FLAG FOOTBALL UNIT PLAN

10th Grade
30 Students
10 days
50 Minutes per class

By: Andrea Peterson
Purpose of the Flag Football Unit

Importance of Physical Education

“In 2003, more than one-third of high school students did not regularly engage in vigorous physical activity and only 28% of high school students attended physical education class daily” (CDC). What’s even appalling is that those numbers continue to decline as youth age into adults. In the past 20 years, the prevalence of overweight children ages 6-11 has doubled (CDC). With the increase in size amongst our children comes an increase in the size of adults. If you are an overweight child you are far more likely to become an overweight adult. Of the total of 2,391,400 deaths in the United States in 2000, poor diet and physical inactivity accounted for an estimated 17 percent (approximately 400,000 deaths) (Healthy People). Physical education in schools is very important because regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels (CDC).

Healthy People 2010 identified 10 leading health indicators; number one was physical activity and number two was overweight and obesity. Both relate directly to health related physical fitness (Mood, Musker, Rink). Positive experiences with physical fitness at a young age will help to increase activity and control your weight as you age and go through life.

What we as Physical Education (PE) teachers need to improve to help students increase their physical fitness is the participation of physical activity. In 2003, across the United States, 20 to 25 percent of students enrolled in a PE class did not participate for more than 20 minutes during an average class and 60 percent of students in the past seven days worked out for 20 minutes and it caused them to breathe hard (Healthy People). Just over 12 percent of students did not participate in any physical activity at all. As physical education teachers we are responsible to increase all 5 fitness components in all our students. Cardiovascular endurance, body composition, flexibility, muscular strength and muscular endurance are the five components that we are responsible for.
Through daily activity and participation all students should be able to increase all 5 components.

The Flag football unit will have an impact on all 5 fitness components. The Surgeon Generals recommendations for physical activity are 3 to 5 times per week for 30 to 60 minutes, with the 10 day flag football unit, participating students should get all complete all the recommendations. Flag football works a numerous amount of fitness related skills and will improve ones complete physical fitness.

**Overview of Flag Football**

Football is widely recognized around the world yet is a very dangerous sport that can cause a lot of injury. By using a flag football unit it allows students to play football but in a more safe environment. The 10th grade flag football unit will focus more on refinement of skills and game play. Students will get the chance to practice basic skills such as; passing, receiving, punting and kickoffs that they might have learned in a basic middle school physical education class. After a short review of offensive strategies and defensive strategies students will have the chance to play in a variety of scrimmages with different amounts of players. As the unit comes to an end there will be a tournament to promote a constructive amount of competition. The rules will be taught and students will be expected to regulate the scrimmages on their own demonstrating proper sportsmanship.

**General Behavioral Objectives**

**By the end of this unit the student will:**

**Psychomotor:**
- Be able to perform the flag football skills focused on in this unit including; passing, receiving, punting, kicking, blocking, defensive strategies and offensive strategies.

**Cognitive:**
- Understand basic rules and strategies of football.
- Be able to understand the importance of offense and defense.

**Affective**
- Show good sportsmanship.
- Use appropriate communication skills.
- Respect teammates and equipment being used.
Skills Covered

1. Passing
   - Grip
   - Ready position
   - Throwing Motion
   - Follow-Through
   - Lateral Pass
2. Receiving
   - Tucked position
   - Chest high (thumb to thumb)
   - Below chest (little fingers to little fingers)
3. Punting
4. Placekick
   - Traditional Style
   - Soccer Style
5. Blocking
   - 2-point Stance
   - Screen
6. Offensive Strategies
7. Defensive Strategies

Skills Descriptions

Passing

Grip
- Grip the ball just behind the middle with 2 to 3 fingers over the lace (Students with smaller hands should grip closer to the back of the ball).
- The ball should be kept in the fingers not in the palm.
- Keep fingers relaxed and well spread.
- The index finger should be pointed towards the rear of the ball.

Ready Position
- Shoulders should be perpendicular with the scrimmage line.
- Feet should be slightly less than shoulders width apart.
- Opposite hand can be placed lightly on ball for support.
- Hold ball towards head and shoulder.

Throwing Motion
- Raise ball toward the throwing shoulder to a position behind the ear.
- Upper arm should be parallel to the ground.
- Take a large stride with lead foot when throwing motion begins.
- As the passer steps, the non-throwing arm is pulled back sharply in the direction opposite of the pass.
- The throwing hand is lead by the elbow and moved directly over the shoulder in a sharp downward motion.

