

# FLAG FOOTBALL UNIT

## Rules

- Each player will perform three downs at both the QB and center positions.
- In the event of a turnover or touchdown, restart from the 10- yard line, keeping the down sequence intact.
- The defense cannot rush the passer until a “4-mississippi count” is completed.
- If a player touches their body (knee or hand) to the ground or the ball touches the ground the ball is considered dead at that point.
- There are no live fumbles; the ball is dead once it is fumbled.
- Tackling and diving for your opponent’s flag is not permitted. (Penalty is 5 yards)
- All players are eligible pass receivers.
- Shielding your own flag from defenders intending to tackle is not permitted. (Penalty is 5 yards)
- Flag football usually involves 8 offensive and 8 defensive players. (4 v 4)
- The neutral zone is the line of scrimmage equal to one length of the football.
- An opposing player that jumps across the line of scrimmage before the snap of the ball is considered offside. (Penalty is 5 yards)
- Pitching the ball (lateral pass backwards) to a teammate is allowed anywhere on the field.
- Screen-blocking an opponent is allowed but the hands of the blocker must remain in contact with his/her body. (Penalty for illegal blocking is 5 yards)
- No punting at any time: The game starts at the 10 yard line- and resets at the 10 y after touch down.

## Scoring

- A touchdown is worth 1 point
- There are no field goals
- All players are required to keep track of the score and state the score if asked by the teacher.

## Terms

- Down- a try or an attempt to score a touchdown.
- Dead Ball-
  - The ball becomes dead when:
  - The ball carrier’s flag becomes detached.
  - Fumble- when the ball touches the ground
  - When a part of the ball carrier’s body touches the ground. (hand or knee)
  - An incomplete pass.
  - When the ball or player goes out of bounds.
- Center- The offensive lineman who snaps the football to the quarterback (sideward snap)
- Quarterback- Offensive player who usually receives the snap and throws or runs with the ball.
- Defense- the team that is not in possession of the ball.
- Offense- the team in possession of the football.
- End Zone- The area between the goal line and the end line where touchdowns are scored.
- Handoff- An exchange of the football from the quarterback to the running back.