

Flag Football Study Guide

DEFINITIONS:

Line of scrimmage – an imaginary line through the forward point of the ball. The line of scrimmage is used as a basis for how far a team needs to advance the ball for a first down.

Down – another word for a ‘try’. Each team gets a series of four downs to try to move the ball ten yards.

Forward Pass – a throw made from behind the line of scrimmage in the direction of the offensive team’s goal.

Interception – occurs when a defensive player catches a pass thrown by the offense.

Snap – the name for the movement of the ball from the center to the quarterback. Also referred to as ‘hike’.

Fumble – occurs when the offensive drops or loses possession of the ball. In flag football fumbles immediately become a dead ball and may not be recovered. Possession is given back to the team that fumbled the ball.

Sack – When the Quarterbacks belt is pulled off by a defender before he/she throws or hands off the ball.

PLAYERS POSITIONS:

The number of players on a flag football team can vary from 7 – 11 players (Regulation has 11 players). An eleven player team has the following positions on offense and defense may be set up as follows:



Offensive Tackles, Guards, and Center - (known as the Offensive Line) protect the Quarterback trying to allow him/her enough time to throw the football to their Wide Receiver or hand or throw the ball to their Running Back.

Center - starts the play with the ball and hands it under their legs to the Quarterback. The center hikes the football. This is done when the Quarterback says, “HIKE”.

Quarterback - throws the ball to his/her Wide Receivers, Running Backs, or Tight ends.

Wide Receiver - try to catch the ball, which is thrown by the Quarterback, and run forward trying to gain yards.

Running Back - is handed or thrown the ball from the Quarterback and then runs forward trying to gain yards.

Tight End - can help the Offensive Line protect the Quarterback or run out for a pass, like the Wide Receivers.

Defensive Tackles and Defensive End - (Defensive Line) try to get the Quarterbacks belt off before he/she throws or hands off the ball.

Middle and Outside Linebacker - can cover the Tight Ends, go after the Running Back as they are running the ball, or assist the Defensive line in trying to get to the Quarterback.

Cornerback - guard/cover the Wide receivers.

Safety - can go after the Running Back as they are running the ball, assist the Defensive line in trying to get to the Quarterback, or assist the Cornerbacks in guarding the Wide Receivers.

SCORING:

Touchdown (6 points): the ball is run or passed over the end line (into the end zone) by the offense.

Extra Point (1 point): the ball is place kicked through the goalposts after a touchdown.

Conversion (2 points): the ball is passed or thrown over the end line (into the end zone) after a touchdown.

Field Goal (3 points): the ball is place kicked through the goal posts from the field not after a touchdown. This is usually done on a fourth down when a team is close to their end zone but does not feel they can successfully achieve another first down.

Safety (2 points) – occurs when a member of the offense in possession of the football is tackled in his or her own end zone.

RULES FOR FLAGS:

1. Flags must be worn on the outside of clothing.
2. Flags must be clipped, not tied around the waist.
3. Offensive players may not 'flag guard' by shielding the flag with an arm or pushing the defenders hand away from the flag. They may not use the football to shield the flag.
4. Defensive players may not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag.
5. In flag football, when the ball is fumbled, it is immediately considered "dead" and may not be recovered by the defense. (****In class (or in the pros), when a ball is fumbled, it is a "live" ball and may be picked up and recovered by any team.****)
6. In flag football every player is eligible to receive a pass. (****In class, only wide receivers, tight ends, and running backs are eligible to receive a pass.****)

GENERAL RULES

1. There are two types of plays: passing and running.
2. A team gets four downs to move the ball ten yards. If they are successful they get four more downs.
3. On fourth down a team has the option to "go for" the first down or punt the ball. If they choose to punt, they may not execute a running or pass play instead.
4. A forward pass may only be thrown from behind the line of scrimmage.
5. When throwing any ball you should step forward with the foot opposite your throwing hand.
6. In our class, when we played flag football, we used a three second delayed rush, this means Defense can not cross the line of scrimmage for three seconds after the ball has been hiked.