Follow Through
- Shift almost all weight to the front foot when ball is thrown.
- Throwing hand should finish across the body, over opposite knee.
Lateral Pass
- One handed underhand pass- Let the ball roll of the fingertips with a slight spiral action. Hold ball in dominant hand and use non-dominant hand for support until ball is thrown.
- Basketball pass- Use both hands when throwing ball. Use more arm and wrist so ball rotates end over end. Try not to put and arch on this pass.
- Use for passes 5 feet and under.

Receiving

Tucked Position
- Fingers spread with palms facing the ball.
- Protect ball in by keep arm tucked in close to body.
- Front nose of the ball should be covered with hand spread.
- Back point of ball should be locked into the elbow joint.

Chest High (thumb to thumb)
- Keep thumbs close together with fingers spread (make a triangle with thumbs and index fingers).
- Keep both hands at the same level.
- Stay square to the ball.

Below Chest (little fingers to little fingers)
- If ball is lower than chest put both pinkie fingers together to make a pocket.
- Once ball is caught, bring up to chest level and put in tucked position.

Punting
- Stand with feet slightly apart and put weight on the balls of feet.
- Fingers spread and palms up.
- Have the kicking ahead at the start of the kick.
- Hold ball with laces up on kicking side just below the chest.
- Keep foot flexed and contact ball between toe and upper part of foot.
- Lock knee when following through.
- Follow through with kick as much as flexibility will allow in a straight line slightly across body.

Placekicks

Traditional Style
- Feet should be comfortably spread and knees slightly bent.
- Non-kicking foot should be placed to the side of the ball far enough back that when contact is made it will be at the middle or below the ball.
- Keep eye contact all the way until you kick the ball.
- On contact the foot should be locked in a flexed position.
- Follow through with leg were you intend to kick the ball.

Soccer Style
- Same as traditional except approach the ball at a 45degree angle.
- Non-kicking foot should be placed to the side of the ball far enough back that when contact is made it will be at the middle or below the ball.
- Kicking foot should be parallel to the ground.
- Keep eye contact all the way until you kick the ball.
- On contact the foot should be locked in a flexed position.

**Blocking**

**2-Point Stance**
- Body weight balanced.
- Feet parallel with knees, which are bent to lower center of gravity.
- Head up and eyes up.
- Be able to go all directions of the snap.

**Screen**
- Stay in front of other player without making contact.
- Obstruct the others pathway.
- Head up and eyes up.

**Defensive Strategies**
The game of flag football is different from tackle football in that you really cannot make any contact. Therefore the game is basically played with the pass. Defense persons must learn how to control the passing game of their opponents. There are 3 factors that make a successful defensive team:

**Strong Pass Rush**
- The most important part in defending a pass.
- The more time a quarterback has the more time they have to find a open receiver.
- Put as much pressure on the quarterback as possible.

**Team Speed**
- Allows for maximum pursuit of the ball in all situations.
- Most valuable when defense runs a player-to-player defense.

**Communication and Cohesiveness**
- Without there will be missed assignments and lack of unity on the team.
- Set yourself up to be beaten if cannot communicate.

**Offensive Strategies**
On offense team speed is not as important as defense. A team with good receivers that can run their routes and have good possession will have a very productive offense. There are 2 major factors for an effective offense:

**Quarterback**
- Most important individual on the team.

**Ability**
- Must be able to catch the ball
- Must have a decent amount of quickness.

**Drills Covered**

1. Passing
   - Target Toss
   - Receiver Pass
   - Pass Routes
2. Receiving
   - Partner Pass
- Toe Dance
- Ball Drill

3. Punting
- Ball Drop
- One Step Drop Drill
- Coffin Corner Drill

4. Placekick
- No Step Wall Drill
- One Step Drill
- Accuracy and Progression

5. Blocking
- Blocking a Run
- Mirror Drill
- Keep Away

Skill Drills

Passing

Simple
Target toss- Passer throws the football at a target.

Compound
Receiver pass- Pass to a partner who will move their hands around, aim for their hands.

Complex
Pass routes- Partner/receiver runs a number of pass routes and the passer works on proper technique and follow through.

Receiving

Simple
Partner passing- With a partner work on receiving the ball. Have your partner throw chest passes and below the chest passes.

Compound
Toe dance- Receiver runs towards the sidelines and passer throws ball when they believe the receiver is just about to hit the sideline. The receiver has to catch the football and stay in bounds.

Complex
Ball drill- Receiver turns back to passer. Passer lofts a pass to the receiver and yells “ball”. When the receiver hears ball, they turn and find the ball to catch it.

