



FLAG FOOTBALL

FOOTBALL IS THE ULTIMATE TEAM SPORT. EVERY PLAY IS DESIGNED LIKE A MACHINE, WITH EACH INDIVIDUAL DOING THEIR PART TO KEEP THINGS RUNNING. IF ONE PERSON FAILS, THE ENTIRE TEAM COULD FAIL.

- ❑ **Flag football flags and belt:** Every player needs a flag football set, including flag football flags and belt. There are a few different kinds of flags for flag football on the market—some are held onto the belt by velcro, others by a pop socket that emits a noise when pulled.
- ❑ **Shorts:** Players wear shorts without pockets to avoid penalties and finger injuries.
- ❑ **Mouthguard:** The rules of flag football require a mouthguard, and it's the only protective gear that players wear.
- ❑ **Football cleats:** Metal cleats are not allowed in most flag football leagues.
- ❑ **Football gloves:** Not required, but definitely a plus!

The first rule of flag football is pretty straight forward: there's no contact allowed. That includes tackling, diving, blocking, and screening. Instead, players wear flags that hang along their sides by a belt. To "tackle" the person in possession of the ball, the opposing team needs to pull one or both of their flags off.

The starting team begins on its own 5-yard line and has four downs (essentially four plays) to cross midfield for a first down. If the offense fails to advance after three tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it. But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.

If the offensive team crosses midfield, they have three downs to score a touchdown.



FLAG FOOTBALL RULES

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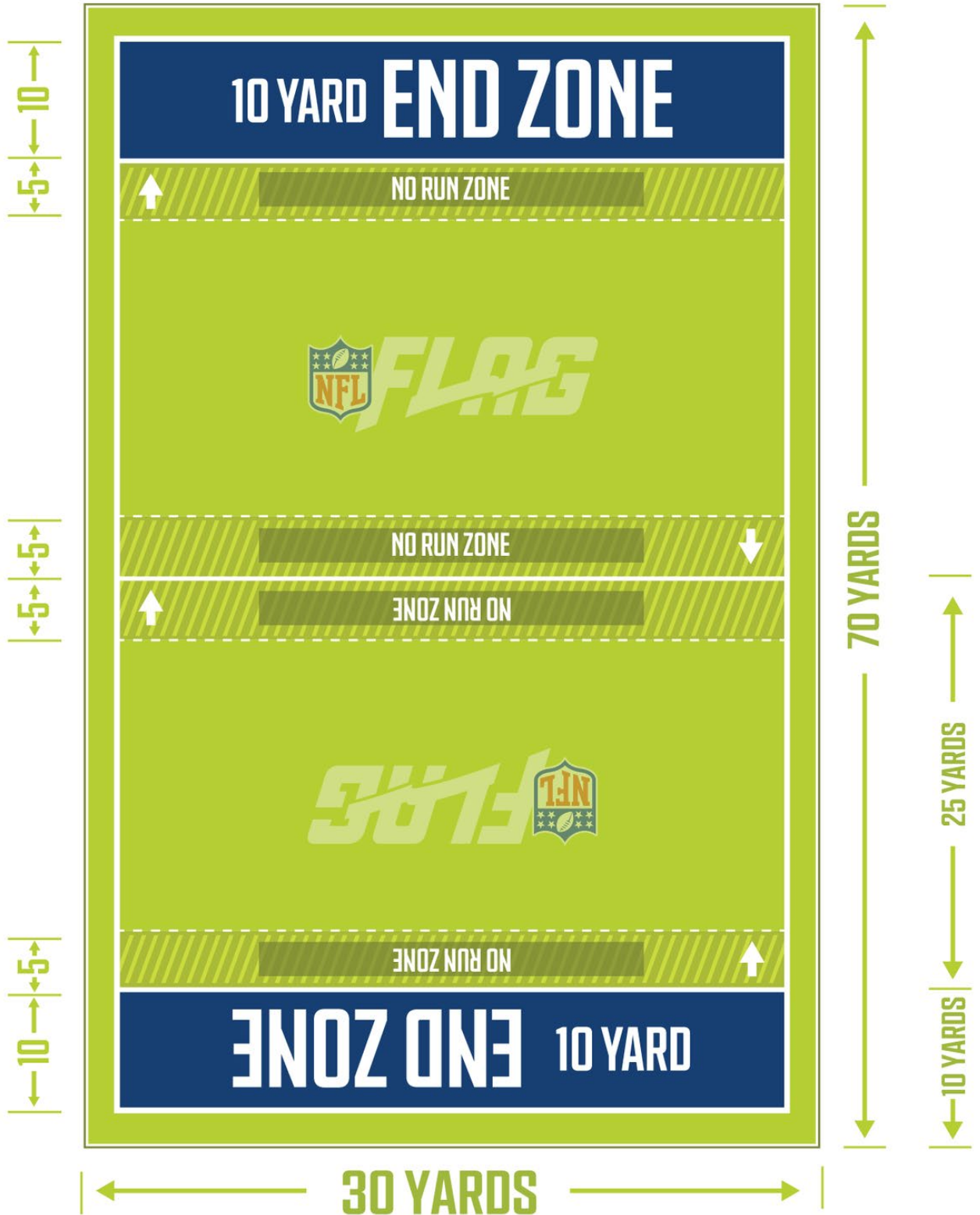
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- ☐ All passes must be forward and received beyond the line of scrimmage
- ☐ Only direct handoffs are permitted—there are no laterals or pitches
- ☐ The quarterback has six-second pass clock to get rid of the ball
- ☐ The quarterback can run with the ball only once per possession
- ☐ Offensive players must steer clear of the rusher and may not get in his/her way
- ☐ Any defensive player lined up seven yards off the line of scrimmage is eligible to rush
- ☐ If the ball is handed off, any defender may rush
- ☐ Interceptions are returnable (even on extra point attempts)
- ☐ The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground
- ☐ All offensive flag football penalties result in a loss of down and yardage
- ☐ All defensive flag football penalties result in an automatic first down and some are associated with yardage



