

# 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

GRIP THE FOOTBALL SO THAT AT LEAST YOUR RING FINGER AND LITTLE FINGER ARE ON THE LACES. THE THUMB AND MIDDLE FINGER SHOULD BE EQUAL DISTANCE FROM THE TIP OF THE BALL. WHEN THROWING THE FOOTBALL, THE ELBOW SHOULD BE PARALLEL TO THE GROUND. THE FOOTBALL SHOULD BE TURNED AWAY FROM THE TARGET AT EAR HEIGHT AND THROWN WITH THE FIRST FINGER POINTED TO THE TARGET ON RELEASE.

## PUNTING

THE BALL SHOULD BE HELD WITH BOTH HANDS ON EITHER SIDE OF THE BALL AT CHEST LEVEL. THE LACES OF THE FOOTBALL SHOULD BE TOWARDS THE SKY. THE KICKER TAKES A THREE STEP APPROACH, BEGINNING WITH THEIR KICKING LEG. THE FOOTBALL SHOULD BE RELEASED FOLLOWING THE SECOND STEP, DROPPING THE FOOTBALL PARALLEL TO THE GROUND, AS THE KICKER ATTEMPTS TO LIFT THE BALL WITH THE OUTSIDE SHOESTRING EYELETS OF THE SHOE. THE PUNTER MAKE SURE THAT THEIR TOE IS POINTED TOWARDS THE RECEIVING TEAM.

## KICKOFF

A PLAYER MUST HOLD THE BALL ON THE GROUND FOR THE PERSON KICKING. THE BALL SHOULD BE HELD UPRIGHT WITH THE LACES TOWARDS THE RECEIVING TEAM. THE KICKER APPROACHES THE BALL EITHER SOCCER OR TRADITIONAL APPROACHES. IN EACH APPROACH THE NONKICKING FOOT MUST BE NEXT TO THE FOOTBALL WHEN KICKED. THE KICKER MUST ALWAYS KEEP THEIR EYES ON THE FOOTBALL THROUGHOUT THE KICK.

## *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 ONE 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.

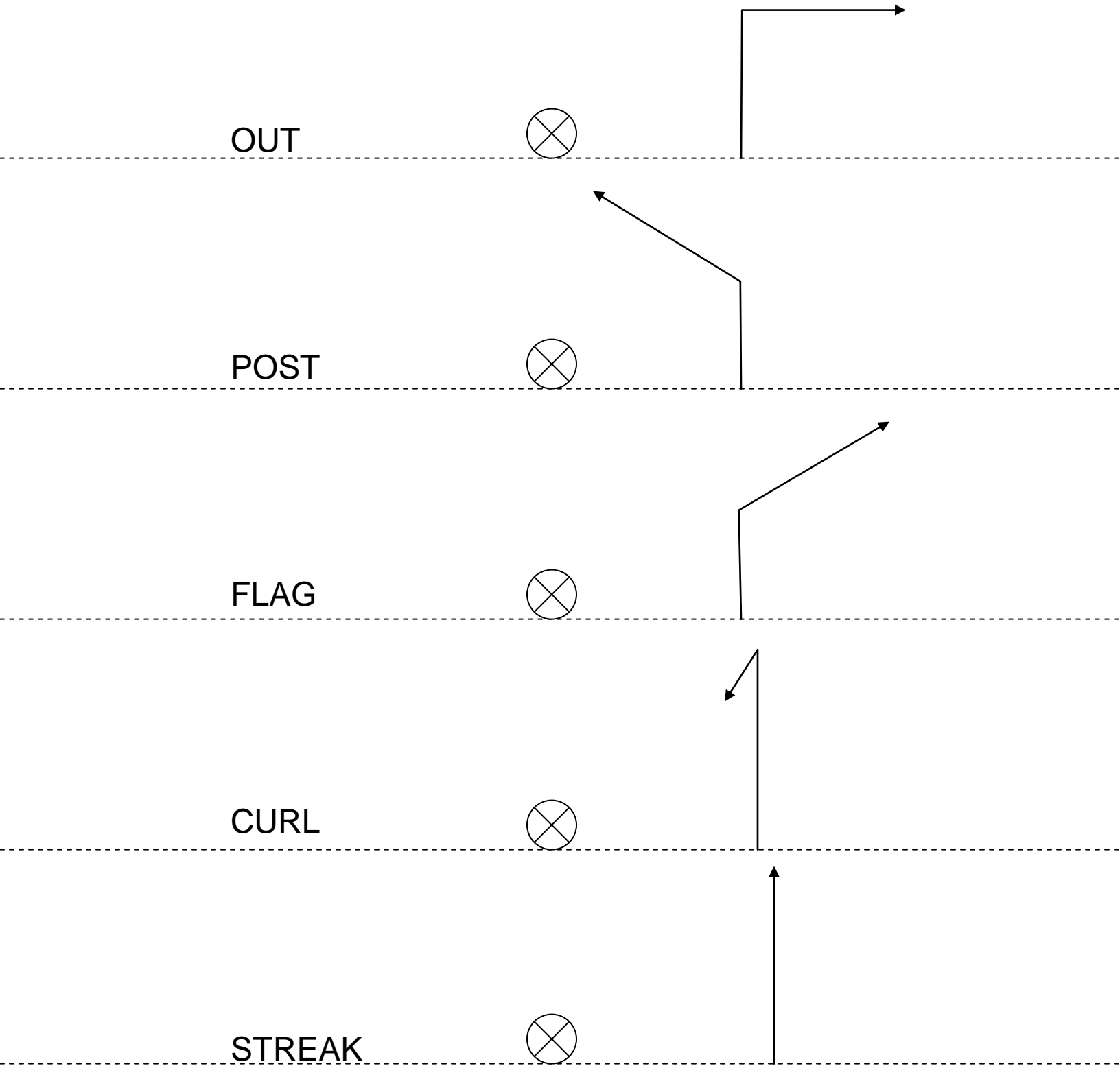
DUE TO ADJUSTING THE GAME TO ACCOMMODATE OUR CLASSES, THERE WILL BE NO EXTRA POINTS ATTEMPTED AFTER A TOUCHDOWN. IF A PLAYER TOUCHES THE SIDELINE WITH ONE OR BOTH OF THEIR FEET, THE PLAYER IS OUT OF BOUNDS AT THE SPOT. OUR CLASS GAMES ARE PLAYED THE WIDTH OF THE FOOTBALL FIELD USING THE HASH MARKS AS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

## *SCORING*

TOUCHDOWN	= 6 POINTS
FIELD GOAL	= 3 POINTS
SAFETY	= 2 POINTS
EXTRA POINT	= 1 POINT

PLAYERS PER TEAM ON FIELD IN REGULATION FOOTBALL - 11

*FLAG FOOTBALL PASS ROUTES*



OUT



POST



FLAG




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STREAK



 = THE QUARTERBACK