

Flag Football Study Guide

History

Flag football was created by United States service men during World War II to pass time and reduce injuries instead of playing tackle football.

Equipment

Belts with flags attached with Velcro (worn at both hips)

Leather football (outdoor)

Foam football (indoor)

Skills/Cues

Grip - Thumb at top 1/3 of back side
- Fingers spread across laces

How to carry a football

- Tips/ends of ball covered

Catching

- Above waist = thumbs down and together
- Below waist = thumbs up and open

How to receive a hand off

- Elbow up
- Ball inserted sideways

Terms/Definitions

Offsides – when a player on the offensive or defensive team crosses the line of scrimmage before the ball is hiked.

Fumble - Failure of a player to retain possession of the ball while running or while attempting to receive a kick, hand off, or lateral pass. A fumble is considered a dead ball and is placed at the point of the fumble.

Line of scrimmage - An imaginary line at which the defensive and offensive players meet before a play begins.

Hand off - Handing the ball forward behind the line of scrimmage to a backfield player.

Lateral pass - A pass that is thrown sideways or back toward the passers goal. Can be used anywhere on the field.

Down - A dead ball. A team has four downs to try to get a touchdown before the ball must be turned over to the other team. The ball is placed where the flag is pulled off the offensive player, not where it is thrown.

Interception - A pass from a quarterback that is caught by a member of the opposing team.

Punt – the ball is held and dropped over the foot and kicked

Kickoff – the ball is placed on the ground and kicked

Offense - The team with the ball

Offense

Four ways that you can give the ball to a teammate to get past the other team include:

1. Forward pass
2. Lateral
3. Hike (it initiates the sequence of ball exchanges)
4. Hand off

Defense

Two types of defense include:

1. Man to man coverage = you agree on a specific person you will cover before the ball is hiked
2. Zone defense = you agree on who will cover the line of scrimmage and who will cover your backfield

Positions

Quarterback - receives the hike and calls the plays

Center - snaps or hikes the ball into play at the line of scrimmage

Receiver - receives a forward pass, a lateral, or a hand off

How to play

- Start the game with a kick off/punt
- Receiving team catches or picks up ball and tries to run it back
- Offensive team sets up at the line of scrimmage from where they are tagged
- A hike must begin with the ball placed on the ground
- A ball is dead when the ball goes out of bounds, an incomplete forward pass is made or the ball carrier's flag is taken
- A forward pass must be thrown from behind the line of scrimmage. The quarterback can't run unless the defense comes across the line of scrimmage. 7 Mississippi's must be counted out before rushing in on the quarterback.
- The offensive team has 4 downs to get a touchdown. If they do, the game starts back with a kick-off. If not, the defensive team goes on offense from the last line of scrimmage.
- A touchdown is scored when the team with the ball runs or catches a pass in the end-zone with their flags in tact with no penalties.

Fouls and Penalties: results in loss of down.

- Fouls include: pushing, tackling, shoving, tripping, holding or roughing another player.
- A defensive player may not try to knock the ball out of an offensive player's hands
- Flag guarding = using your hands to protect/block your flags from being pulled by a defender
- Stiff arming = pushing off the defender
- Pass interference = an act in which a player pushes, blocks, removes a flag, or holds an opponent to prevent them from catching or intercepting a pass after the ball has left the hands of the passer.
- Blockers can't use their hands and arms to block. **Screen block** –you may block with your hands and arms down but can't initiate contact.