FLAG FOOTBALL RULES



OFFENSIVE POSITIONS

The Quarterback (QB) is responsible for calling the play or receiving direction from the coach and then communicating it to the rest of the team.

Offensive Linemen (OL) block the defensive players from making the sack or tackle on the ball carrier. The Center is responsible for snapping the ball to the quarterback and reading the opposing team's defense. The center actually becomes a wide receiver after snapping the ball.

The **Wide Receiver's (WR)** main job is to catch a pass from the quarterback and advance down the field or score. They're constantly running pass routes to try and get themselves in a position away from their defender to receive a pass.

Running Backs (RB) are responsible for carrying the ball during a running play. The running back lines up in the backfield next to or behind the quarterback.



DEFENSIVE POSITIONS

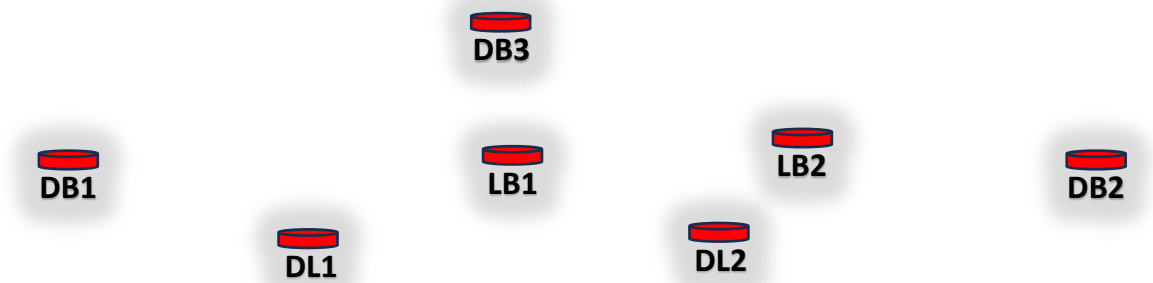
The Defensive Lineman (DL) starts behind the line of scrimmage at the snap and rushes the quarterback. The quarterback has a six-second pass clock to throw the ball.

Linebackers (LB) line up three yards behind the defensive lineman.

