

RULES FOR FLAG FOOTBALL

Offense

- teams will have 5 players on field: offense must have a center, quarterback, and 3 other positions of choice
- ball will be placed on the 5 yard line
- team will have 3 downs to cross mid field
- once the team crosses mid field they have a new set of 3 downs to score a touchdown
- if a team fail to cross mid field or score the opposition takes possession from its 5 yard line
- quarterback may not run past line of scrimmage-unless he gives the ball and receives back the ball
- direct hand-offs and lateral behind the line of scrimmage are allowed
- passes by the quarterback must go beyond the line of scrimmage
- spinning is allowed by the ball carrier; he may not stiff arm, jump, or dive to avoid the defender
- ball is spotted where flag is pulled
- NO BLOCKING
- The offensive team has three plays to cross midfield to get a first down. Once a team crosses midfield they have three plays to score a touchdown.
- NO quarterback sneaks.
- The ball carrier will be ruled down and the play will be over when one of the following occurs:
 - The ball carrier's flag is pulled.
 - The ball carrier runs out of bounds.
 - The ball carrier's knee touches the ground.
 - The ball carrier's flag falls off or belt falls down.
 - The ball carrier scores a touchdown.
 - Once the ball hits the ground on a fumble.

Defense

- teams will have 5 players on field
- defense may line up in any formation
- play man-to-man
- have to rush (or count to 5 thousand) before blitzing the quarterback
- may not grab, hold, or faceguard the receivers
- a defender may not INTENTIONALLY make contact with an offensive player
- interceptions may NOT be advanced. The intercepting team takes over where the catch took place
- NO DIVING FOR THE FLAGS

PENALTIES FOR FLAG FOOTBALL

***ALL PENALTIES ARE FROM LINE OF SCRIMMAGE**

Offsides	5 Yards
Offensive Pass Interference	10 Yards and loss of down
Flag guarding	10 Yards and loss of down
Blocking	10 Yards and loss of down
Unsportsmanlike Conduct	10 Yards and loss of down
Defensive Pass Interference	Spot of foul and first down
Diving for flag	10 Yards and first down
Illegal contact	10 Yards from spot and replay

Flag Football Study Guide

Terms

<u>Down</u>	a play; a chance in order to get a first down or touchdown 3 chances to get to midfield and/or 3 chances to score a touchdown
<u>Defense-</u>	team without the ball
<u>Line of Scrimmage</u>	the place where each play starts
<u>Lateral</u>	throwing a ball back behind you to a teammate
<u>Offense</u>	team with the ball
<u>Off-Sides</u>	Occurs when a player crosses the line of scrimmage before the ball is snapped or if a player lines up past the line of scrimmage
<u>Safety-</u>	Means two things... 1- It is a play on the defensive team. 2- It is a score of 2 points if an offensive player is tackled in his/her own end zone.
<u>Set Position-</u>	all members of the offensive team must be motionless for one full second before the ball is centered.
<u>Tackle-</u>	occurs when the flag of the player with the ball is pulled.
<u>Touchdown-</u>	is scored when a player runs the ball into the end zone or throws the ball to another player already in the end zone

Offensive Positions

<u>Center-</u>	the player who snaps the ball to the quarterback
<u>Quarterback-</u>	the player who leads the offense; either passes or hands the ball off
<u>Running Back</u>	this player takes handoffs and may go out for pass
<u>Receiver</u>	this player tries to get open, to receive pass from quarterback

Defensive Positions

<u>Lineman-</u>	first row of defense
<u>Linebackers</u>	next row of defense
<u>Safety</u>	last line of defense

Methods of Scoring

Touchdown - 6 points

An extra point attempt after touchdown is worth 2 points for a successful throwing play or 1 point for a successful running play. The ball is placed on the five yard line for the extra point attempt.

Safety is worth 2 points for the defensive team who tackles an opposing player who has the ball in their opponents end zone.