

Flag Football Rules and Study Guide

Object of the Game:

In Flag Football the object of the game is to score a touchdown by running or passing the ball over the opponent's goal line. Kicking the ball through the goal posts (uprights) can also score points.

Starting the game:

The game is started with a kickoff. If the ball is kicked into the end zone and the team doesn't run the ball out, it is called a touchback. Touchbacks are worth 0 points.

Playing the Game:

- 1) Huddle after every play.
- 2) Two completions equal a first down.
- 3) On fourth down, the offense can either choose to punt the ball or go for the first down. If the first down is not made, the other team gets the ball right at that location on the field.
- 4) There is a 5 count rush on passing plays. No count is needed for rushing plays.

Types of Passes:

Forward Pass: A pass that is thrown from behind the line of scrimmage to a teammate down field. Only one forward pass is allowed each play.

Lateral Pass: A pass thrown sideways or backwards. You are allowed unlimited lateral passes during a play.

Dead Ball:

The ball is dead when:

- The flag is pulled on the person with the ball.
- The ball is fumbled by an offensive player.
- A passed ball is not caught. This is called an Incomplete Pass.

Penalties:

Five yards from the line of scrimmage for:

- Illegal forward pass
- Off-sides by either team during the snap
- Delay of Game
- Illegal Block

Ten yards from the line of scrimmage for:

- Holding

Fifteen yards from the line of scrimmage for:

- Unnecessary roughness (pushing, shoving, tripping, tackling)
- Pass interference
- Unsportsmanlike conduct.

Scoring:

A touchdown is worth 6 points. A touchdown is scored by a player crossing the goal line by either running the ball or catching a ball.

Points after a touchdown are worth 1 or 2 points. A place kick is a kick where the ball goes between the uprights and is worth 1 point. A two point conversion is when an offensive player runs or catches a ball over the goal line after a touchdown. This is worth two points.

A Field Goal is worth 3 points. This happens when a team tries to kick a field goal on fourth down and the ball successfully goes through the uprights.

A Safety is worth 2 points. If a flag is pulled from an offensive player while they are in their own end zone it is called a safety.

Terms:

Block- Crossing arms on the chest and running into another person to keep them from getting to the ball.

Complete Pass- A play where the ball is thrown from behind the line of scrimmage to another player who catches the ball.

Defense- The team without the ball.

Down- The attempt of moving the ball down the field.

Forward Pass- Throwing the football forward from the line of scrimmage.

Fumble- When the ball falls out of a player's grasp. When the ball hits the ground it is considered a dead ball.

Handoff - The ball is handed to another player who is attempting to run the ball down the field for yardage.

Interception- A pass thrown by the offensive team/quarterback that is caught by the defense.

Incomplete Pass- The ball is not caught and it hits the ground.

Kick Off- A kick that starts the beginning of the game and after a touchdown. The ball is kicked off a tee.

Lateral Pass- A play where the ball is thrown overhand or underhand to another player who is behind or to the side of the passer.

Line of Scrimmage- Imaginary line on the field where the football is put into play after each down.

Offense- The team with the ball.

Offside- Before the football is snapped a player on either team moves past the line of scrimmage.

Punt- A play on the 4th down when the offensive team kicks the ball to the opposite end of the playing field. The ball is held in the hand of the punter before the punt.

Rush- After the ball is snapped, the defense tries to “tackle” the ball carrier by crossing the line of scrimmage after the 5 second count.

Receiving- The action of catching the ball.

