

Flag Football Quiz

Circle the Correct Answer

If a team fails to achieve a first down after four attempts

the opposing team gets the ball

they are awarded a touch down

they lose the game by default

awarded a safety

On fourth down a team

may punt the ball in hopes to back up their opponent

forfeits their next turn and gives the ball away

scores six points

can attempt an extra point or a two point conversion

After scoring a touchdown a team

is awarded the ball on the 50 yard line

can kick a field goal

can attempt an extra point or a two point conversion

is awarded a safety

True or False – Circle your answer

- T F The center is an individual who throws the ball overhand to a receiver down field
- T F The offensive team may choose to punt the ball during their fourth down
- T F Tackling a player in flag football involves pulling the flags off of the ball carrier's waist
- T F A receiver or ball carrier who loses his/her flag while running or catching a ball is down
- T F To score the ball carrier must completely enter the end zone
- T F When the defense tackles the offensive ball carrier in their own end zone it is called a sack

Write the correct letter in the space

- _____ 6 points a. two point conversion
- _____ 2 points b. extra point conversion
- _____ 1 point c. touchdown
- _____ 2 points d. safety

During a flag football game:

The quarterback receives the ball from a good snap and his teammates run down field ready to receive a pass. Before the quarterback can throw the ball the defense rushes him after the “three-one-thousand count”. The quarterback starts to run away from the defense but his flags are pulled before he crosses the line of scrimmage and before he throws the ball.

What is the term used for what happened to the quarterback since he was tackled (flags pulled) behind the line of scrimmage?

The quarterback receives another good snap from his center and his teammates run down field ready to receive a pass. The quarterback sees an open receiver who has beat his defender by two steps. The quarterback throws the ball in the direction of the open receiver but does not throw it hard enough. The defender sees the poorly thrown ball, catches it, and runs down the field ten yards before her flags are pulled.

What is the defender's action called?

The quarterback receives a good snap from his center and throws the ball to a receiver who is 5 yards down field. The receiver catches the ball, turns and throws the ball to another receiver further down the field who also catches the ball. The referee blows his whistle and throws the yellow flag that is in his pocket.

What happened? Why was the whistle blown?

Where does the ball go?

What does the yellow flag mean?

The center snaps the ball over the quarterback's head. The quarterback runs to retrieve the ball but it bounces away from him and a defender picks up the ball. The defender with the ball runs into the end zone with the ball. The referee blows her whistle.

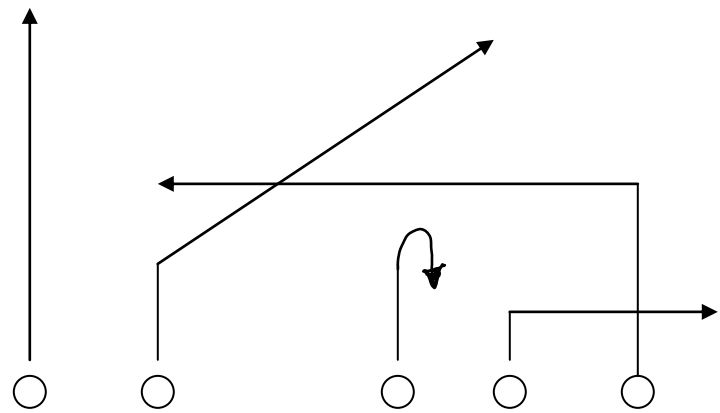
What was the result of the play?

Who ends up with the ball?

What happens next?

Label the following diagram.

- Items to identify
 Slant
 Buttonhook
 Fly
 Line of scrimmage
 Out pattern
 In pattern



Write the correct answer next to the diagram.

Identify the following positions with the notation listed below:



- Quarterback – QB
 Running back – RB
 Center – C
 Draw an "X" on each player who is eligible to catch a pass in a flag football game

Watch four downs from two different football games this weekend. Fill out this sheet as you watch the games. College and Pro Football are on television multiple times from Friday evening to Sunday evening.

Game #1: Teams: _____ vs. _____
 T.V. or cable network _____ Current score of the game _____ Quarter _____
 Team on offense _____ Team on defense _____
 Watch and record four plays or downs

Down and yardage _____ (example - 1 st and 10yds.) What happened? 	Down and yardage _____ What happened?
Down and yardage _____ What happened? 	Down and yardage _____ What happened?

Game #2: _____ vs. _____ Teams: _____
 T.V. or cable network _____ Current score of the game _____ Quarter _____
 Team on offense _____ Team on defense _____
 Watch and record four plays or downs

Down and yardage _____ (example - 1 st and 10yds.) What happened? 	Down and yardage _____ What happened?
Down and yardage _____ What happened? 	Down and yardage _____ What happened?