

# FLAG FOOTBALL

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## Rules:

Can be played with up to 9 players on a team, and can be played indoors or outdoors. The field should be longer than it is wide with cones used to mark the center line and end zones.

There will be no kickoff. Play will start 5 yards away from the offensive team's goal line. Rock Paper Scissors or Coin Toss will determine who gets first possession of the ball.

Any offensive player on the line of scrimmage is eligible to receive a pass.

There will be a 3 yard neutral zone at the line of scrimmage. The defensive team will take 3 steps back from the line of scrimmage.

The defense must obey a 5-Apple count before trying to de-flag the quarterback.

The quarterback may not run the ball until the defense has crossed the line of scrimmage.

The quarterback is allowed to handoff to another player who will run the ball once every four downs.

Only the ball carrier can be de-flagged. De-flagging occurs when one flag is removed, held in the air and dropped to the ground, the ball carrier must stop and the line of scrimmage will be where the de-flagging took place.

Blocking (obstructing an opponent without using any part of the body to make contact) may only take place WITHOUT contact. The blocking player can only take a position that allows the other player time to stop or change direction if needed.

It is illegal to obstruct the runner/receiver by holding, grabbing, or obstructing their forward progress when taking the flag. NO PHYSICAL CONTACT

Unnecessary roughness, illegal blocking, or other rule breakages will result in a 10-step penalty.

Example: Defense makes contact during blocking; from where the play ended the offensive team adds 10 steps of progress toward the end zone. If a player commits a second offense they are removed from the game and will serve as referee until the next game.

## Scoring:

Touch down = 6 points

Conversion by running = 1 point

Conversion by passing = 2 points

Safety = 2 points



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## Vocabulary:

**Down** – when the ball becomes dead. Four downs (or tries) are allowed to score a touchdown, or cross the centerline. On the fourth down if the offensive team doesn't score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage. Making it past the center line results in a first down.

**Dead ball** – the ball becomes dead when; (a) the ball carrier's flag becomes detached, (b) when any part of the ball carrier's body other than the hands and feet touch the ground, (c) an incomplete pass, (d) a fumble, (e) when the ball or player goes out of bounds

**Center** – the offensive lineman who snaps the football to the quarterback

**Defense** – the team that does not have possession of the ball

**End zone** – the area between the goal line and the end line where touchdowns occur

**Fake** – a move made by a player for the purpose of deceiving an opponent

**First down** – the first of four attempts to move the football forward into the end zone or to the center line

**Fumble** – the ball carrier drops the ball while in their possession. Fumbles become dead balls and cannot be advanced by the recovering team.

**Handoff** – an exchange of the football from the quarterback to a teammate. Only one handoff during a series of downs.

**Interception** – when the defense catches a ball that was meant to be caught by the offensive team

**Line of Scrimmage** – imaginary line drawn from the forward tip of the football to the side line

**Offense** – the team that has possession of the football

**Offside** – movement across the line of scrimmage before the football is snapped

**Safety** – removing the flag of the other team behind their own goal line with the ball

**Touchdown** – an offensive player having possession of the football in the opponent's end zone.

