAGGING  THE CAPTURE BY A DEFENDER OF ONE OF THE TWO FLAGS WHICH ARE WORN BY THE BALL CARRIER’S BELT.

BALL CARRIER  THE PERSON TRYING TO ADVANCE THE BALL BY RUNNING.

PASSING  THROWING THE FOOTBALL BEYOND THE LINE OF SCRIMMAGE FROM BEHIND THE LINE OF SCRIMMAGE.

PLAYING FIELD  100 YARDS

FUMBLE  DEAD WHEN THE BALL HITS THE GROUND.

INTERCEPTION  A PASS CAUGHT BY THE DEFENSE.

OFFENSE  THE TEAM WITH POSSESSION OF THE BALL.

DEFENSE  THE TEAM TRYING TO PREVENT THE OPPOSING TEAM FROM SCORING.

TOUCHDOWN  THE OFFENSIVE TEAM CROSSING THE GOAL LINE EITHER BY A PASS OR RUN.

SAFETY  DEFLAGGING THE OFFENSE IN THE END ZONE.

EXTRA POINT  AN ATTEMPT AFTER A TOUCHDOWN TO SCORE ADDITIONAL POINTS.

INDIVIDUAL TECHNIQUES

THROWING THE FOOTBALL

PUNTING


KICKOFF


PLAYING THE GAME

ONE TEAM WILL BE DESIGNATED TO BEGIN THE GAME WITH A KICKOFF. ALL MEMBERS OF EACH TEAM WILL WEAR FLAGS. THE RECEIVING TEAM WILL HAVE AN OPPORTUNITY TO RETURN ANY KICK BECAUSE THERE ARE NO ONSIDE KICKOFFS IN FLAG FOOTBALL. AFTER THE RETURN, THE OFFENSIVE TEAM WILL HAVE FOUR DOWNS TO GET A FIRST DOWN OR SCORE. TO GET A FIRST DOWN IN FLAG FOOTBALL, THE OFFENSIVE TEAM MUST CROSS THE FIRST DOWN CONE LOCATED AT MIDFIELD. DURING THEIR OFFENSIVE SERIES, THE TEAM IS ALLOWED ONLY ONE RUN PER FOUR DOWNS.

THE PERSON HIKING THE BALL IS CALLED THE CENTER. THE CENTER WILL HIKE THE FOOTBALL TO THE QUARTERBACK WHO IS FIVE YARDS FROM THE BALL. THE REMAINING OFFENSIVE PLAYERS CAN BE EITHER BLOCKERS OR RECEIVERS. ALL OFFENSIVE PLAYERS ARE ELIGIBLE TO RECEIVE A PASS. IF THE OFFENSIVE TEAM FAILS TO GAIN A FIRST DOWN AND THEY CHOOSE TO PUNT; THEY MUST INFORM THE DEFENSE. THE RECEIVING TEAM IS ALLOWED TWO RETURNERS WHILE THE PUNTER IS ALLOWED TO KICK WITHOUT ANY RUSH.
THE DEFENSIVE TEAM IN TRYING TO PREVENT A SCORE WILL DESIGNATE ON OR TWO PLAYERS TO RUSH THE QUARTERBACK. THEY CAN CROSS THE LINE OF SCRIMMAGE AFTER THE QUARTERBACK HAS RECEIVED THE BALL AND THEY HAVE COUNTED OUT LOUD TO 3000. ALL OTHER DEFENSIVE PLAYERS ARE TO PLAY PERSON TO PERSON OR MAN TO MAN PASS DEFENSE. THE DEFENSE CAN GAIN POSSESSION BY INTERCEPTING A PASS OR PREVENTING THE OFFENSE FROM SCORING OR OBTAINING A FIRST DOWN. THE DEFENSE CANNOT GAIN POSSESSION BY RECOVERING A FUMBLE. THE DEFENSE MAY ALSO SCORE BY PULLING THE FLAG OFF AN OFFENSIVE PLAYER WHILE THEY ARE IN THE END ZONE. IF THIS OCCURS, THE DEFENSIVE TEAM RECEIVES TWO POINTS AND THE OFFENSIVE TEAM MUST KICK TO THE DEFENSIVE TEAM TO BEGIN PLAY AGAIN.

DUE TO ADJUSTING THE GAME TO ACCOMMODATE OUR CLASSES, THERE WILL BE NO EXTRA POINTS ATTEMPTED AFTER A TOUCHDOWN. IF A PLAYER TOUCHES THE SIDELINE WITH ONE OR BOTH OF THEIR FEET, THE PLAYER IS OUT OF BOUNDS AT THE SPOT. OUR CLASS GAMES ARE PLAYED THE WIDTH OF THE FOOTBALL FIELD USING THE HASH MARKS AS OUR LINES FOR THE KICKOFF TEAM AND RECEIVING TEAM.

**SCORING**

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<tr>
<td>TOUCHDOWN</td>
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<td>EXTRA POINT</td>
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PLAYERS PER TEAM ON FIELD IN REGULATION FOOTBALL - 11
\[ \square \text{ = THE QUARTERBACK} \]