**PHYSICAL EDUCATION FLAG FOOTBALL UNIT**

**Task:** Students play a modified 4 v 4 game on modified field. Each team will have 12 downs to score as many touchdowns as possible. Games will be self-officiated with teams selected by the teacher. Students will be assessed on their ability to apply skills, strategies, rules and conventions, and to participate safely demonstrating appropriate personal and social behavior. Students will be given an opportunity to warm up prior to the assessment.

**The Field**

The field is divided into six zones with cones. An offensive team will get four attempts (downs) to get into the next zone for a first down. A soccer field will be divided down the middle lengthwise to provide an appropriate area for two games at once.

**Equipment**

* Footballs, flag football belts
* Cones- to designate goal lines and end lines, and 10-yard lines.
* Hockey Pucks- used to mark the line of scrimmage after each play.

**Rules**

* there are 12 consecutive downs in a row
* Each player will perform three downs at both the QB and center positions.
* At the snap of the football, the defense has to count out loud to “4” mississippi before they are able to go across the line of scrimmage. (the defense cannot rush until this is called out)
* In the event of a turnover or touchdown, restart from the 10- yard line, keeping the down sequence intact.
* 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.
* All players are eligible pass receivers. (4v4 games in PE class) Regular Flag football teams play 8v8
* The neutral zone is the line of scrimmage equal to one length of the football.
* Pitching the ball (lateral pass backwards) to a teammate is allowed anywhere on the field.
* No punting at any time: The game starts at the 10 yard line- and resets at the 10 y after touch down.

**Penalties**

**5 yard penalty**

* “4 missisippi
* forward pass in front of the line of scrimmage
* can not block or cover/shield your flag
* An opposing player that jumps across the line of scrimmage before the snap of the ball is considered offside.

**10 yard penalty**

* can not push or perform a block with force (screen block only)
* no holding (can not hold a person’s arm or shirt from allowing them to move or advance)
* spot penalty- the ball is placed where the foul occurs- Interference with the receiver before the ball gets there.

**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/Play is over: 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.

Line of scrimmage- Imaginary line drawn from forward tip of the ball to the sideline, where the play starts.

Interception- When the defense catches a ball that was meant for the offensive team to catch.

Offsides- movement across the line of scrimmage before the ball is snapped.

Safety- removing the flag of the other team behind their own goal line with the ball.

Touchdown- an offensive player having clear possession of the football in the opponent’s end zone.