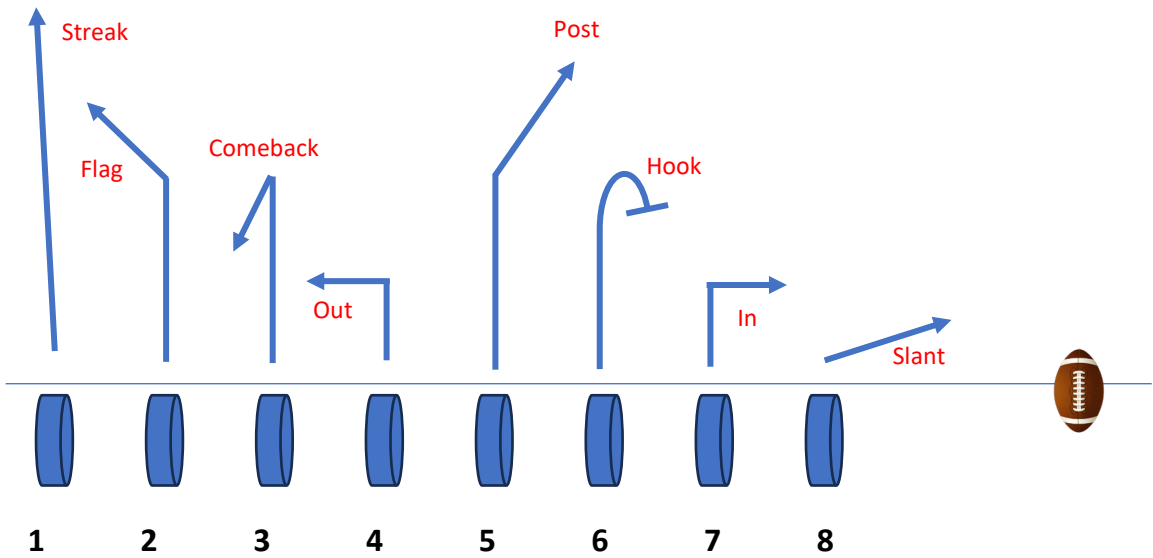
A Defensive Back (DB) defends wide receivers and intercepts the incoming pass. They can play either man-to-man or zone, depending on the coach's strategy and league rules. The 3rd DB or "safety" sits furthest back behind the line of scrimmage and acts as a catch-all, stopping anyone who gets loose.



