|  |  |  |
| --- | --- | --- |
| C:\Users\defelice.james\Desktop\logo_big[1].png | | Physical Education |
| Flag Football Study Guide |
| **OBJECTIVE:**  The object of the game is to advance the ball over the opponent’s goal line without being “tackled”. Points are awarded for a touchdown (6 points), and a two point conversion (2 points). Flag football is often played in areas large enough to give the players running and passing room. All players wear flag belts around their waist with the flags hanging down the side. Each team uses a different colored flag. The defensive player detaching the flag belt (“tackled”) stops the runner. During the kickoff, team members are not allowed to run downfield until the kickoff. Also during the kickoff, once the ball crosses the midfield cones the ball is considered “live”.  ***Flag football retains most of the fundamentals of regular football. Holding an opponent or holding onto the flag belt are common infractions found in flag football and must be closely regulated.***  **RULES:**  **FUMBLED BALL-** A fumbled ball at any time is dead and belongs to the team that fumbled the ball at the point of the fumble.  **DOWNED BALL-** The ball is considered downed when the flag belt is detached or the ball carrier loses their flag.  **NOTE:** 1) No blocking, tackling, or holding the ball carrier by a defensive player attempting to secure the flag.  2) Defensive players must maintain contact with the ground when attempting to secure the flags- no jumping or diving.  3) The ball carrier may not use a straight arm at any point.  **FIRST DOWNS-** A team has four chances to move the ball from one zone to the next zone or end zone. The first down markers are generally at midfield and identified with cones. If a team fails to make a first down within their four downs, possession is awarded to the defensive team at the spot of the ball.  **PASSING-** All players on both teams are eligible to catch a pass. Forward passes may be thrown from any point behind the line of scrimmage and laterals may be thrown from anywhere on the field. Any number of passes may be thrown during the four down sequence.  **PASSING ROUTES:**  **SLANT-** 5 yards straight ahead then cut across middle of field at 45 degree angle.  **OUT-** 5 yards straight ahead then cut out toward sideline.  **POST-** 10 yards straight ahead, then cut toward goal posts.  **POST CONNER-** Same as a post, but break route off back to corner of end zone.  **PENALTIES:**  **5 yards from line of scrimmage: 15 yards from the spot of the foul:**  -Offside Illegal use of hands  -Delay of game Illegal block  -Illegal motion or shift Unsportsmanlike conduct  -Illegal forward passes Clipping  -Illegal formation Pass Interference  Unnecessary roughness | | |
| **TERMINOLOGY** |  | |
| **Backs** | Players on the team who ordinarily carry or bass the ball on offense | |
| **Balanced Line** | An offensive formation that has an equal number of linemen on each side of the center | |
| **Clipping** | Intentionally or accidentally pushing in the back | |
| **Illegal Forward Pass** | When the ball is thrown forward from any point beyond the line of scrimmage | |
| **Interception** | An offensive pass that is caught by a defender | |
| **Interference** | Illegally hindering another player during a pass play by getting in the way before he/she makes the batch or pushing the intended receiver | |
| **Handoff** | An offensive play in which one back hands the ball off to another back who attempts to advance the ball | |
| **Lateral** | A pass backwards anywhere on the field | |