

## FLAG FOOTBALL STUDY GUIDE

### HISTORY:

American Football evolved from rugby, which was a spin-off from soccer. Early roots of the game can be traced back to 1869, at that time the game resembled soccer more than football. Harvard University played the game that combined elements of rugby and soccer; and this was the game that caught on in the U.S. and developed into the modern game of football.

### REGULATION RULES:

Two teams of 11 players each attempt to score by advancing the ball over the goal line or kicking it through the goal posts.

Flag football is a modification of football and is designed to be fun for all. The game of flag football consists of small teams of 7 or 8 and will be co-educational. In flag football, when a flag is removed from the ball carrier, the play is over.

### DEFINITION OF TERMS:

1. Kick-off: a place kick from the 20-yard line to start the game; and after a touchdown or field goal.
2. Punt: a method of kicking the ball by dropping it from the players hands directly to the foot; and is usually a deep kick into the opponent's territory.
3. Line of Scrimmage: an imaginary line from sideline to sideline when the ball is on the ground ready for play.
4. Down: an attempt or play to move the ball up the field. One play is one down.
5. Blocking: an offensive move to keep the defense from getting the quarterback.
6. Rushing: a defensive move made by the player on the line of scrimmage only to get the quarterback's flag.
7. Fumble: any ball that drops to the ground, with the exception of when the ball has been kicked. A fumble is a dead ball and may not be played in flag football.
8. Safety: A flag is pulled in opponent's end zone.
9. Touchback: A deep kick into opponent's end zone. Ball at the 20 yard line.

### P.E. RULES:

1. A touchdown is worth 7 points.
2. A safety is when you grab your opponent's flag in their end zone. This is worth 2 points.
3. 30 second huddle
4. One blocker and one rusher only make contact on the LOS.
5. One running play per 4 downs.
6. Five alligator rush.
7. Four downs to get to the 50 yd. line and four more to score a TD.
8. You may punt if you have not reached the 50 yd. line on the fourth down.
9. Quarterbacks: rotate positions every down; a different quarterback every down.
10. Captains are responsible for rotation of positions.
11. Safety is important for all!!!!
12. You are in charge of calling your own game. Sportsmanship is key!!!!

### PENALTIES:

1. Offsides: when a player moves across the line of scrimmage before the ball is hiked. It results in a 5-yard penalty.
2. Unnecessary roughness: when a player is endangering another player. This includes blocking downfield. It results in a 15 yard penalty.

3. Unsportsmanlike conduct: any verbal or physical unsportsmanlike behavior. Penalty is 15 yards.
4. Holding, tripping, clipping, blocking from the rear: results in a 15-yard penalty.
5. Protecting your flag: spinning away from the defense, pushing off defense, or guarding your flag. Results in a 5-yard penalty.

SLANG TERMS:

Duck - Arm Chair Quarterback - In the zone - The yard

PASSING PATTERNS:

\*\* Be able to diagram each passing pattern from the right side of the ball and from the left side of the ball.

