FLAG FOOTBALL - STUDY GUIDE

1. TIME FACTORS

1. Huddle - 30 seconds are allowed to put the ball in play. Time shall be taken from the moment the ball is placed on the scrimmage line by the referee until the ball is snapped. The penalty for taking too much time is 5 yards. The down remains the same, no option by opponents.

2. YARDAGE AND DOWNS

1. Each team is allowed 4 DOWNS to score.
2. Team must announce PUNT if they are going to put on 4rth DOWN.
3. Each team can run 1 time in each set of 4 downs.

3. ELIGIBLE PASS RECEIVER

1. All players of both teams.

4. EQUIPMENT OF PLAYERS

1. Belts with two attached flags are to be worn over, not under clothing.
2. Flags are to be positioned on the right and left hip.
3. Flag guarding is not allowed. Ball will be marked dead at the point of the infraction.

5. TACKLING

1. No holding of any kind will be permitted.
2. Intentional removal of an offensive player’s flag other than the ball carriers is a foul - penalty: 5 yards.
3. Tackling in the physical sense, is not allowed. Leaving feet to reach a runner’s flag, whether successful or not is subject to penalty.

6. BLOCKING/RUSHING

1. Must be done with hands inside the shoulder.
2. Rushers must count 5 MISSISSIPPI before rushing (Crossing line of scrimmage)

7. KICKOFF

1. Kickoff is from kicking team’s 5-yard line on an 80-yard field.

9. FUMBLED BALL

 Any ball, which touched the ground during any of the following plays, is to be blown dead at that spot and belongs to the team last in possession. There are no fumble recoveries. The ball is dead when it first touches the ground or goes out of bounds. The ball belongs to the team who last had possession at the point where they last had possession.

1. A pass from center that touches the ground before or after being touched by a player.
2. A fumbled ball that touches the ground during a play.
3. A punt that is touched by a member of the receiving team and then touches the ground. (Receiver ball - 1st down)
4. A muffed ball that touches that ground during a lateral or backward pass.

10. PASS INTERFERENCE

1. During a forward pass play there shall be no interference beyond the line of scrimmage, with any player of either team who is eligible to catch the pass.

11. KICKING

1. A kick from beyond the scrimmage line is illegal. Penalty is 5-yards from spot of previous play. Down remains the same.
2. All punts must be announced, by the kicking team.
3. NO RUSHING DURING A PUNT
4. Neither team may cross line of scrimmage until the ball is kicked.

12. PASSING

1. If the ball strikes the ground in the field of play or in the end zone or any obstruction on or back of the goal, or goes out of bounds, the pass is incomplete and the ball becomes dead.
2. A forward pass may be thrown from any point behind the line of scrimmage.

13. DEAD BALL

1. The ball becomes dead when:
2. The ball carrier loses their flag.
3. A fumble strikes the ground.
4. A punt is muffed or kickoff is muffed.
5. A pass strikes the ground.
6. A kickoff goes behind the goal line of the receiving team.
7. The ball carrier protects his flag.
8. When a misdirected snap strikes the ground or is dropped to the ground.

14. LOSS OF FLAGS

1. If a player’s flag is accidentally lost by himself:
2. He is eligible to catch a pass but he may not run with it.
3. If running, the ball is dead were the flag fell off.
4. If an opponent takes off a flag on a player who does not have the ball:
5. A 5-yard unsportsmanlike conduct penalty will then be added to the play.

15. SPINNING

1. Spinning is allowed by the ball carrier.

16.TOSS

1. The team winning the toss has the choice of the following:
2. kick or receive
3. choice of goals
4. or defer the choice

17. EXTRA POINT

1. Extra points are tried after a touch down is scored.
2. The try for point is set at the 5-yard line.
3. One point for scoring on a running play.
4. Two points for scoring on a pass play.

# POSITIONS ON A FOOTBALL TEAM

Offense- Quarterback, Fullback, Tailback, Halfbacks, Center, Ends, Guards

Defense- Guards,Tackles, Halfbacks, Safety

# NOTE:

Flag football is played with seven (7) players.

## Scoring

Touchdown = 6 points

Extra points = 1 point-run

 = 2 points-pass

Safety = 2 points

## Kick-off that goes out of bounds

1. Take the ball where it went out of bounds
2. into the end zone take at the 10-yard line

Laterals passing the ball backwards or sideways

Line of Scrimmage an imaginary line marking the position of the ball at the start of

 each play