

Safety Precautions

Flag Football Handout

1. Always have a warm-up and stretch before your workout.
2. Learn proper technique so you cannot get hurt.
3. Do not use any physical contact in the game. (Hence flag football)
4. Inspect equipment to insure proper safety.
5. Participate with good sportsmanship.
6. Wear clothing appropriate for class and weather. (We will be going outside)
7. Do not wear any hanging jewelry, or head phones that could possibly get into the way.
8. Get immediate attention if you thinks that you are hurt.

What is flag football?

- Flag football is a game that is a modification of American football. It is a non-contact continuous football game with minimal equipment required.

Basic football skills such as passing, catching, throwing, defending and running are used in this game.

- Flag football is a great sport for all to play. There is minimal equipment required and minimal physical contact. A fun game to play.

History

- American football was created in the mid 1800's.
- Flag football was developed in 1940's on a military base as a recreational sport for military personnel.
- Recreational leagues developed in the late 1940's, early 1950's.
- This game quickly made its way into physical education classes.
- St. Louis is the birthplace of the first national flag football organization known as the National Flag Football League.
- This sport has grown and in 1997 the Professional Flag Football League, Inc. was formed.
- In January 2002, 175 teams came to Orlando, FL to participate in United States Flag Touch Football League national tournament, the largest nonconference tournament in the nation. Where 11 national champions were crowned.

Skills involved in flag football

Stance: 2 point stance (offense players), 3 point stance (defensive players)

Centering: Snapping the ball to the quarterback for passing or handing-off

Passing:

- Grip the ball firmly with fingers spread. Allow them to rest on the laces naturally. Put as many fingers on the laces as the hand will allow.
- Throwing action: Bring the ball back close to your ear. Step with your opposite foot while opening your hips and rotating your shoulders square to the target. Lead with your elbow and snap your wrist upon release. Ball should roll off the fingers to produce a spiral effect. Practice for a good throw is necessary.

Pass receiving:

- Above the waist – thumbs together
- Below the waist – pinkies together

Ball carrying: After receiving the ball from a pass or a hand off, carry the ball in the arm away from the defenders. Tuck the ball away with the carrying hand over the pointed part of the ball.

Flag pulling: Pulling the flag from the ball carrier.

Rules for this class. Depending on where you play, rules may vary. To prevent arguments, it is important that everyone playing understands what variation of the rules are being used.

Field

The field is longer than it is wide. Depending on space available, length & width will vary. Regardless of the size, there will be an end zone at each end of the field, side lines, and a cone at midfield (which will serve as the 1st down marker).

Possession

- A coin toss (or rock paper scissors) determines first possession. Loser of the coin toss has choice of end zone to defend.
- There are no kickoffs, or punts.
- The offensive team takes possession of the ball at its 5- yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over where the ball was down, at the end of the 4th down.

Number of Players

- Teams consist of 7 players (teams may play with less, or forfeit, and divide teams evenly).

Timing

- Game time will vary depending on class time available. The game will end at the coach's whistle. Teams should turn in flags, and balls.
- The teams will be warned when there are two minutes left to play.

Flags

Flags must be worn by all players. Flags must hang in the back, and be outside of the shirt. Preferably tuck in the shirts.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5 yard line), 2 points (played from the 10 yard line).
- Safety: 2 points (When you take the flags from an opponent in possession of the ball in their end zone will result in the defense scoring 2 points plus gaining possession for the next series at its own five yard line.)

Running

- To start the play, the ball must be snapped between the legs of the snapper (center).
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback.
- The quarterback is the player who receives the ball directly from the snap.
- An offense may use multiple handoffs behind the line of scrimmage. Only backward or lateral handoffs are allowed in front of the line of scrimmage.
- "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.
- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving). Flag guarding & stiff arming is not allowed.
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- It is up to the ball carrier to avoid contact with the defender.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position)

Passing

- Players may rush the quarterback, after a 5 Mississippi count, or after the quarterback has crossed the line of scrimmage (whichever occurs first).
- The quarterback has 10 seconds to throw the ball. If a pass is not thrown within the 10 seconds, play is dead, loss of down and the ball is spotted at the previous line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.
- Only one forward pass is allowed, and must be from behind the line of scrimmage. There are no limit of lateral passes in one play.

Dead Balls

- Play is ruled "dead" when:
 - The coach blows the whistle.
 - Ball carrier's flag is pulled or becomes illegal (only one of two flags needs to be pulled).
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - A penalty occurs.
 - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- If the ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.
- Players are ineligible to catch a pass if their flag has fallen off.

Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. Ex. a bad snap will be blown dead and the ball will be spotted at the center's feet. There is no stripping of the ball.

Rushing the Quarterback

- All players who rush the passer count out loud to 5 Mississippi, or wait until the quarterback crosses the line of scrimmage (whichever comes first). Any number of players can rush the Quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the 5 Mississippi count is no longer in effect and all defenders may go behind the line of scrimmage.

BLOCKING OR TACKLING ARE NOT ALLOWED

Penalties

• All penalties are 5 yards (except for Pass Interference , excessive roughness & unsportsmanlike conduct - 15 yards). The play will be repeated, and will be from the line of scrimmage, unless otherwise noted.

