

FLAG FOOTBALL

GENERAL RULES

- A maximum of 6 players on the field for each team. (may be modified in PE depending on class size)
- All players are eligible to receive a pass
- To begin the game, a coin is tossed. The winner of the toss may elect to kick off or receive
- The team kicking off lines up on their 10 yard line & must stay there until the ball is contacted. The ball must be pinned, not punted. There can be no blocking on the kick-off and onside kicks are NOT allowed
- Scoring:

Touchdown	6 points
Safety	2 points
Convert	1 point from 5 yards out
	2 points from 10 yards out

OFFENSE

- To put the ball into play, the center from the offensive team must “snap” the ball through his/her legs to the quarterback who must be 5 yards back (shot gun)
- Only one forward pass per down – lateral passes are not considered to be forward passes
- On a mixed team, one in every 3 plays must go to a female
- In order to achieve a first down and retain possession of the ball, the offensive team must gain 10 yards from the line of scrimmage (LOS) in 3 chances.
- The ball is considered to be dead if:
 - The pass is incomplete
 - The ball is fumbled by the ball carrier
 - The ball carrier’s flag is pulled (or in touch football, the player is tagged below the waist while carrying the ball)
 - The ball carrier’s knee touches the ground
 - The ball is thrown out of bounds
- In order to score a touchdown, the ball must be caught in the end zone by an offensive player OR run into the end zone by an offensive player

DEFENSE

- The defensive team may have at least one designated rusher who lines up 5 yards off the LOS.
- If the defense intercepts the ball in the end zone, they will get control of the ball at the 10 yard line. If the defense intercepts the ball at any other time, the play continues until the defensive player is tagged. This results in a change of possession – the defense becomes the offense, with possession where the player was tagged.

PENALTIES

- Offside – Offensive: 5 yards or loss of down (defense choice)
Defensive: 5 yards or the gain on the play (offense choice)
- Holding – 10 yards from the point of infraction
- Blocking – 15 yards (rusher as well)
- Rough Play – 15 yards
- Fighting with players from opposing team – ejection from game + 3 game suspension
- Interference – offensive: loss of down & 10 yards
defensive: completed pass at point of infraction + 1st down
in end zone – 1st down from 1 yard line

TERMINOLOGY

- Snap – ball being passed backwards thru the center’s legs to a passer or receiver (does not have to be the quarterback)
- Safety – offensive player tackled in his/her end zone – 2 points to the defense
- Convert – points made on the play after a touchdown
- Line of Scrimmage (LOS) – imaginary line which passes through the end of the football nearest to their team
- Punt – kicking of the ball out of the hands
- Offside – movement of a player on the LOS before the ball is snapped