Punting

Simple
Ball drop- Practice dropping the ball but do not kick it. Make sure that when the ball hits the ground it does not tumble but bounces back up in the air.

Compound
One-step drop drill- Do the same ball drop drill but take a step into it. Bring foot back as if you were going to punt the ball but slow do completely when come in contact with the ball and do not follow through.

Complex
Coffin corner drill- Line up on the field and attempt to kick 5 real punts. Work on placement and accuracy but aiming for the corners of the field.

**Placekicks**

**Simple**
No step wall drill- Traditional: Stand directly behind ball 3 feet from the wall. Have a partner hold the ball and kick at a target on the wall. Soccer: Stand behind the ball but at a 45-degree angle. Do not take steps.

**Compound**
One-step drill- Allow yourself to take one step and kick ball to a partner. Partner should only be about 10 feet away, work on accuracy.

**Complex**
Accuracy and progression- Position balls perpendicular to the field goal. Practice accuracy and if you make the field goal move back 5 yards.

**Blocking**

**Simple**
Blocking a run- Like a one on one, the defender attempts to block the running lane.

**Compound**
Mirror drill- Get into lanes and as one player moves about, the blocker must shadow them like a mirror.

**Complex**
Keep away- Play a two on two game where you have to stay in a certain space. Have a partner on the other side and try to throw the ball back and forth with out getting it blocked. If the other team blocks or intercepts they get a point.

**Games/Lead-up Activities**

**Passing**

Running Circle Pass- In small groups, one person is in the middle and the rest of the group are in a circle around the center person. The person in the middle has the ball and throws it to each of the other players. The other play catches it and throws it back. Once the middle person has thrown to all the players they trade spots.

Variation- Have the students in the circle jog instead of standing still. Make the circle smaller and work on lateral passes.

30-Up- In a circle pass to another player that is not directly next to you on either side. Try to get 30 complete passes in a row. Spread the groups out and compete to see who can get 30 first.

**Receiving**

STAR- With a partner, work on basic passing. Every time you catch a pass you get a point. Once you get three points you get a letter. Then you start your points total over and try to get another three points. You will then get another letter. The first to get all 4 letters wins.

Variation- Increase the distance being thrown and have targets moving.
Punting
Forcing Back- Stand facing your partner about 20 yards apart. Punt the ball back and forth to each other. Try to get your partner to move back. Where ever you field the ball or pick up the ball is where you will kick from. Try to get your partner as far back as possible.

Placekicks
Kick off return game- There will be two teams, one kick off and the other kick off return. The return team gets one chance to field the kick off cleanly and try to get to the other end zone. They can lateral pass if they need to. After there chance to get to the end zone they will kick off to the opposite team.

Blocking
No Mans Land- There will be two sides and in the middle of the two sides will be "no mans land". No one can go in that space. There will be people from the same team on both sides. The offensive team will try to throw the ball to their teammate on the other side. The defensive team will try to block the pass. If they block the pass they get a point and if the offensive team receives the pass they receive a point. After a certain amount of time the roles switch.

Extras
Football footwork- Zigzag run: Cones will be set up in a row and students will have to run threw them curving in and out always keeping the ball on the outside. Faking with the ball: Cones will be set up around the field and students will have to approach a cone and make a fake move around it. Dodge and Mark: This is a one on one drill were you have to run, fake and doge your partner. See how long you can keep your flag on by avoid your partner.
The Hand-off- In two single file lines facing each other players will run towards each other and make a hand off. They will get to the end of the line and continue until they have all received a hand off and give a handoff.

Scrimmages
2 vs. 2- For 2 versus 2 you really have to work on you pass coverage and blocking. The person who is receiving has a big job as does the quarterback because there is only one option.
4 vs. 4- For 4 versus 4 it takes some pressure off of the quarterback because they will get more options. The students will get the chance to do all of the skills they have learned in a more realistic situation.
Full squad- Teams will be split up evenly for a tournament. The teams will consist of boys and girls and be equal on all teams so that it is far to everyone.

