

FLAG FOOTBALL



THE GAME:

A 5-9 member team sport played with a football on a football size field. The game gives an opportunity to learn football skills, rules, and terms. Object of the game is to score more points in 4 ten minute quarters than your opponents.

SCORING:

Touchdown scores 6 points. (Running with the ball or passing the ball into the end zone.)

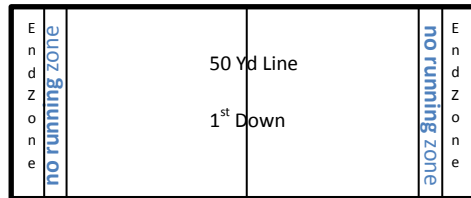
Conversion-Extra points after a touchdown is scored-attempted from the 3 yard line

By running into the end zone with the ball=1 point

By passing into the end zone to a teammate scores 2 points

Safety-Scores 2 points (Catching the opposite team behind its own goal line with the ball.

PLAYING FIELD:



STARTING THE GAME:

Ball is put into play at the 10 yard line at the beginning of the game, after a touchdown and after a safety.

The play is stopped by pulling the flag of the ball carrier. Every player is to wear his/her flag outside of the uniform.

PLAYING THE GAME:

The team with the ball (offense) places the ball on the scrimmage line (an imaginary line parallel to the goal lines). The defense (team without the ball) line up 3 yards from the scrimmage line forming a neutral zone. The offense has only 25 seconds in which to huddle and then hike (center or snap) the ball to the quarterback. If the huddle (talking over the play) takes too long, delay of game is called.

The **quarterback** may:

- lateral** (tosses the ball behind to another teammate)
- hand off** anywhere on the field or
- throw **a forward pass** (pass toward goal-MUST be thrown behind the scrimmage line and only one forward pass per play.

Any player may receive the pass and the defensive team may also intercept the pass and run with it, called a **pass interception**.

The **play is dead** when:

- a. the ball carrier falls down
- b. a **flag is pulled**
- c. a **fumble** (losing the ball) occurs
- d. an **incomplete** pass
- e. the ball goes **out of bounds**, it is also dead if the runner's flag accidentally drops

The offensive **has 4 plays called DOWNS** to move the ball to the 50yard line or make a touchdown. Centers **must call the down number** for their team as they hike the ball. IF the offense, on the 4th down has not made it to the 50 yd. line the other team gets the ball where it was after the 4th down on the field.

FOULS AND PENALTIES:

A foul is any infringement of the rules which results in the loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to the team's best interest. If the penalty is declined, the number of the down is the same as if the foul had not occurred. Whenever the penalty is greater than the distance to the goal line, the penalty shall be half of that of the remaining distance.

Offsides-5 yard penalty

Delay of Game-5 yard penalty

Personal Contact-15 yard penalty

Unsportsmanlike Conduct-15 yard penalty, possibly kicked out of game

OTHER TERMS:

Blocking	Standing stationary with the hands and arms in contact with the body. This forces the defense to have to go around them and is the safest way to block. No personal contact is allowed.
Fumble	Dropping the ball. A fumble at any time is dead and belongs to the team that dropped the ball at the point of the fumble. The down and point to be gained remains the same. A fumbled forward pass is ruled as an incomplete pass and the ball returns to the same scrimmage line it was passed from.
Downed Ball	Is the same as a dead ball when the flag has been pulled from the ball carrier.
First Downs	A team has 4 chances (downs) to move the ball from the 10 yard line to the 50 yard line and another 4 from the 50 to the end zone. If a team does not advance the ball from one zone to the next in 4 downs, the ball goes to the opponents at that spot and they begin with a first down.
Passing	All players on both teams are eligible to catch the pass. Forward passes must be thrown from any point behind the line of scrimmage. Lateral passes may be thrown anywhere on the field. Any number of passes may be thrown in a series of down. Only one forward pass per down.
Offside	Any player of either team is offside-if they invade upon the neutral zone before the ball is snapped (hiked).