

Flag Football Study Guide



How to Play:

Play begins with a kick-off (punt) or throw off if inside:

- All players on the kicking/throwing team must be by the endzone on their side of the field.
- All players on the receiving team must be on their half of the field.
- If the ball goes out of bounds, the receiving team can take it where it went out or can have the kicking/throwing team kick it again.
- When the receiving team catches the ball (from the air or it can bounce off the ground), they try to run with it to the opposite side towards their end zone.
- The opposing team tries to pull the flag of the player with the ball.
- Play stops when the flag is pulled or the player runs out of bounds.
- The line of scrimmage is set at the point where the flag was pulled or the player went out. This is where the next play will start.

The offense tries to score a touchdown:

- The center hikes the ball to the quarterback, then the receivers run out to catch the pass or the running back takes the ball and runs up the field. (you only have 1 running play per 4 downs).
- The quarterback may not run with the ball, they must pass it or hand it off.
- The offense has 4 downs (plays) to get to the next set of cones and get a 1" down. This is the **50 yard marker**. You have 4 plays on each half of the field. (When inside you only have 4 plays.)
- On the 4th down, the offense can try to get the first down or they can punt/throw the ball.
- On the 4th down, if the offense does not make it to the cones, they must turn the ball over to the other team. This is called a turnover on downs.
- The offensive line may not hold onto any defensive player.
- No stiff arming or hand slapping to keep the defense from pulling your flag. This is called flag guarding.
- No pushing off of a defensive player to get better position.

The defense tries to stop the offense:

- The defense lines up against the offense at the line of scrimmage. Line up across from who you are guarding. You are allowed 1 safety who stands back farther from the line of scrimmage.
- When the ball is hiked, the defense tries to stop the offense from running the ball or catching a pass.
- To stop a player running with the ball, the defense pulls their flags.
- If the offense throws an interception to the defense, they can run the other way with it towards their end zone.
- A defender may not hold onto any offensive player in attempts to keep them from moving.
- A defender may not make contact with a receiver who is attempting to catch the football.
- A defender may not push an offensive player out of bounds.
- You may not go after the quarterback/ rush until you count out loud to 4 - 1000.

Downed Football (situations that cause a down)

- The ball carrier's flags are pulled.
- The ball carrier falls or touches a knee to the ground.
- The ball carrier runs out of bounds.
- The ball carrier's flags accidentally fall off.

Dead Football (all of these result in the loss of a down)

- Any time the football hits the ground it is dead. (except on the kick-off) There are no fumbles in flag football.
- Any snap that hits the ground. - Any incomplete forward pass is also dead.

Key Terms - Players:

Offense - an offensive player is on the team with the ball, trying to score a touchdown by getting into the endzone.

Defense - a defensive player is on the team without the ball, trying to stop the offense from scoring.

Quarterback - the player that receives the ball from the center when the ball is hiked, and is allowed to pass to a receiver or hand off the ball to the running back(offensive position)

Wide Receiver - player on the offense who goes out and tries to catch a ball thrown by the quarterback.

Running Back -player standing behind the quarterback, they can be handed the ball and then run with it. (offensive position)

Center - the player that hikes/snaps the ball to the quarterback. (offensive position)

Safety - The safety stands further back from the line of scrimmage and is responsible for stopping opponents who get loose/beat their coverage. (defensive position)

Defensive back - covers wide receivers. (defensive position)

Parts of the Field:

Endzone - the last section of the football field that the offense is trying to get to. The area of the field from the goal line to the end line and between the sidelines.

Line of scrimmage - the imaginary line that the ball sits on that divides the offense from the defense. Where the last successful play ended and the next play starts.

Sideline - edge of the football field that you can not step on or past. If you step on this line or are past it you are out of bounds.

Actions:

Touchdown - scoring by either passing or running into the endzone with the ball.

Kick-off/Throw-off - Happens at the start of the game, after every touchdown, or on 4th down when you need to kick to the other team to get them farther away from their endzone. All kicks are punts in flag football.

Punt - Drop kicking the ball.

Down-1 play. Each time you hike the ball it counts as 1 down. You get 4 downs to reach the 50 yard marker (mid-field) , then 4 more to score. (When playing inside you only had 4 to score)

Hike/snap - to move the ball from the line of scrimmage to the quarterback. The center hikes the ball to the quarterback.

Forward Pass - throwing the football to a receiver, all forward passes must be made from behind the line of scrimmage.

Lateral Pass-throwing the football underhand to a receiver to the side of you or behind you. Can occur anywhere on the field but you can not throw it forward beyond the line of scrimmage.

Handoff - when the quarterback hands the football to a teammate and they run with it.

Fumble - when a player drops the football after they are running with it. There are no fumbles in flag football.

Interception - when the defense catches a pass thrown by the offense.

Safety - occurs when the offense gets their flag pulled behind their own goal line. 2 points.

Rushing the quarterback - when a defensive player goes after the quarterback to try to pull their flag before they pass the ball. You must wait until you count to 4-1000 to rush.

Offside - Standing or going on the wrong side of the line of scrimmage before the ball is snapped/passed to the quarterback