Rules
Dead Ball
- Ball goes out of bounds.
- Player drops a kick on the ground after it is caught.
- Fumble or lateral pass touches the ground.
- Flag is ripped off legally.
- Whistle is sounded.
10 yard Penalties

**Offensive Pass Interference**
- Contact that occurs before the ball is caught
- Pushing off of another player to get to the ball

**Defensive Pass Interference**
- Contact that occurs before the ball is caught
- Intentional shoving
- Deflagging a person before they have contact with the ball

**Unsportsmanlike Conduct**
- Any contact that seems harmful to players
- Instructor must keep an eye out for this

**Roughing the Passer**
- Cannot charge the passer after ball is thrown

**Personal Foul**
- Any use of hands, arms, elbows, legs or body to initiate illegal contact

5 yard Penalties

**Illegal forward Pass**
- Passers foot is in front of line of scrimmage
- More than one forward pass during a play

**Encroachment**
- Defense can not enter opposing teams zone until ball is snapped

**Motion**
- Only one player is in motion during and prior to snap (number can be changed if necessary)

**Minimum line Players**
- Offensive team must have at least 3 players on the line of scrimmage before the snap
## Block Plan

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Intro</td>
<td>Intro</td>
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</tr>
<tr>
<td>-2003 Flag Football Statistics</td>
<td>-Warm up/Stretch</td>
<td>-Warm up/Stretch</td>
<td>-Warm up/Stretch</td>
<td>-Warm up/Stretch</td>
</tr>
<tr>
<td>-Background and class rules for the unit covered</td>
<td>-Review passing cues</td>
<td>-Discuss offensive strategies</td>
<td>-Discuss defensive strategies</td>
<td>-Discuss scrimmages</td>
</tr>
<tr>
<td>Major Task: Passing</td>
<td>Major Task: Receiving</td>
<td>Major Task: Passing/Receiving</td>
<td>Major Task: Blocking</td>
<td>Major Task: Punting</td>
</tr>
<tr>
<td>-Simple: Target toss</td>
<td>-Simple: Partner pass</td>
<td>-Complex: Pass routes/ Ball drill</td>
<td>-Simple: Blocking a run</td>
<td>-Simple: Ball drop</td>
</tr>
<tr>
<td>-Compound: Receiver pass</td>
<td>-Compound: Toe dance</td>
<td>-Complex: Ball drill</td>
<td>-Compound: Mirror drill</td>
<td>-Compound: One step drop drill</td>
</tr>
<tr>
<td>-Complex: Pass routes</td>
<td>Activity</td>
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<tr>
<td>Activity</td>
<td>-Football footwork</td>
<td>-Discussion of offensive strategies and question defensive strategies</td>
<td>-“No mans land”</td>
<td>-Forcing Back</td>
</tr>
<tr>
<td>-STAR</td>
<td>-The hand-off</td>
<td>Closure</td>
<td>Closure</td>
<td>-2 vs. 2 mini scrimmage</td>
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<tr>
<td>-Running Circle Pass</td>
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<tr>
<td>Closure</td>
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</table>
Safety Precautions

1. Always have a warm-up and stretch before your workout.
2. Learn proper technique so you cannot get hurt.
3. Do not use any physical contact in the game. (Hence flag football)
4. Inspect equipment to insure proper safety.
5. Participate will sportsmanship.
6. Wear clothing appropriate for class and weather. (Will be going outside)
7. Do not wear any hanging jewelry that could possibly get into the way.
8. Use smaller footballs depending on the age of class.
9. If you need an inhaler make sure you are responsible for it.
10. Get immediate attention if anyone thinks that they are hurt.

Equipment, Supplies and Space Requirements

1. 15 Standard Footballs
   ✓ Variation: 5-10 nerf footballs
2. Playing field
   80-yard regulation field
3. 20 Uniforms/ Pennies
4. 35-40 Flag football belts
   ✓ Make sure you have extra in case a belt was to break
5. 12 Cones for drills and to block off field
6. Watch

Special Activities/Alternative Plans
If there is a rain day, or an incident happens and the gym or field is not available these things could happen as alternatives:

1. Football Bloopers and highlights videos
   Pro Football Crunch Time- Highlights and Bloopers
   This pair of videos combines some of the most spectacular, hard-hitting plays in NFL history with some of the wildest and wackiest bloopers ever caught on tape. "Smashin', Crashin' Football" features some of the more infamous moments in NFL history, while "Pro Football the Spectacular" brings you crazy bl
   http://football.about.com/od/football101/l/aatp110901.htm

2. Play ultimate Frisbee as a substitute
3. Go to the library and have kids look up flag football information (articles, reports, associations) and write summaries of what they found.

Motivational Techniques

- Consider using a nerf football to begin with instead of a large regular football.
 Use a smaller football for beginners and maybe even girls or people with small hands.

 Allow students to pick their own partners for the passing drills and other games so that they feel comfortable with their partner.

