

FLAG FOOTBALL

6th & 7th grade

Although flag football is similar to tackle football, flag football does have some different rules. Here are some of them:

1. There are **NO** fumbles in flag football; the ball is dead where it hits the ground.
2. All offensive players are allowed to go out to receive a pass.
3. There are no field goals. After a touchdown each team goes for a 2 point conversion.

VOCABULARY

Defense - Team that does not have possession of the ball.

Offense - Team in possession of the ball.

Down - A “try” or a play in the game. It starts when the ball is snapped and ends with a pulled flag, or when the ball hits the ground. Teams get 4 downs to move the ball past the next cone.

2 point conversion – (2 points) is a play that a team attempts after a touchdown.

Touchdown – When an offensive player catches or runs the ball into the end zone. Touchdowns are worth 6 points.

Huddle – A discussion of strategy and what play to run.

Interception - A pass caught by the defensive player, resulting in a turn over.

Kickoff – Used to start the game, and after each touchdown.

Line of scrimmage - An imaginary line marking the position of the ball at the start of each play.

Punt - A kick in which the ball is dropped from the hands and kicked before it touches the ground. A team would use a punt on 4th down to move the ball further down field.

Quarterback - Offensive player who says “hike”, who also calls all the plays in the huddle, passes, handoffs, or runs the ball.

Center - Offensive player who snaps the ball when the quarterback says “Hike”.

Blitz- When players are sent in to rush the quarterback. Without having to count the full 5 seconds prior to going after the quarterback with the ball.

First Down-Successfully moving the ball past the next cone and earning 4 more downs.

Safety - Is scored when any of the following conditions occur: the ball carrier gets their flag pulled in their own end zone, or if the offensive team hikes the ball landing in or going out of the back of the end zone. 2 points will be awarded to the defensive team.

Basic Flag Football Rules:

1. A team has 4 plays to earn a first down. A first down is earned by getting the ball passed the next first down marker. Which is a (cone) on the sideline.
2. The only way to stop a player with the ball is to pull their flag off. Where that players flag gets pulled is the new line of scrimmage.
3. **Scoring** - A touchdown is worth 6 points. Two point Conversion is worth 2 points. A safety is worth 2 points.