DEFENSIVE ALIGNMENT

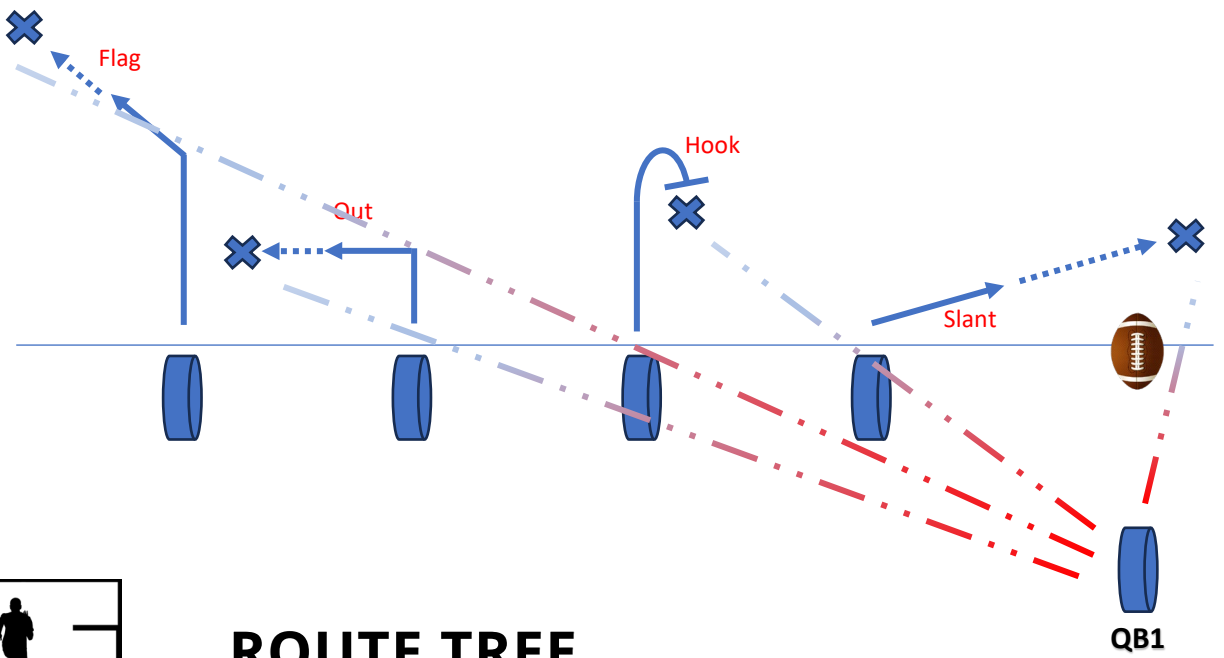


Defensive players have three main responsibilities: to read the play, see the ball and “tackle” the ball-carrier by removing their flag.