 Match up the upper leveled students with some of the lower level students for scrimmaging so that the teams are not skewed.

 Make sure all players are practicing all skills.

 Use a smaller playing field until players get used to situations, then move up to a larger size.

 Make adjustments for students with any form disability.

**Evaluation of Student Learning**

**Psychomotor:** By the end of this unit the students will be able to perform the flag football skills focused on in this unit including; passing, receiving, punting, kicking, blocking, defensive strategies and offensive strategies as evidence by a partner check off sheet that describes the skills being used.

**Cognitive:** By the end of this unit the students will be able to understand basic rules and strategies of football and be able to understand the importance of offense and defense strategies as evidence by a unit quiz the last day of the unit.

**Affective:** By the end of this unit the students will show good sportsmanship, use appropriate communication skills and respect teammates and equipment being used as evidence by daily participation and observation.

**Participation Scale**

1: Came to class changed and ready all days of the unit.
Cooperation and communication was displayed with teammates.
Student showed excellent sportsmanship.
Worked to improve skills every day.

2: Missed a minimal amount of class
Cooperation and communication was displayed with teammates
Student showed good sportsmanship.
Worked to improve skills at during most of the unit.

3: Missed a sufficient amount of class.
Cooperation and communication was poor.
Students displayed sportsmanship at times
Worked to improve skills occasionally.
<table>
<thead>
<tr>
<th>Skill</th>
<th>Yes</th>
<th>No</th>
<th>Comments</th>
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</thead>
<tbody>
<tr>
<td><strong>Passing</strong></td>
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<tr>
<td>Fingers over lace</td>
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<td>Fingers not palm</td>
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<tr>
<td>Fingers Relaxed</td>
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<td>Shoulders perpendicular</td>
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<tr>
<td>Feet shoulder width apart</td>
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<td>Ball toward eye above shoulder</td>
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<td>Upper arm parallel to ground</td>
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<tr>
<td>Large stride w/ lead foot</td>
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<tr>
<td>Lead throw with elbow</td>
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<tr>
<td>Sharp downward motion</td>
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<td>Shift weight foreword</td>
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<tr>
<td>Finish across the body</td>
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<tr>
<td>Follow through to knee</td>
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<tr>
<td><strong>Receiving</strong></td>
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<tr>
<td>Square to the ball</td>
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<tr>
<td>Keep eyes on the ball</td>
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<tr>
<td>Thumbs close if chest height</td>
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<tr>
<td>Pinkies close if below chest</td>
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<tr>
<td>Tuck ball close to body</td>
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<tr>
<td><strong>Punting</strong></td>
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<tr>
<td>Feet slightly apart</td>
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<tr>
<td>Weight on ball of feet</td>
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<td>Palms up, fingers spread</td>
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<tr>
<td>Laces up</td>
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<tr>
<td>Foot flexed</td>
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<tr>
<td>Lock knee</td>
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<tr>
<td>Follow through in straight line across body</td>
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<tr>
<td>Kick as high as possible on follow through</td>
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<tr>
<td><strong>Placekicks</strong></td>
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<tr>
<td>Feet comfortably spread</td>
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<tr>
<td>Knees bent</td>
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<tr>
<td>Non kicking foot at side of ball</td>
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<tr>
<td>Eye contact</td>
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<tr>
<td>Contact with ball at middle to bottom</td>
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<tr>
<td>Foot flexed</td>
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<tr>
<td>Follow through to were you want ball to go</td>
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<tr>
<td>Soccer- Walk in at 45 degree angle</td>
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<tr>
<td><strong>Blocking</strong></td>
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<td>Body weight balanced</td>
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<tr>
<td>Low center of gravity</td>
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<td>Head up eyes up</td>
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<tr>
<td>Read position</td>
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<tr>
<td>No contact made</td>
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<tr>
<td>Obstruct other player</td>
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</tbody>
</table>

Skills Check Off Sheet
Flag Football Exam

Directions: 1-5 Multiple Choice. Circle the answer that best fits each statement. (1 point each)

1. Flag football was developed in the 1940’s at a ________ as a recreational sport.
   a) Military base   b) College campus
   c) Elementary school  c) None of the above

2. ________ was the birthplace for the first national flag football organization.
   a) Minnesota  b) St. Louis
   c) Washington  d) San Diego

