

FLAG FOOTBALL



Safety Procedures:

Student should be instructed as early as possible in the safety and handling of the equipment.

- A. Because of the large muscle group involvements, students should have a "warm-up" period including bending/stretching.
- B. Playing area should be kept free from all obstacles.
- C. To reduce the possibility of bodily injury, proper techniques should be stressed as much as possible. Improper technique often places excess stress on joints and joint structures.
- D. First aid equipment should be readily available. Proper supervision and available school medical personnel can be of great assistance during the unit of instruction.

HISTORY:

Flag football has come into being in the round-about manner. Originally, regular football was an outgrowth of soccer and rugby. Harvard, Yale, Princeton, and Rutgers were the first to play these more European games. Early attempts at something called football were little more than gang fights over a ball.

However, since 1869, the rules were modified and standardized, thus giving birth to the game of football. This same year, the first intercollegiate football game was played between Princeton and Rutgers. Since that time, football has remained one of the most popular sports in America.

Flag football has been fashioned from tackle football, resulting in a game played without costly equipment. The current modifications of flag football (or touch) have made it possible for children and adults to play and participate in a lively, recreation team sport.

In 1932, the College Physical Education Association drafted and adopted a set of playing rules for schools and colleges. Still, local option prevails and there are many rules which apply to the facilities and circumstances of the unit of instruction.

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RULES:

The rules to be used during the unit of instruction should be thoroughly explained prior to any actual class participation. The rules should be reinforced during the various phases of instruction throughout the instructional unit.

A. SCORING - Standard scoring procedures can normally be used during the unit of instruction.

- 1) Touchdown - 6 points
- 2) Point after touchdown - 1 or 2 points
- 3) Field goal - 3 points

B. PLAYING REGULATIONS

- 1) **Length of Game** - Normally, the length of the game is determined by the length of the class period, clock time or total points. Completed game time can easily be made to coincide with any particular scheduling conflicts.
- 2) **Starting the Game** - The game is initiated with a punt, a drop kick, or a place kick. (It is suggested that the 40 yard line be used when playing on a shorter field.)
- 3) **Fumbles** - For the purpose of safety, all fumbles should be ruled a "dead ball" except the fumbled kick-off.
- 4) **First Downs** - Official rules require a first down to be a distance of 10 yards in 4 attempts. Options prevail and the length of the first down varies. Possibilities include "Zones," "20 Yard Lines," "4-5 downs to make a touchdown," and a "completed forward pass doesn't count as a down."
- 5) **Tackling** - Players are normally considered down when their knee touches the ground, when their flag is removed from their belt or when they fumble the ball.
- 6) **Passing** - Backs and ends are always eligible pass receivers. When fewer players are on each team usually all players are eligible.

C. FOULS AND PENALTIES - A foul results from the following:

- 1) **Tackle, push, trip or roughing another player.** (Penalty: 15 yards from the spot of the foul.)
- 2) **Use of the hands** (or) leaving the feet in an attempt to block an opponent. (Penalty: 15 yards from the spot of the foul.)
- 3) **Off-sides** - Movement across the line of scrimmage before ball is put into play. (Penalty: 5 yards with the offended team choosing between accepting the penalty or yardage gained.)
- 4) **If short fields are used,** the penalties can be altered to meet field specifications. (Example: Three steps equals 5 yards, 9 steps equals 15 yards.)

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RULES:

