

Flag Football Study Guide

General Rules

1. Teams gain first downs by advancing the ball beyond the next quarter or center lines
2. Teams have four downs to make a first down
3. Players cannot use their hands to block, hold, or protect their flags
4. Offense should center the ball on each down
5. Any one may catch a pass

Scoring

1. **Touchdown**= 6 points (when the offense runs or passes the ball across the goal line)
2. **Conversion**= 1 point (extra point scored after a touchdown)
3. **Safety**= 2 points (when the defense tackles the offense behind their own goal line)

Penalties

1. **Holding**- 5 giant steps
2. **Off Sides**- 5 giant steps
3. **Unnecessary Roughness**- 15 giant steps
4. **Illegal Flags**- 10 giant steps
5. **Illegal Tackle**- 10 giant steps

Kickoff Rules

1. The ball is kicked (we will punt) from the quarter line. All members on the kicking team must stay behind the ball until it is kicked
2. The receiving team lines up on the quarter line until the ball is kicked
3. A ball going past the goal line will be downed at the quarter line
4. If the kicking team beats the receiving team to the ball, the receiving team begins its series of downs where the kicking team first touched the ball
5. There are no laterals or kick returns in flag football
6. A ball kicked out of bounds is awarded to the receiving team where it went out

Terms

1. Handoff- when a backfield player receives the ball from the quarterback
2. Lateral Pass- a pass that is thrown sideways or backwards

3. Forward Pass- a pass that is thrown forward from behind the line of scrimmage
4. Fumble- when a secured ball is dropped while running, anyone can pick it up and run towards their goal line
5. Incomplete Pass- a forward pass that is not caught and results in a dead ball
6. Interception- when the defense catches the pass intended for the other team
7. Offense- the team in possession of the ball
8. Defense- the team that does not have possession of the ball
9. Line of Scrimmage-imaginary line that is even with the ball on offense and 3 casual steps off the ball on defense. Teams must be behind the line until the ball is snapped.
10. Quarterback- the player that receives the snap from the center and elects to run, hand off, or pass the ball
11. Center- the player on the offensive team that snaps the ball to the quarterback
12. Tackle- pulling the ball carriers flag
13. Blocking- method used to prevent the defensive team from tackling the ball carrier or to open a running lane

Diagram of Field

SIDELINE

G O A L L I N E	Q U A R T E R L I N E	C E N T E R L I N E	Q U A R T E R L I N E	G O A L L I N E
--	---	--	---	--

SIDELINE

Players Positions and Setup of Field

X

(Safety)

X X

DEFENSE

(defensive backs)

X X X X X

(defensive line)

end guard center guard end

X X X X X

(offensive line)

X

OFFENSE

(quarterback)

X X

(half backs)