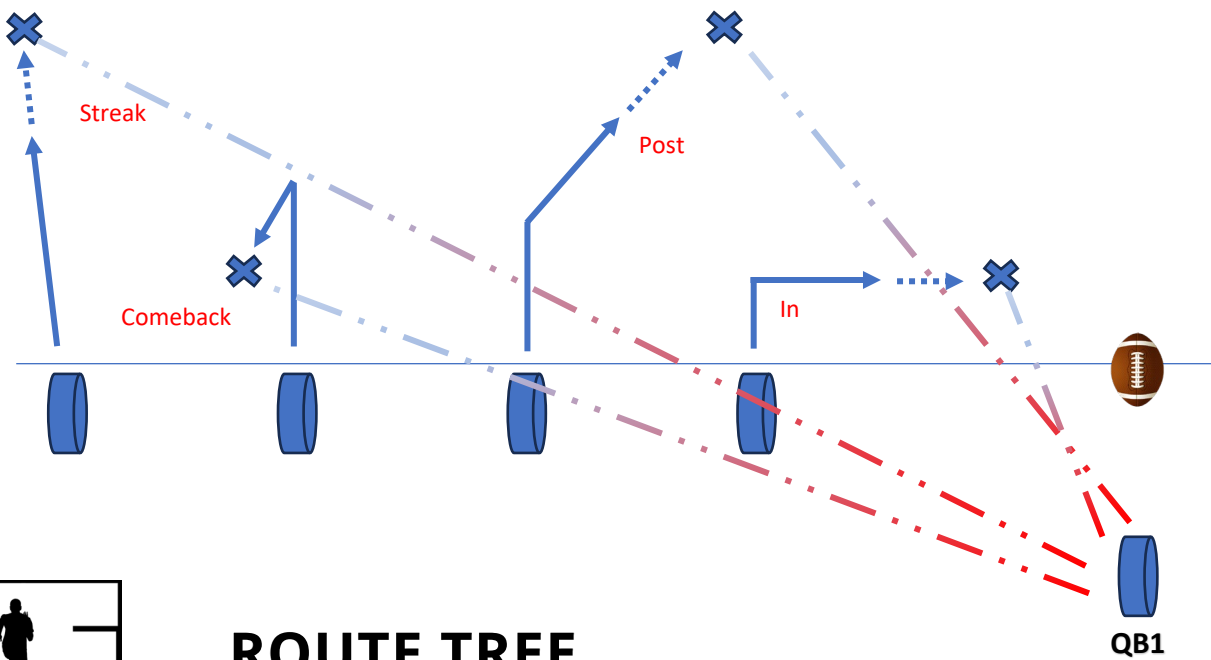


ROUTE TREE

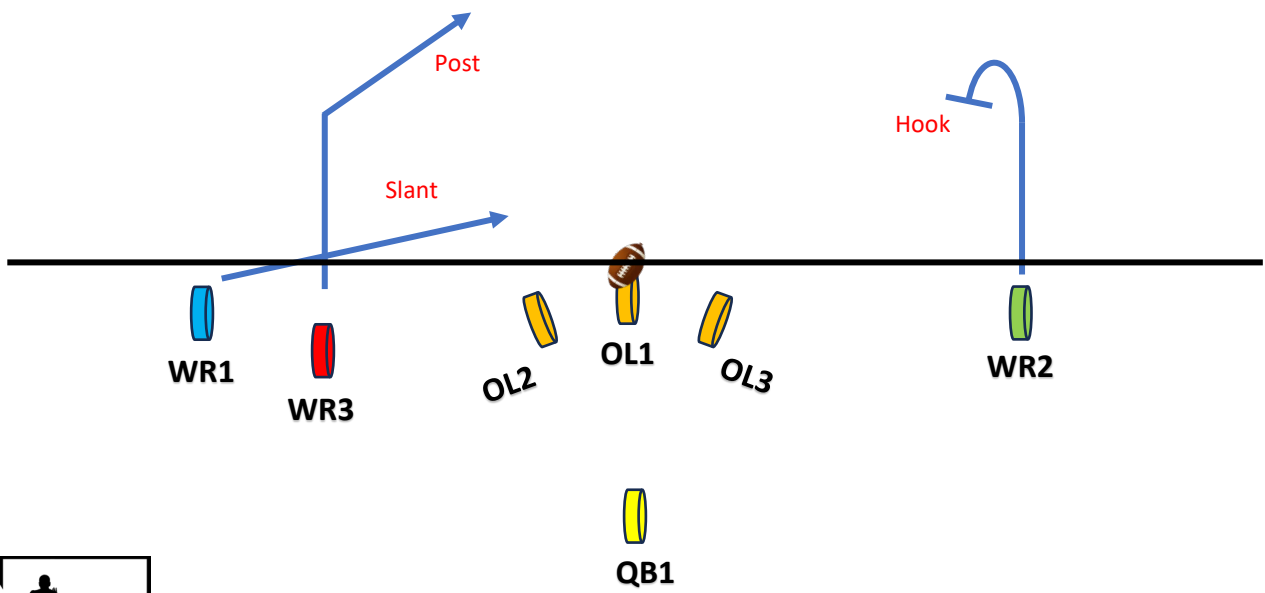
QB1



