

# Flag Football (Play 60) Study Guide

## History

Flag football was created by U.S. service men during World War II to pass the time and reduce injuries associated with tackle football.

## Objective of the Activity (Scoring system)

In two 20-minute halves score more points than the opposing team. Getting the ball into the end zone scores the most points. Downing an opponent in their own end zone is called a safety. PATs (Points after touchdown) are attempted after each touchdown.

Touchdown = 6 points

PAT from the 5-yard line = 1 point (passing only)

PAT from the 10-yard line = 2 points (run or pass)

Safety = 2 points

## Equipment/Playing surface

Minimum equipment needs would be a football and flag belts for each player on the field. The field would be 30 x 70 yards including 10 yard end zones. The midfield line is a place where teams earn a first down and have 3 more plays. Only passing plays are allowed if the offense is within 5 yards of gaining a first down or scoring a touchdown. Grass or turf would be the preferred surface.

## Players/Positions/Skills

Teams should be 4 – 7 players. The quarterback throws or hands-off the ball to teammates. A side-ways or backwards pass is called a lateral and may be performed anywhere on the field. The center hikes/snaps the ball to the quarterback at the line of scrimmage. Receivers are players that catch passes and then run to move the ball. Running backs are players that run with the ball. The laces on the ball are used to improve the grip for throwing. The index finger should be close to the end/tip of the ball with the remaining fingers gripping the laces. Snapping the wrist at the end of the throwing motion causes the ball to spiral. Holding the ball while running is best done with a hand over the tip/end of the ball. Catching is a skill that is made more difficult because of the shape of the ball. Hand-offs are best received by putting the forearms parallel to each other, one above the ball and one below. A rusher would be the defensive player guarding the quarterback. After seven seconds have been counted off out loud, the defender may choose to cross the line-of-scrimmage to down the quarterback. If the defender rushes, the quarterback is allowed to run with the ball.



## **Rules/Faults**

Each possession starts on the 5-yard line. The offensive team has three plays to get to midfield or score. Crossing midfield gives the offense a new set of three downs (plays) to score a touchdown. If the offense fails to get a first down or score, the defense gets the ball on their 5-yard line. An interception is when the defensive team catches the ball. Interceptions are downed where the flag was pulled, the defender ran out-of-bounds, or runs the ball back for a touchdown (Pick six). Teams change sides after the first half.

## **Penalties**

Flag guarding – when the ball carrier uses their arm and/or hand to prevent the flag from being pulled.

Holding – grabbing onto an opponent to keep them from running away.

Stripping – knocking the ball out of the carrier's hands.

Blocking – an offensive player who doesn't have the ball prevents a defender from getting to the ball carrier.

Charging – a ball carrier that runs over/into a defender.

Offside – any player on or over the line-of-scrimmage at the moment the ball is hiked.

Illegal rush – rushing the passer before counting seven seconds.

Pass interference – offense or defense getting in the way of someone trying to catch the ball.

Illegal flag pulling – pulling the flag before the ball is caught.

False start – offense moving before the ball is hiked.

Illegal forward pass – passing the ball after crossing the line-of-scrimmage.

## **Results of a Penalty**

Automatic first down – Defensive pass interference, holding

Automatic first down + 10 yards – Stripping

Automatic first down + 5 yards – Defensive offside, illegal rush, illegal flag pull

Loss of down and minus 10 yards – Offensive screening, blocking, flag guarding, charging, quarterback running

Loss of down and minus 5 yards – Offensive offside, offensive pass interference, illegal forward pass, false start

## **Components of Fitness**

Cardiorespiratory endurance is necessary to play the entire game. Flexibility helps when pulling flags or avoiding getting flags pulled.