Defensive Penalties

- Offside -- 5 yards and automatic first down
- Pass Interference -- 15 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and automatic first down
- Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down
- Illegal rushing (starting rush before 5 Mississippi count) -- 5 yards and automatic first down.
- Interference with opponent or ball at the snap.

Offensive Penalties

- Illegal motion (more than one person moving, etc.) / False start - 5 yards and loss of down;
- Offensive holding
- Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball)
- Illegal forward pass (pass thrown from in front of the line of scrimmage) - 5 yards and loss of down;
- Offensive pass interference (illegal pick play, pushing off/away defender) - 5 yards and loss of down;
- Flag guarding & stiff arming - 5 yards from the point of foul and loss of down.

Sportsmanship/Roughing

Disagreements about calls will be resolved with one round of Rock-Paper-Scissors. Winner makes the call.

- If the coach witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected. **FOUL PLAY WILL NOT BE TOLERATED.**
- Once a flag is pulled, the defensive player should hold the flag above his/her head so that the location of the flag pull can be determined. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette.
- Trash talking is illegal. The coach has the right to determine offensive/profane language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Glossary

1. Flag Football - A modified football game that is non-contact. Two to three flags are worn around your waist on a belt.
2. Possession - When your team has the ball and is playing offense.
3. Touch down - When a team legally brings the football into the end zone. Six points are awarded.
4. Safety - When you take the flags from an opponent in possession of the ball in their end zone will result in the defense scoring 2 points plus gaining possession for the next series at its own 5-yard line.
5. Snap - This is when a teammate flips the ball to the quarterback.
6. Quarterback - The person who receives the snap and throws or passes the ball to their teammates.
7. Center - The person who snaps the ball to the quarterback.
8. "No Running Zone" - Located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.
9. Rushing - Putting pressure on the offensive team, especially the quarterback.
10. Interception - Stealing or gaining possession of the ball when the opposing team is playing offense.
11. Down - Five yards must be gained in order to receive a down.

This is a completion of a play.

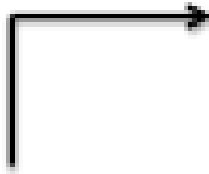
12. Flag Guarding - When someone holds on to or protects their flags from being taken by their opponents.
13. Huddle - a team groups together to get instructions from the quarterback, team captain or coach.
14. The line of scrimmage - is an imaginary line that extends through the football from one sideline to another, separating the field into offensive and defensive sides.
15. A completion - is a successful pass and caught between two players on the same team.
16. A hand off - is when one player hands the ball to another.
17. Defense - team unit working to prevent the offense from scoring by pulling the flags, intercepting the ball, and other means.
18. An interception - is the act of catching the other team's pass to gain possession for the defensive team.
19. A sack - is the pulling off of the quarterback's flags behind the line of scrimmage.
20. The end zones - are located at both ends of the field, where touchdowns are made.

HERE IS A MORE COMPLETE GLOSSARY OF FOOTBALL/FLAG FOOTBALL TERMS:

<http://football.about.com/od/football101/a/Football-Glossary.htm>

**Flag Football
Passing Routes Checklist**

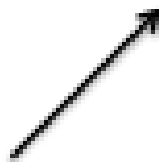
1. In



2. Out



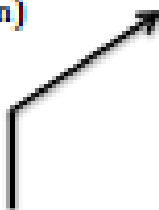
3. Slant (Going In)



4. Fade (Going Out)



5. Post (Going In)



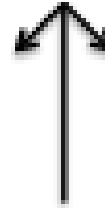
6. Flag/Corner (Going Out)



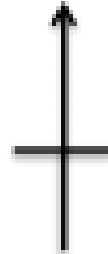
7. Fly Pattern



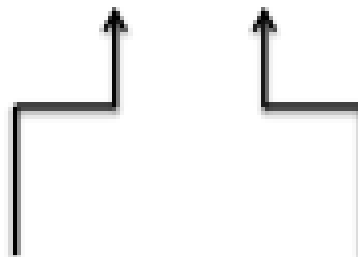
8. Curl Pattern (In or Out)



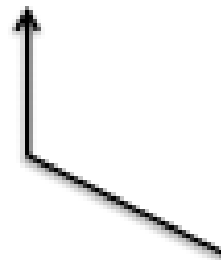
9. Stop & Go



10. Chair Patterns (Up-In-Up / Up-Out-Up)



11. Wheel Route (Going Out)



Extra Credit questions. Answering these questions will make up one missed participation day.

1. Why aren't pads or helmets necessary in flag football?
2. Which city is considered the birthplace of the first national flag football organization?
3. Which player snaps the ball to the quarterback?
4. When is the ball considered dead?
5. When is a touchdown scored?
6. When is a safety scored?
7. Which players are eligible to receive passes?
8. Draw a diagram of a flag football field. Include: sidelines, end zones, 1st down marker. And "no running zones".
9. How many points are awarded for scoring a touchdown and/or a safety?
10. How many points are awarded for a point after attempt from the 5 yard line?
11. How many points are awarded for a point after attempt from the 12 yard line?
12. How many plays does the offense have to cross midfield?
13. Once the offense crosses midfield, how many plays do they have to score a touchdown?
14. If the offensive team does not score a touchdown, where does the defensive team take over possession?
15. Describe what the "No-running zones" are.
16. What is meant by a lateral hand-off/toss?
17. What is meant by an Interception?
18. Diagram and explain three different types of route passes.