

Flag Football

History

The birth date of football in the U.S. is generally regarded by football historians as Nov. 6, 1896, when teams from Rutgers and Princeton universities met in New Brunswick, N.J., for the first intercollegiate football game. In the early games each team had 25 players. By 1873 the number was reduced to 20, in 1876 to 15, and in 1880 to 11, where it has remained fixed to the present time.

Start of the game

Each half shall start with a kick-off. Prior to the start of the game the referee shall toss a coin. The winning captain has a choice of – 1) Goal 2) kicking or receiving.

Field

The field is 100 yards in length and approximately 50 yards in width with each end of the field having an end zone. Markings on the field are every five yards.

Scrimmage Play

- **Downs-** Upon gaining possession of the ball a team shall have four downs to advance the ball ten yards or score a touchdown or a field goal.
- **Offensive Play-** the ball carrier may run in any direction until the ball is declared dead. A forward pass may be thrown only from behind the line of scrimmage to any player on the offensive team.

Scoring

Touchdown—————6 points

Successful conversion

Run or Pass———— 2 points

Kick————— 1 point

Safety————— 2 points

Field Goal—————3 points

Terminology

Centering–The act of putting the ball into play other than a kick-off.

Down–A unit of the game which starts with the centering of the ball and ends when the ball is dead.

Fumble–Failure of a player to retain possession of the ball while running or while attempting to receive a kick, center, hand-off, or lateral pass.

Hand off–Handling the ball to a teammate whom is behind the line of scrimmage.

Huddle–Two or more players conferring between downs.

Kick-off–a punt or place kick from own quarter line at the beginning of each half and after each try for point or safety.

Lateral pass–A pass that is thrown sideways or back toward the passers own goal.

Line of scrimmage–(Offense) An imaginary line drawn from the tip of the ball and parallel to the offensive end line (Defense) A line three yards from the parallel to scrimmage line.

Neutral Zone–A 3 yard area separating the defensive team from the line of scrimmage until the ball is centered.

Own goal–The goal that the team is defending.

Snapping–Handing the ball back from its point on the ground with a quick and continuous motion of the hand.

Defensive Players

Nose guard–Goes after quarterback.

Tackles–Goes after the quarterback or ball carrier before the cross the line of scrimmage.

Defensive ends–Stop the play by keeping the offensive players inside and watches offensive ends.

Corner backs–Covers pass receivers and watches offensive fullbacks.

Line backer–Covers pass receivers and watches halfbacks.

Safety–Secondary coverage—last line of defense.

Offensive Players

Center–Snaps the ball to the quarterback and blocks.

Guards–Protect the quarterback.

Ends–Runs the pattern, possibly receives pass or block.

Fullback–Runs pattern sometimes receives pass or handoff.

Halfback–Runs patten can receive handoff.

Quarterback–In charge of plays: handoff, pitches, passes, or runs.

Defense

DE T NG T DE

LB

CB

CB

Offense

E OG C OG E

QB

FB

FB

HB