# Flag Football Study Guide

## Terms

**Down**
- 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

**Defense**
- team without the ball

**Line of Scrimmage**
- the place where each play starts

**Lateral**
- throwing a ball back behind you to a teammate

**Offense**
- team with the ball

**Off-Sides**
- 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

**Safety**
- Means two things...
  1. It is a player on the defensive team.
  2. It is a score of 2 points if an offensive player is tackled in his/her own end zone.

**Set Position**
- all members of the offensive team must be motionless for one full second before the ball is centered.

**Tackle**
- occurs when the flag of the player with the ball is pulled.

**Touchdown**
- 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

- **Center**
  - the player who snaps the ball to the quarterback

- **Quarterback**
  - the player who leads the offense; either passes or hands the ball off

- **Running Back**
  - this player takes handoffs and may go out for pass

- **Receiver**
  - this player tries to get open, to receive pass from quarterback

### Defensive Positions

- **Lineman**
  - first row of defense

- **Linebackers**
  - next row of defense

- **Safety**
  - 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.
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 midfield
- once the team crosses midfield they have a new set of 3 downs to score a touchdown
- if a team fails to cross midfield 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*

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Basic offense, defense, alignments, and positions

- **S** - Safety
- **LB** - Linebacker
- **C** - Center
- **QB** - Quarterback
- **HB** - Halfback
- **R** - Receiver

Common pass patterns:

- Down and in
- Down and out
- Hook in / Curl In
- Hook out / Curl Out
- Hook and go
- Z in
- Z out
- Quick in