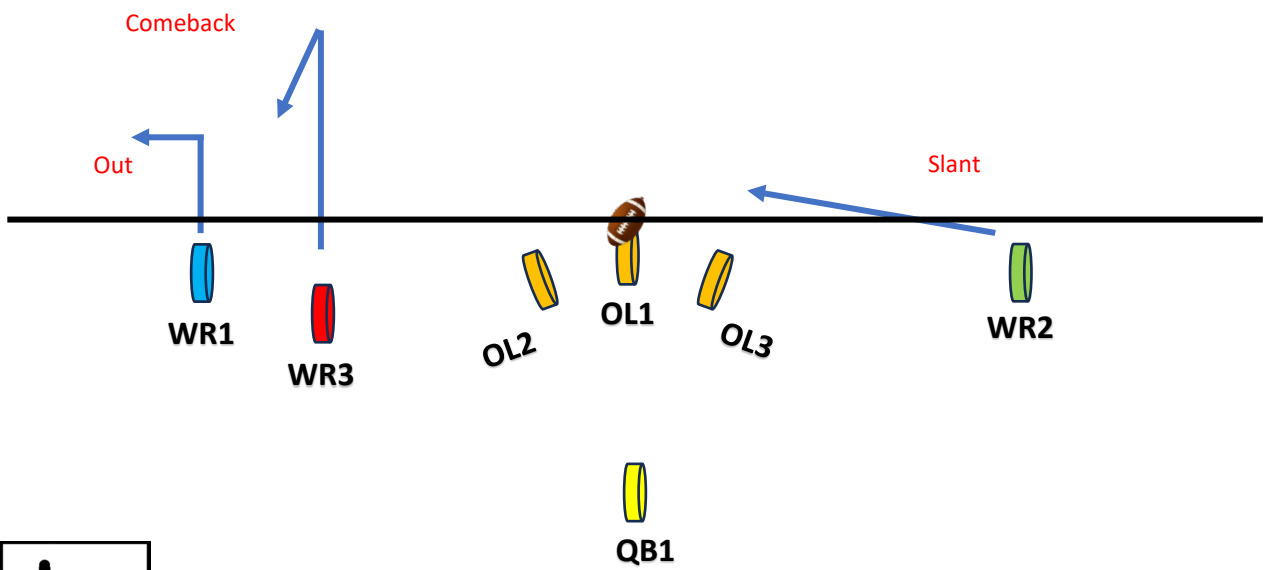
ROUTE TREE



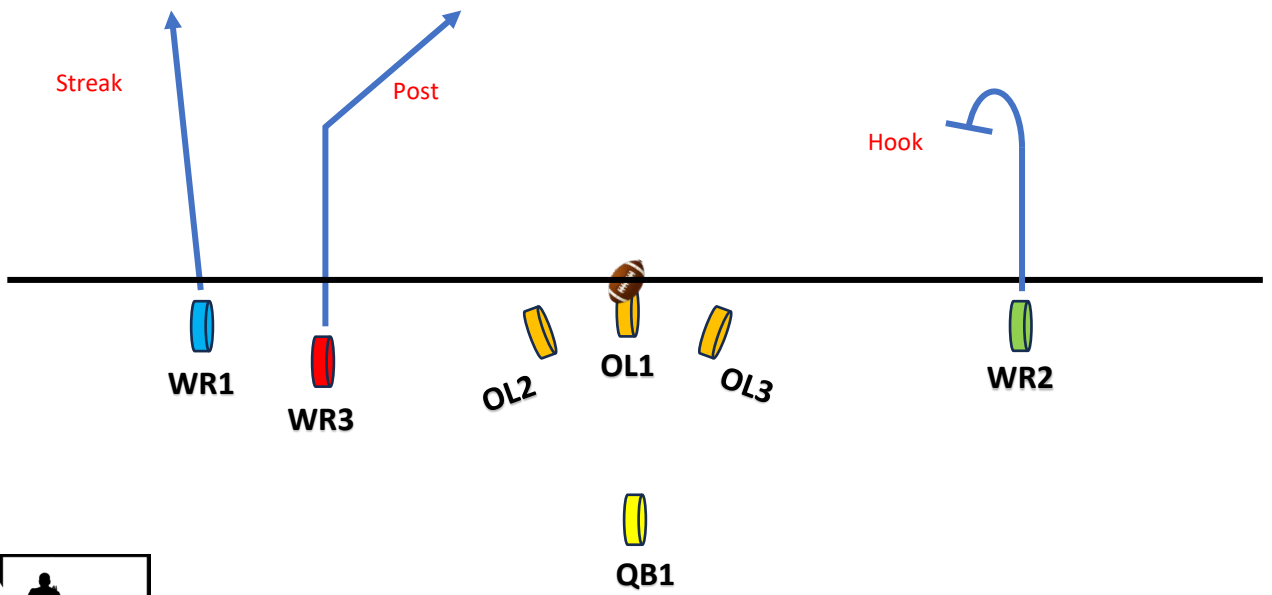
ROUTE TREE



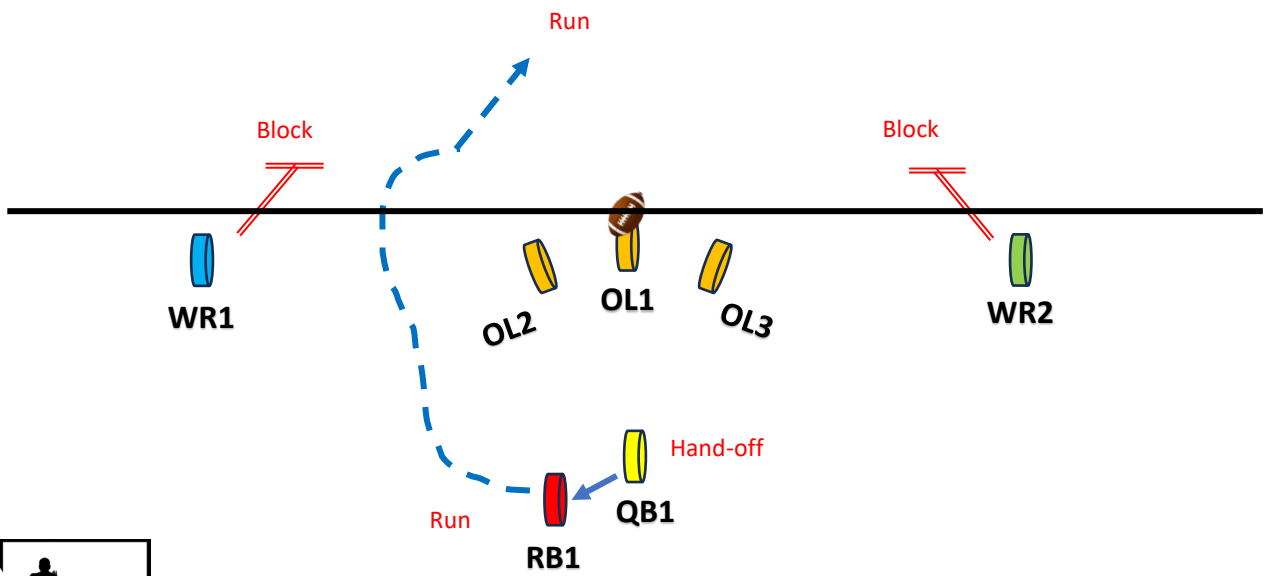
