

Flag Football Study Guide

TERMINOLOGY:

- 1) **LINE OF SCRIMMAGE:** it's an imaginary line that separates the offense from the defense, and where the new play begins.
- 2) **DOWN:** a chance for the offense to run a play to try and score a touchdown.
- 3) **INTERCEPTION:** defensive player catches a forward pass.
- 4) **SNAP:** method of putting the ball into play (from the center to the quarterback).
- 5) **CENTER:** snaps the ball to the quarterback (QB).
- 6) **QUARTERBACK (QB):** receives the ball from the center.
- 7) **RECEIVER:** catches the ball thrown by the quarterback.
- 8) **DEFENSE:** the defense tries to stop the offense from scoring.
- 9) **OFFENSE:** the offense tries to move the ball down the field to score a touchdown.
- 10) **TOUCHBACK:** when the ball is downed in the other team's end zone or a kickoff or punt passes through the end zone. No points are scored and the opposing team gets the ball at their own 20 yard line.
- 11) **STIFF ARM:** When a player keeps a potential tackler away from one's body by using the free arm.

KICKOFFS:

- 1) To start the game and after every touchdown, the ball is kicked off from the 40 yard line.
- 2) If kicked out of bounds, the receiving team gets the ball at the 35 yard line.
- 3) If the ball is kicked into the end zone, it is ruled a touchback and the receiving team gets the ball at the 20

PUNTS: A team may punt at any time but must announce in advance and the defense may not rush or block the punt.

RULES:

- 1) A team gets 4 tries (downs) to pick up a first down or to score a touchdown.
- 2) The ball is dead where it hits the ground (no live fumbles). It is also dead if a player falls down, knee touches, flags fall off, or flags are pulled off.
- 3) You must wear the flag belt over your shirt, and there is no flag guarding allowed.
- 4) The forward pass can only be used behind the line of scrimmage.
- 5) You must count to "5 Wisconsin" before you can rush the quarterback.
- 6) The quarterback can run after "5 Wisconsin" has passed whether the defense rushes or not.

SCORING:

- 1) All touchdowns are worth 6 points.
- 2) The two point conversion after a "TD" is worth 2 point if successful from the 3 yard line.

PENALTIES:

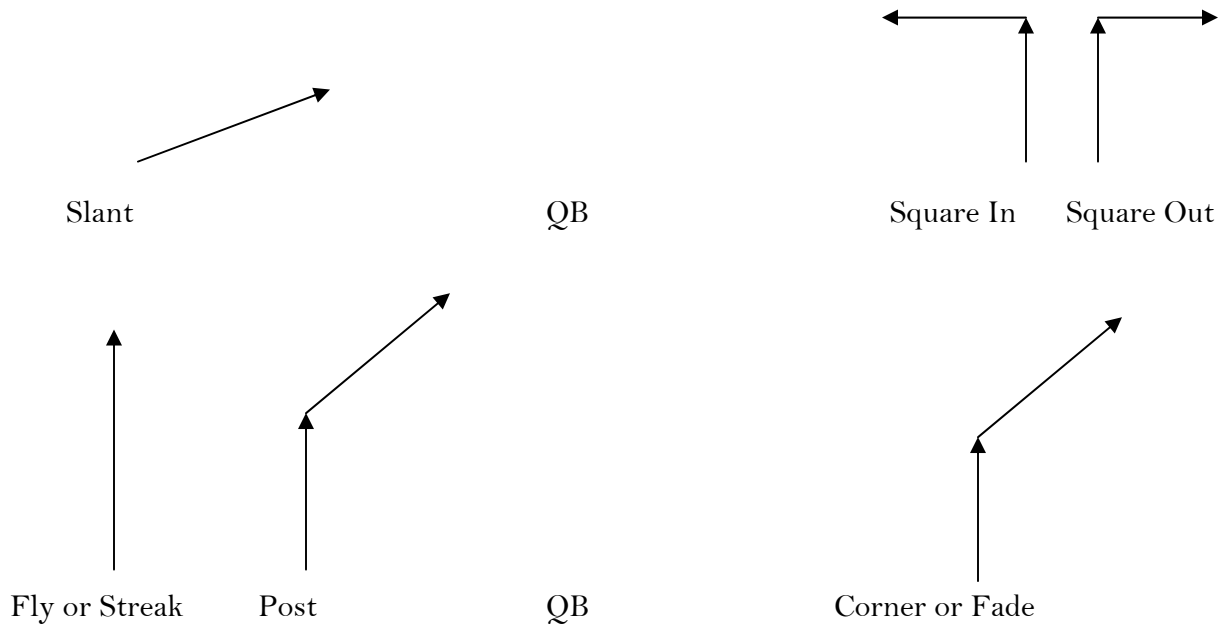
- 1) **Off-Side:** Occurs when a member from either team is not on their side of the line of scrimmage when the play starts. Penalty is 5 yards and the down remains the same.
- 2) **Pass Interference:** If a defensive player interferes with the pass receiver while the ball is in the air. The penalty is 10 yards and the team must replay the down.
- 3) **Roughing:** No tackling or roughing the opponent. The penalty is 15 yards the first time and an ejection from the game the 2nd time.
- 4) **Defensive Holding:** Grabbing and holding a players clothes or belt while trying to pull the flags off. Penalty is 5 yards added on to the run.

SAFETY:

When tackling in the game of football it is important to keep one's head upright to prevent neck injuries.

PASS PATTERNS:

1) Passes that are toward the middle of the field are called ins, and toward the sideline are called outs.



History of Football

American football is a game that originated in the late 1800's. It originated by using a combination of Rugby and Soccer rules. Walter Camp the coach at Yale University was instrumental in making revisions and adjustments to the rules. Since that time many rules have been changed and revised to give us the game we have today.

Some of the benefits of football include health fitness such as cardiovascular strength, muscle strength, and flexibility. Football also increases certain skill fitness such as agility, balance, coordination and reaction time. Other benefits include having fun, developing teamwork and learning to practice sportsmanship.

In many parts of the world the term "football" is referring to the game we commonly call soccer.