



Flag Football

History

Flag Football is a variation of the game of football. It provides an opportunity for individuals interested in the game to duplicate it in a relatively safe situation. It is played throughout the U.S. in physical education classes and as an intramural activity.

American football is a game derived from rugby and soccer. On Nov. 6, 1869 the first collegiate game was played in New Brunswick, N.J. between Rutgers and Princeton.

Major changes to the game were made in 1882 by Walter Camp the “father of modern football”.

1. eleven players on each side
2. the role of the quarterback
3. downs – 3 chances to move 5 yards

Further rule changes were made in 1912 by the college rules committee.

1895 – First professional games was played in Latrobe, Pennsylvania

1966 – The first Super Bowl game was played

Rules and Information

6 players on a team

Offensive Positions:	End	Center	End
	Halfback	QB	Halfback

Scoring:

1. Touchdown = 6 points
2. Extra point after Touchdown (pass or run) = 1 point

Objective:

Move the ball down the field and score a touchdown by either running the ball or passing the ball to a player down field.

*All participants **MUST** have their shirts tucked inside of the belt!!

Skills:

Passing: In Flag Football – all players are eligible receivers except for the center.

- a. FORWARD PASS – the pass originates anywhere behind the line of scrimmage.
- b. LATERAL PASS – made to a player beside you or behind you (underhand). It can be made from anywhere on the field.

Pass Patterns:

Breaks toward the center of the field:

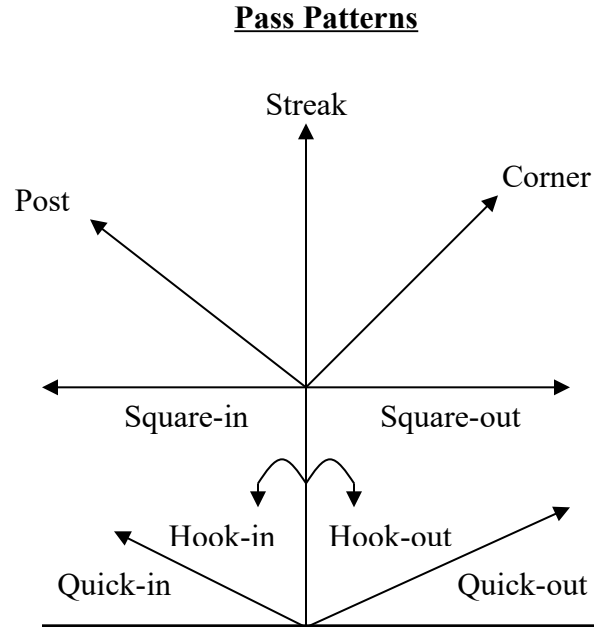
1. Post
2. Square-in
3. Hook-in
4. Quick-in

Breaks away from the center of the field (sideline):

5. Quick-out
6. Hook-out
7. Square-out
8. Corner

Straight pattern:

9. Streak



Defensive Positions:

- a. Linemen – Rush by moving forward to stop the QB/ball carrier.
- b. Defensive Backs – Protect an area = play zone.

Objective:

To prevent the offensive from scoring

1. The defense must line up one yard from the ball
2. After the ball is snapped the defense must count 1001, 1002, 1003, 1004, 1005 before they can rush the QB.
3. BLITZ – may cross the line of scrimmage before the ball is snapped.
4. BLOCKING – screen blocking only! No contact is made – hands and arms are at your sides.
5. You may not leave your feet.

Terms:

1. FIRST DOWN – must advance the ball 10 yards in 4 tries to keep possession of the football. (two completed passes = first down)
2. LINE OF SCRIMMAGE – where the ball is placed at the beginning of each play.
3. OFFSIDE – crossing the line of scrimmage before the ball is snapped.
4. HOLDING – holding someone so that they cannot deflag or move to block a player.
5. PASS INTERFERENCE – deflagging or toughing the pass receiver before he/she touches the ball – while the ball is in the air.
6. STRIPPING THE BALL – stealing the ball out of a players hand by striking, pulling or grabbing the ball.
7. FLAG GUARDING – preventing opponent from pulling the flag belt by using a hand, arm or the ball.
8. ILLEGALLY SECURING THE FLAG BELT – fixing the belt in any manner so that it will not release.

Penalties:

5 yards from the line of scrimmage:

1. offside
2. delay of game
3. illegal forward pass

15 yards from the spot of the foul:

1. unnecessary roughness
2. unsportsmanlike conduct
3. illegal block
4. illegal use of hands
5. stripping the ball
6. illegally securing the belt

Benefits:

1. Enhance eye/hand coordination
2. Enhance speed and agility
3. Aerobic activity