TWINS 1



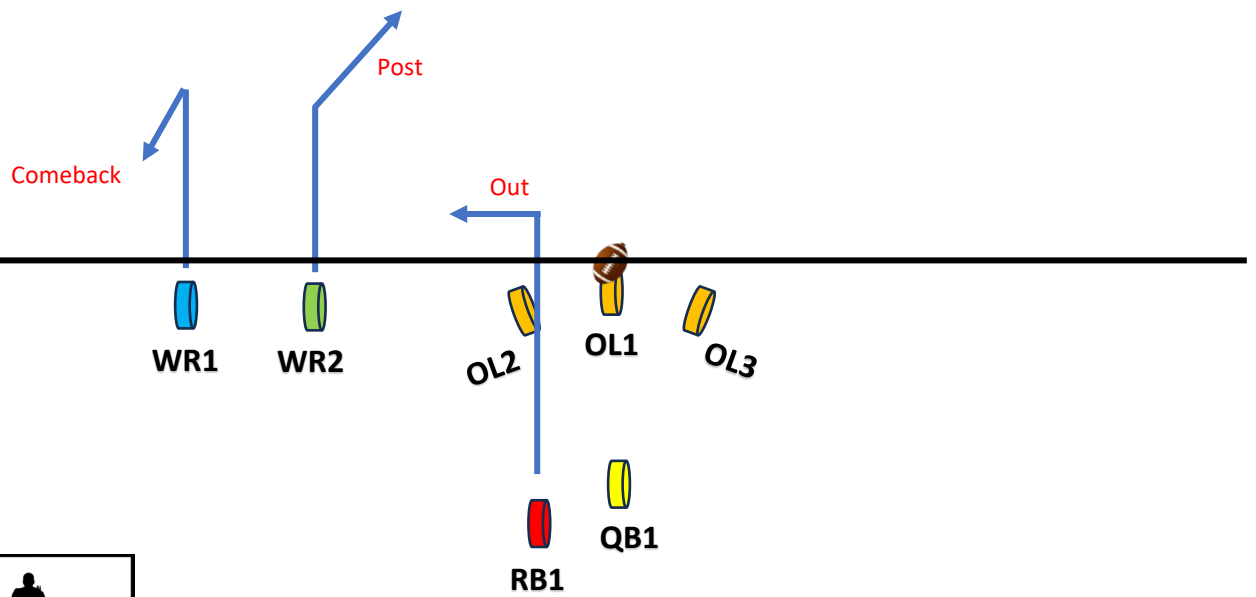
TWINS 2



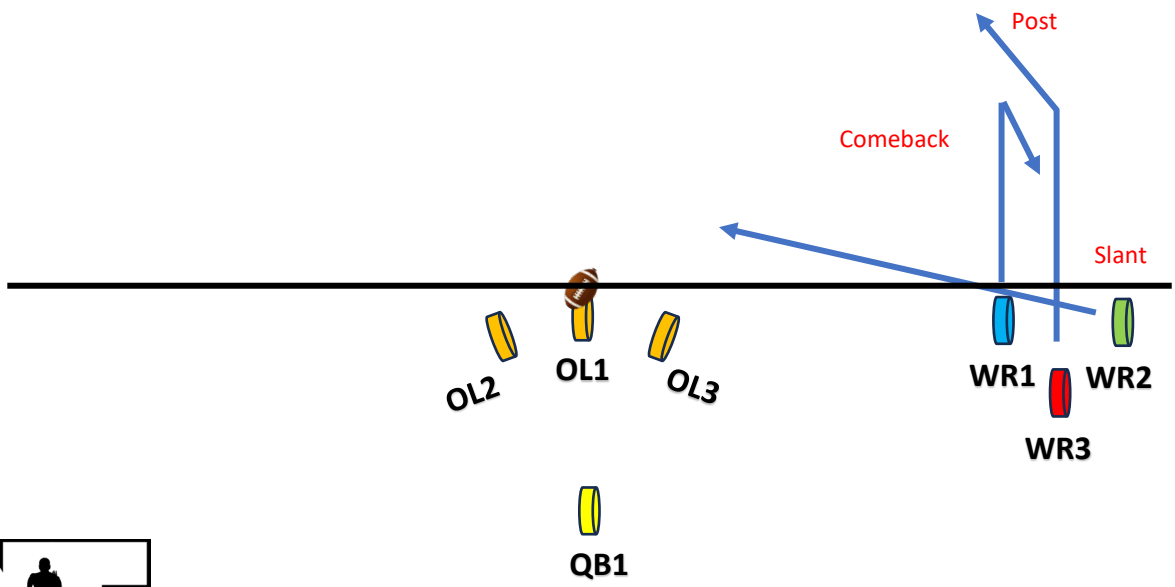
