

Flag Football Handout

Goals and Student Outcomes

1. Develops physical fitness
2. Develops timing, mental, and physical coordination
3. Develops teamwork
4. Develops leadership
5. Contributes to the creative, intellectual, decisional, and physical development of the individual
6. Helps individual to understand the game of football which enhances an appreciation for the sport

Rules

**The rules listed below apply to Physical Education class.*

- Team is allowed four (4) downs (tries) to either make a touchdown or to reach a 1st down. A 1st down is achieved by crossing the mid-field line or cone.
- A successful play is considered to be successful when yardage is gained.
- Live ball: the ball is still live when...
 - o The ball carrier falls and then immediately gets up and their flag(s) have not been taken.
 - o The ball is passed or pitched out to a teammate.
 - o The quarterback does not catch the snap.
 - o A hand-off has been dropped.
- Dead ball: the ball is dead when...
 - o The ball carrier's flag(s) have been pulled off.
 - o A pass is not caught and it falls to the ground resulting in an incomplete pass.
 - o A ball is fumbled.
 - o A kick is blocked.
- Possession changes: a team loses possession of the ball when...
 - o They fail to achieve a 1st down after 4 downs (tries).
 - o They punt the ball.
 - o The team kicks off.
 - o Anytime there is an interception of a passed ball.
 - o A hand-off that is dropped during delivery and recovered by the opposite team.
- Scoring: 7 points are awarded for crossing the end line.
- Kickoff: The kicking team may not recover a kicked ball.
- Line of scrimmage: this is where the down took place and where the ball is placed prior to the next play by the offense.
- Punting: a punt is taken when the offense feels they cannot make the 1st down. A punt that is blocked by the defending team is taken at the line of scrimmage where the punt took place. The defending team gains possession of the ball.
- Eligible receivers: all players are eligible to receive kickoffs, punts, passes, and handoffs.

Simple Infractions

1. Off sides: NO player may cross the line of scrimmage until the ball is snapped. Penalty: 5 yards against the team that does this.
2. Interference: any disturbance to an opponent who is in the midst of receiving a pass or any illegal foul to one who is not receiving the ball. Penalty: 10 yards against the interfering team.

Skills involved in flag football

Stance: 2 point (offense)
 3 point (defense)

Centering: long snap for a punt
 Normal snap for passing or hand-off

Passing: Grip the ball firmly with fingers spread. Allow them to rest on the laces naturally.
 Put as many fingers on the laces as the hand will allow.

Throwing action: Bring the ball back close to your ear. Step with your opposite foot while opening your hips and rotating your shoulders square to the target. Lead with your elbow and snap your wrist upon release. Ball should roll off the fingers to produce a spiral effect. Practice for a good throw is necessary.

Pass receiving: Above the waist – thumbs together
 Below the waist – pinkies together

Ball carrying: After receiving the ball from a pass or a hand off, carry the ball in the arm away from the defenders. Tuck the ball away with the carrying hand over the pointed part of the ball.

Punting: laces of the ball are up, kick on shoelaces.

Place kicking or Kick off: use a tee.

Official team: 11 players

Positions

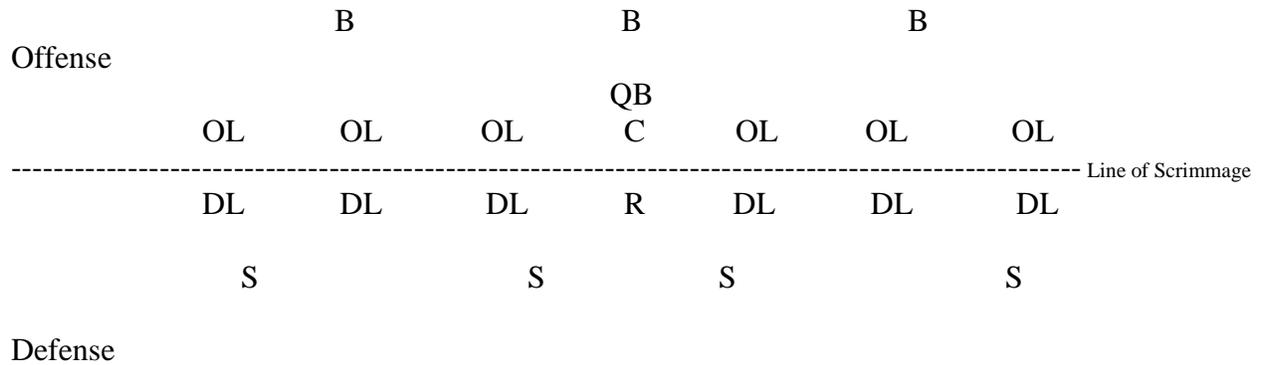
Defensive and Offensive Line: those players who block at the line of scrimmage to protect the quarterback when on offense and those who fight to get through to sack the quarterback when on defense.

Backs or Running backs: those who are back from the line of scrimmage and who will be going out to receive a pass or hand off from the quarterback (offense). On defense, these are the players who will try to intercept a pass thrown to the

offense. Also, they try to tag the player who had received the hand off and has passed through the line players already.

Safety: player on defense who plays behind all other players and becomes the last chance of defense.

Positions



KEY:

- C – Center
- QB – Quarterback
- OL – Offensive Line Player
- DL – Defensive Line Player
- R – Rusher
- B – Backs
- S – Safeties