1. **PLAYERS:** Nine (9) on a team, 5 linemen, 4 backfields. (MAY USE (7)! Linemen: Center, Screen, or Blockers, Ends Backfield: Quarterback, Halfbacks, Fullback.)
2. **LENGTH OF GAME:** 4 quarters, 10 minutes each. (CLASS TIME IS-A GAME).
3. **PLAYING FIELD:** Football field 50 x 100 yards. Divided into 4 sections. End lines, 25 yd. lines, and 50 yd. line. (IN CLASS THIS AREA MAYBE SHORTENED DEPENDING ON SP ACE!)
4. **DOWNS:** Teams are allowed four (4) downs to either score a touchdown or cross the next quarter line to gain a first down. CENTER MUST CALL THE "DOWN" NUMBER FOR THEIR TEAMS.
5. **SCORING: TOUCHDOWN** = 6 pts., Conversion by running = 1 pt., Conversion by passing = 2 pts., Safety = 2 pts. (A SAFETY IS CATCHING THE TEAM BEHIND THEIR OWN GOAL LINE!).
6. **KICK OFF:** Ball is put in play at beginning of each half and after a touchdown or safety by a punt (Kicking the ball before it touches the ground) from behind the center line to the receiving team lined up on the quarter line. The ball may touch the ground before being caught on the Kick-off.
7. **SCRIMMAGE LINE UP:** Offensive team (one who has the ball) must be behind the line of scrimmage. Defensive team (one without the ball) must be 3 yards. from the scrimmage line forming a NEUTRAL ZONE.
8. **CENTERING THE BALL:** Ball must be centered (hiked) from the ground in one continuous motion within 25 sec. after it has been placed on the ground in position. HUDDLE (talking the play over) must be completed within that time or 5 yd. penalty.
9. **OFFENSIVE PLAY:** A ball carrier, may run in any direction, lateral or hand off anywhere on the field. A forward pass may be thrown only from behind the scrimmage line. Any player may receive the pass. Only one forward pass per play.
10. **DEFENSIVE PLAY:** To stop a ball carrier, one flag must be detached from the belt. Pass interception is allowed.
11. **THE BALL IS DEAD:** when ... a ball carrier falls down; the ball carrier's flag is pulled; a fumble occurs; incomplete pass; the scrimmage kick hits the ground; or the ball is out-of-bounds.
12. **SCRIMMAGE KICK:** The punt must be announced if beyond the 50 yd. line. The punt must be taken on the 4th down if behind the 50 yd. line. The ball is dead if it touches the ground.
13. **FOULS AND PENALTIES:** A foul is any infringement (breakage) of the rules which result in loss of yardage. The CAPTAIN of the offended team has the option of accepting or declining any penalty, which ever is to their team's best interest. If the penalty is declined, the # of the next down is the same as if the foul had not occurred. Off-side = 5 yd.; Too much time = 5 yards.; Personal contact = 15 yd.; UNSPORTSMANLIKE CONDUCT = 15 yards., with the possibility of being put out of the game. Whenever the penalty is greater than the distance to the goal, the penalty shall be half the distance.

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Terminology:

The following terms should be reviewed with the students during the unit of instruction. Students should be encouraged to use the following terms:

- A. **Clipping** - Blocking an opponent from "behind." Penalty: 15 yards.
- B. **Curl**- A pass pattern in which the pass receiver runs a moderately curved pass route keeping his own body between the ball and the defender. The pass receiver must work back toward the passer thereby never allowing the defender good position on the ball.
- C. **Defense** - The team which does not have possession of the ball is considered the defensive team.
- D. **Downed ball** - After a play has been completed and the ball is declared "dead" in preparation for the next play.
- E. **End zone** - That portion of the field between the goal line and at the end line.
- F. **Fair catch** - The punt receiver signals his intention to merely catch, and down, the ball. The punting team is not allowed to interfere with the punt receiver.
- G. **Field goal**- A three-point play in which the ball is kicked from placement over the crossbar and between the uprights.
- H. **First down** -Covering a measured distance in a specified number of plays. If the distance specified is exceeded, the offensive team is allowed to maintain possession of the ball.
- I. **Forward pass** - A thrown ball which is directed to an eligible receiver toward the line of scrimmage.
- J. **Fumble** - When the offensive team loses control of the ball, at least temporarily, by dropping the ball on the ground.
- K. **Hook** - A pass pattern in which the pass receiver makes an abrupt turn toward the passer.
- L. **Illegal motion** - When a back moves toward the line of scrimmage before the snap of the ball.
- M. **Interference** - When a defensive player interferes with either a pass receiver or punt receiver before they are allowed to maintain full possession of the ball.
- N. **Kick-off** - The play which opens a game or at the half-time and reinstates the ball into the play after points are scored. The ball is put into play by kicking the ball from placement, punting, or drop kicking.

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Terminology Continued:

- O. **Lateral**- When the ball is passed to another player in a direction which is "away from" the line of scrimmage.
- P. **Man-to-man coverage** - Pass defense in which a defensive man covers one specific offensive man.
- Q. **Offense** - The team which has possession of the ball is considered the offensive team.
- R. **Offside** - When a lineman crosses over the line of scrimmage before the ball is put into play.
- S. **P.A.T.** - Point after touchdown.
- T. **Post** - A pass pattern in which the receiver runs a diagonal course toward the center of the field at approximately a 45 degree angle.
- U. **Punt** - Putting the ball into play by kicking the ball to prevent the defensive team from gaining possession of the ball close to the offensive team's goal line.
- V. **Safety** - When the offensive team is downed inside their defending goal, the defensive team is awarded two points and the offensive team is awarded a free kick.
- W. **Touchdown** - When a team with possession of the ball crosses over their offensive goal line. The offensive team is awarded 6 points.
- X. **Zone coverage** - Pass defense in which each man on the defensive team is responsible for an area and not a specific man.