TWINS 3



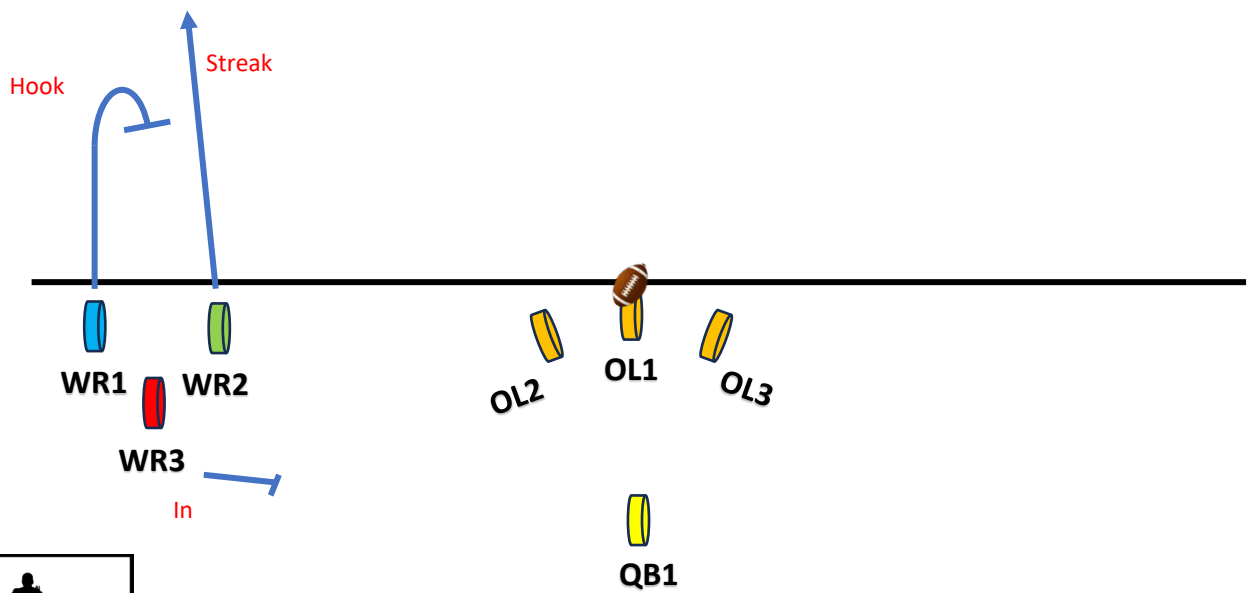
SINGLE BACK RUN 1



SINGLE BACK PASS 1



TRIPS RIGHT 1



TRIPS LEFT 1