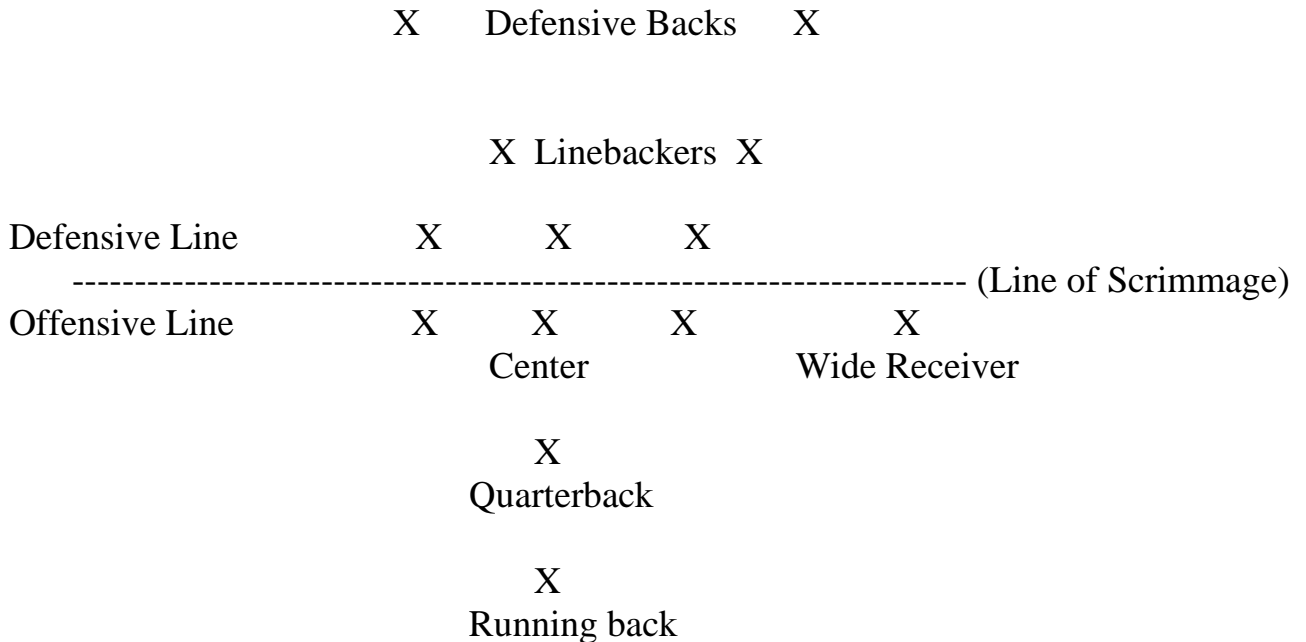
Snapping the ball- When the center takes the ball and “snaps” behind themselves to the quarterback. This action starts the play.

Defensive Player Positions:

Line: They are responsible for rushing the quarterback.

Linebackers: Responsible for the running back.

Defensive Backs: Responsible for covering the wide receivers.



Offensive Player Positions:

Wide Receivers: They catch passes.

Line: They are responsible for blocking.

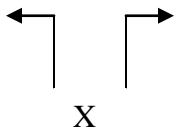
Center: Snaps the football and then blocks.

Quarterback: They throw passes, hands the ball off, runs with the ball, team leader, calls the play in the huddle.

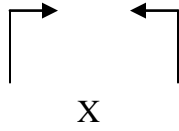
Running Back: Runs the football and catches

Pass Pattern Diagrams: The "X" is the quarterback.

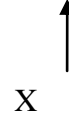
Down and Out



Down and In



Fly



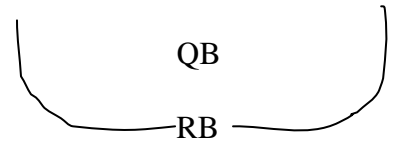
Buttonhook



Slant



(Run Pattern) Sweep



Name: _____

Period: _____

Flag Football Worksheet

Directions: Write your answer on the line using the word bank below.

- _____ 1. An offensive player who throws passes, hands off the ball, runs with the ball and calls the plays in the huddle.
- _____ 2. During the game the ball is dropped during a pass and is ruled a dead ball.
- _____ 3. This is used to start the game.
- _____ 4. The rush count on passing plays.
- _____ 5. The penalty for holding.
- _____ 6. The attempt of moving the ball down the field.
- _____ 7. A defensive player responsible for rushing the quarterback.
- _____ 8. A penalty when either team moves past the line of scrimmage before the ball is snapped.
- _____ 9. A pass that is thrown behind the line of scrimmage to a teammate down the field and is caught.
- _____ 10. When the kickoff is kicked into the end zone and the receiver does not run with the ball.

Word Bank:

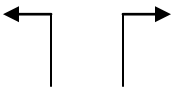
Touchback, 5-count, Down, Completed Pass, Defensive Line, Incomplete Pass, Kickoff, Quarterback, 10 yards, Offsides.

Directions for Questions 11-15: Write the correct points given for each type of score:

- 11. Touchdown _____
- 12. Field Goal _____
- 13. Touch back _____
- 14. Safety _____
- 15. Points after Touchdown _____ or _____

Directions: Name these types of pass patterns. Write the name on the blank lines.

16.



17.



18.



19.



20. Run Pattern

