

## FLAG FOOTBALL STUDY GUIDE

**Object:** The object of the game is to advance the ball legally across the opponents goal line by running or passing the ball. The defensive tactic is to stop the progression of the ball. A regulation game is played with four, 10-minute quarters.

### Scoring:

**Touchdown:** 6 points      **Safety:** 2 points      **Field Goal:** 3 points      **Extra Point/ Conversion:** 1 or 2 pts

### Play of the game:

1. A team has four downs to advance the ball to the first down marker. There is only one first down marker in flag football, that is located at centerfield.
2. Teams may substitute only on a dead ball.
3. A huddle must last no longer than 30 seconds.
4. A game is started with a kick-off.
5. The kicking team is located at 1/4 field, and the receiving lines up at the center line, with two players deep back to receive.
6. After a score, an extra point or conversion opportunity is taken from the 2 yard line and is worth 2 points.
7. On fourth down, the team must announce if they are going to attempt a first down or punt the ball.

### Defensive rules:

1. A fumble is automatically a dead ball. The defensive team may not recover a fumble.
2. When a defender pulls a flag, he/she should hold it up in the air for the official to see.
3. In order to stop the ball carrier, the defender must pull the ball carriers flags.

### Penalties:

**off sides-** advancing past the line of scrimmage before the ball is snapped. *5 yard penalty.*

**pass interference-** interfering with the receiver such that he/she can not catch the ball. *Automatic 1st down.*

**delay of game-** taking too long to start the play. *5 yard penalty*

### Terms:

**center-** responsible for hiking the ball to the quarterback.

**cornerback-** a defensive player responsible for defending the receiver.

**dead ball-** a ball that is no longer in play.

**defense-** the team without possession of the ball.

**extra-point-** this is what the offensive team hopes to gain after a touchdown.

**gridiron-** a name for the field on which the game is played.

**guard-** an offensive player responsible for blocking the defensive players.

**huddle-** this is what the offensive team does before a play in order to play the play out.

**interception-** this is when the defensive team catches a pass thrown by the offensive team.

**kick-off-** a kick off occurs at the start of a game, after halftime, and after each score.

**offense-** the team in possession of the ball.

**penalty-** when the offensive or defensive team violates one of the rules.

**punt-** occurs when the offensive team is on fourth down and they want to give the ball to the other team.

**quarterback-** this player is in charge of making plays, passing, and handing off to running backs.

**receiver-** responsible for catching passes.

**referees-** the people responsible for officiating a game and calling penalties.

**running back-** this player is responsible for running with the ball from the backfield.

**sack-** this is when the defensive team pulls the flag of the quarterback before the quarterback advances beyond the line of scrimmage.

**safety-** 1. when the defensive team pulls the flag of the offensive team in their own endzone.

2. a defensive player who is responsible for defending a receiver or back who gets past the initial line of defense.

**touchback-** a ball that is kicked into the endzone or over the endzone line.