FLAG FOOTBALL STUDY GUIDE

**Description of Game**

Flag football is a game which is similar to both rugby and American football. However, some major differences do exist: 1) The ball carrier is "stopped" when a defensive player pulls off one of his/her flags. 2) Blocking is not allowed, but in its place a technique called "shielding" is substituted. Both of these modifica­tions are employed to insure safety. The ball is advanced toward the goal line primarily by means of the forward pass. All players are eligible pass receivers.

**History**

The game of football is an offshoot of both soccer and rugby. The colleges of Harvard, Yale, Princeton and Rutgers were among the first to play the game. Since 1869, regulation football rules have been added and are continuously being modified, even at the present time.

The game of flag football is merely a modification of regulation football. Some of the major differences between flag football and regulation football are the flag football rules regarding "no body contact" and no diving.

The flag football game which you will play in class is a modification of regulation flag football. Hopefully, the modifications which I have made will provide for a safer, more practical and enjoyable activity.

**Scoring**

1. Touchdown = 6 points.

**2.** Safety = 2 points.

**Some Players & Positions to Help You Understand High School , College , & Pro Football**

**Offensive Players**

**Quarterback (QB)** - field general - after taking the snap from the Center, the QB can pass, handoff, toss, or run with the ball (only after a defensive player crosses the Line of Scrimmage).

**Running Back (RB)** - can run with the ball, receive a pass, or block

**Split End (SE)** - outside receiver, good hands and speed

 **Tight End (TE)** - big receiver and good blocker

 **Center (C)** - snaps the ball to the QB to start the play

 **Guard (G)** - protects the QB on passing plays and the RB on running plays

**Defensive Players**

**Free Safety (FS)** - aligns 8 yards deep in the middle of the defense, he is the centerfielder of the defense.

 **Cornerback (CB)** - aligns 6 yards deep on outside receiver - responsible ­ to cover receivers on pass patterns

**Linebacker (LB)** - aligns 4 yards deep - responsible for running and passing plays

**Nose guard (NG)** - aligns head up over the center - tough vs. run

**Defensive End (DE)** - aligns across from the **TE** or Tackle - good pass rusher

**Field**

 Goal Line Sideline 50 Yard Line Sideline Goal Line End line

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|  |  C. B. D. E. F.S. L.B. N.G. D.E. C.B. | De <--- defenseDe <--- defenseDe <---defense | Of offense-🡪Of offense-🡪Of offense-🡪 | S. S.E. G G. R.B.C. C. Q.B.C. T.E. R.B.T. W W.O. |   |

 End Zone Sideline (Out of Bounds) End Zone

**RULES**

**1.** A ball carrier is said to be stopped when a defensive player removes one of the ball carrier's flags**.**

2. The offensive team gets 4 downs to score a touchdown. If they fail to score on 4th down the opposition receives the ball. The offense can also choose to Punt the ball on 4th down. If the offensive team elects to punt the ball on fourth down, they must first inform the defensive team.

3. The defense must count 5 Mississippi’s before they can rush the QB. Automatic rush on handoffs and tosses.

4. The QB cannot run with the ball until after the defense has crossed the line of scrimmage.

**5.** Fumble: Once the ball carrier loses possession of the ball, it is a live and playable ball until it touches the ground. Upon contacting the ground, the ball is "dead" and play stops.

**6.** Passing: A) All offensive players are allowed to receive passes (even the QB can receive a pass, after he/she hands the ball to a teammate).

B) all forward passes must be thrown from behind the line of scrimmage.

7. Play stops when ; 1) a ball carrier goes out of bounds. 2) a forward pass is in­complete (it hits the ground). 3) a fumbled ball hits the ground.

**PENALTIES**

Penalties Which Result In a 10 Yard Loss

1.Intentional Body Contact - No player is allowed to intentionally contact (bodily) another player. This includes, but is not limited to tackling, blocking, pushing, holding, hitting, tripping, or charging.

2. Flag guarding and unsportsmanlike conduct.

3. No player is allowed to dive onto the ground.

4. An offensive player cannot throw a forward pass once he or she passes the line of scrimmage.

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Penalties Which Result In a 5 Yard Loss – Off-side and rushing the QB before counting 5 Mississippi’s.

Pass Interference – a player interferes with an opponent while the ball is in the air & the opponent is attempting to catch a pass. The ball is marked where the penalty occurred.

 **FOOTBALL TERMINOLOGY**

**Completion** - A passed ball that is caught by a receiver.

**Down** - One of the series of 4 plays to advance the ball. Offensive team gets 4 downs to score a touchdown.

**End Zone** - The area between the goal line and the end line. A ball carrier who en­ters the opposition's end zone scores a touchdown for his or her team.

**Flag Guarding** – An offensive player protecting his/her flag from being pulled by using his/her hands, arms or clothing.

**Fumble -** The ball carrier 1oses possession (control) of the ball. Until someone gains possession of the ball or the ball touches the ground, it is considered a fumble or loose ball. Remember, a fumbled ball which touches the ground is a Dead Ball.

**Handoff** - A play in which the QB hands the ball off to a RB.

**Interception** - A thrown ball caught by a defensive player.

**Line Of Scrimmage (L.O.S.)**- The imaginary line that is drawn from the tip of the ball and is parallel to the end line. This is the spot where each play begins. All players on both teams must be behind the L.O.S. when each play begins.

**Off-Side** - One or more players cross the line of scrimmage prior to the designated time. The designated time for an offensive player is when the ball is snapped. The designated times for a defensive player are 1) after five Mississippis are counted 2) a handoff or lateral is performed.

**Punt** - The ball is kicked by the offensive team in an attempt to better its field position. This usually occurs on fourth down. After the offensive team punts, the defensive team gains possession of the ball.

**Pass Interference** - AN act in which a player pushes, blocks, removes a flag, or holds, and thus prevents an opponent from catching a pass.

**Pass Rush** - The defensive line must count 5 Mississippi’s before rushing the QB. **Sack** - When a defensive player pulls the QB's flag before the QB can pass the ball.

**Safety** - An offensive player is stopped (his or her flag is pulled off) or fumbles (ball hits the ground) in his or her own end zone. A Safety is worth 2 points.

**Shielding** - An offensive technique in which the player positions himself or herself between the ball carrier and the defender in an attempt to prevent the defender from stopping the ball carrier (a non-contact screen).

**Super Bowl** – The championship game (pro football's biggest game of the year).

**Touchback** - Results when a kick-off, punt, or interception is fielded in the player’s own end zone & the player “Downs the Ball”. The ball is then brought out to the 20 yard line.

**Touchdown** - A ball carrier runs across the opposition's goal line or a pass receiver catches the ball in the opposition's end zone. A touch­ down is worth 6 points.

The following book was the major source of information used in producing this Flag Football Study Guide:

 Mood, Dale and Frank F. Musker, Judith E. Rink.

Sports and Recreational Activities for Men and Women

St.Louis: Times Mirror/Mosby, c 1987.