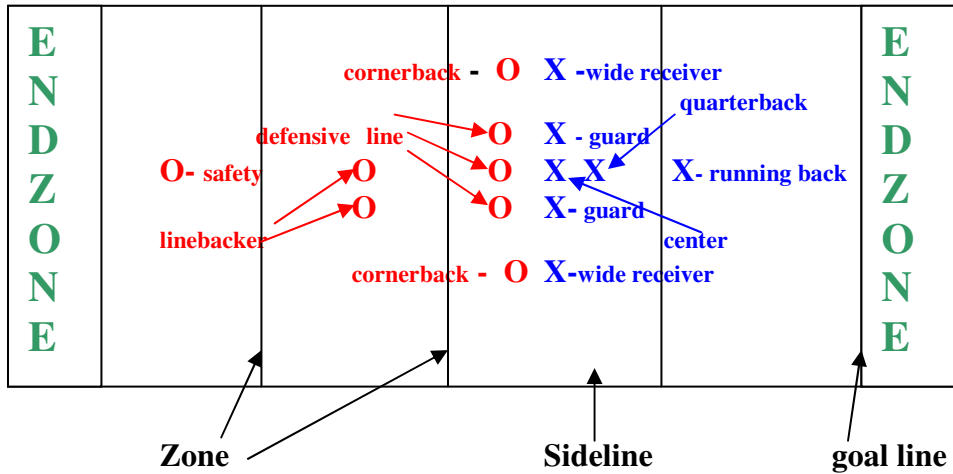


Flag Football



Vocabulary:

Blitz: rushing the quarterback without counting first, allowed once every four downs

Defense: team without the ball

End zone: where a touch down is scored

Fumble: person holding the ball loses control and the ball drops to the ground

Incomplete pass: pass thrown which is not caught by either team

Interception: pass caught by the defense

Lateral: underhand toss to a team mate who is even with you or behind you and you are both passed the line of scrimmage. It can also be a forward pass behind the line of scrimmage.

Line of scrimmage: where the ball is placed on the ground before the snap

Offense: team with the ball (trying to score)

Offsides: a player over the line of scrimmage before the ball is played (hike)

Possession: team or player in control of the ball

Zone: from one cone to the next where the ball can be run for a first down (four zones)

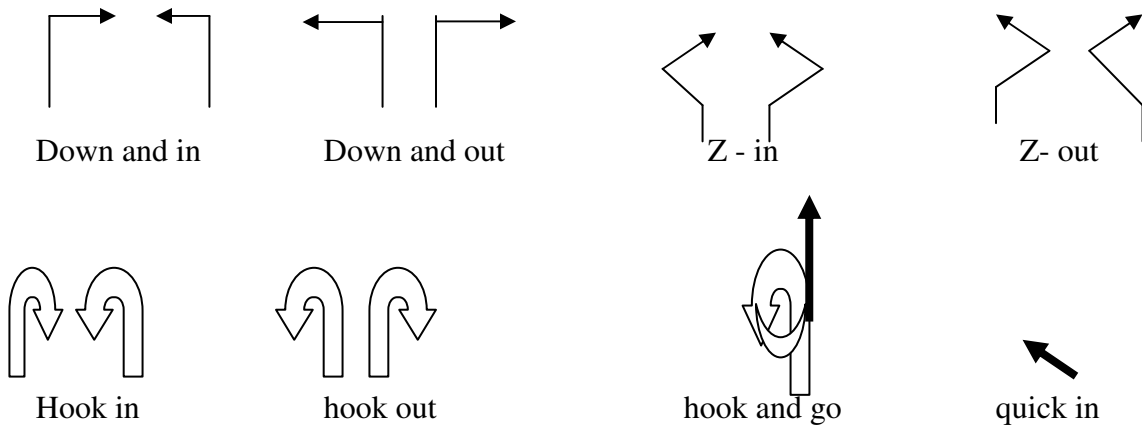
Rules:

1. Touchdown is worth 7 points
2. Blitz is allowed once every four downs (otherwise count to 5)
3. Two consecutive completed passes = 1st down
4. Run from one zone to the next = 1st down
5. Fumble can not be advanced with the exception of behind the line of scrimmage
6. Center is not allowed to be a receiver (ineligible)
7. On a kick off or punt, if the receiving team touches the ball possession can be gained by the kicking team
8. A safety occurs when the offensive team is downed in their own end zone = 2 points
9. Kick off begins the game, teams may throw or punt.

Penalties:

1. **Holding:** preventing another player from his/her normal running path = 15 yards
2. **Pushing** ball carriers out of bounds, instead of pulling the flag = 15 yards
3. **Tripping** ball carrier = 15 yards
4. Offensive player **incorrectly wearing the flag** = 15 yards
5. **Offsides** - offensive team starting over the line of scrimmage or moving before the ball is snapped = 5 yards and loss of down
6. **Pass interference** - making contact on the opposing player before the ball is caught = 10 yards

Passing patterns:



Practice test:

- T F 1. A touchdown in flag football is worth seven points.
 T F 2. A first down occurs when two passes have been completed in four downs.
 T F 3. A running back is the player who is handed the ball behind the line of scrimmage.

- ___ 4. A forward pass not caught a. incomplete pass
 ___ 5. The area where the ball is placed on the ground before the snap b. interception
 ___ 6. A forward pass caught by the defense c. line of scrimmage

1. T 2. F 3. T 4. a 5. c 6. b