3. Flag football is a combination of all these skills EXCEPT:
   a) Blocking  b) Tackling
   c) Passing  d) Receiving

4. How many players must the offensive team have on the line of scrimmage?
   a) 1  b) 2
   c) 3  d) 4

5. The football is ruled dead at all of these EXCEPT when:
   a) The ball goes out of bounds  b) A flag is torn off
   c) Whistle is sounded  d) When there is an interception

Directions: 6-10 True or False. In the blank, write T if the statement is true and F if the statement is false. (1 point each)

6. Substitutions may be made at any dead ball.
   _____ 6. Substitutions may be made at any dead ball.

7. The defense cannot return interceptions.
   _____ 7. The defense cannot return interceptions.

8. All players are eligible to receive passes.
   _____ 8. All players are eligible to receive passes.

9. There is no physical contact in flag football.
   _____ 9. There is no physical contact in flag football.

10. Once defensive player pulls the flag they must throw it on the ground.
    _____ 10. Once defensive player pulls the flag they must throw it on the ground.

Directions: 11-15 Matching. Match the correct definition (letter) to the correct term (number). (1 point each)

11. Possession  a. When a teammate flips the ball to the quarterback.
12. Snap  b. Putting pressure on the offensive team.
14. Interception  d. When your team has the ball and is playing offense.
15. Down  e. Stealing or gaining possession of the ball when the opposing team is playing offense.
Directions: 16-20 Short Answer. Identify and explain the following concepts in one or two sentences. (2 points each)

16. Explain an offensive strategy.

17. Explain a defensive strategy.

18. What are the critical cues for receiving a pass?

19. What are the “no running zones”.

20. What are offensive penalties?
Flag Football Study Guide

What is flag football?

- Flag football is a game that is a modification of American football. It is a non-contact continuous football game with minimal equipment required. Basic football skills such as passing, catching, throwing, defending and running are used in this game.

- Flag football is a great sport for all to play. There is minimal equipment required and minimal physical contact. A fun game to play.

History (Langdon, 2002)

- American football was created in the mid 1800’s.

- Flag football was developed in 1940’s on a military base as a recreational sport for military personnel.

- Recreational leagues developed in the late 1940’s, early 1950’s.

- This game quickly made its way into physical education classes.

- St. Louis is the birthplace of the first national flag football organization known as the National Flag Football League.

- This has sport has grown and in 1997 the Professional Flag Football League, Inc. was formed.

- In January 2002, 175 teams came to Orlando, FL to participate in United States Flag Touch Football League national tournament, the largest non-conference tournament in the nation. Where 11 national champions were crowned.

Rules (Flag Rules, 2004)

Possession

- A coin toss determines first possession. A coin toss determines first possession. Loser of the coin toss has choice of end zone to defend. The team that loses the coin toss gets possession at the beginning of the second half starting at its own 5-yard line.

- There are no kickoffs.
• The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

• All possession changes, except interceptions, start on the offense’s 5-yard line.

• Teams change sides at half time.

**Number of Players**

• Teams consist of 6 players (5 on the field at a time).

• Teams may play with a minimum of four players (due to injuries).

• If less than four players are available, the game is cancelled.

• A maximum of three boys are allowed on the field at one time.

**Timing/ Overtime**

• Game length is 20-50 minutes running time (two halves, 10-25 minutes each).

• If the score is tied at the end of regulation time, teams move directly into overtime. A coin toss determines first possession of overtime. The team that wins the coin toss starts with the ball on its own 5-yard line. Play continues as in regulation until one team scores. There will be no timeouts granted during the overtime period. Alternatively, the game can be decided by alternating convert attempts form the 5-yard line.

• Each time the ball is spotted the offense has 30 seconds to snap the ball.

• Each team has two 60-second timeouts per half. The clock stops during a timeout. These cannot be carried over to the second half or overtime.

• Officials can stop the clock at their discretion.

• The teams will be warned when there are two minutes left to play in the second half. After the two minute warning a maximum of seven plays will be run, excluding convert attempts. The game cannot end on a defensive penalty.
• There will be a halftime period of two minutes between the first and second half.

**Scoring**

• Touchdown: 6 points

• Extra point: 1 point (played from 5 yard line)

• Safety: 2 points (When you take the flags from an opponent in possession of the ball in their end zone will result in the defense scoring 2 points plus gaining possession for the next series at its own five yard line.)

**Running**

• To start the play, the ball must be snapped between the legs of the snapper.

• The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback.

• The quarterback is the player who receives the ball directly from the snap.

• The quarterback cannot run with the ball past the line of scrimmage.

• An offence may use multiple handoffs behind the line of scrimmage. Only backward or lateral handoffs are allowed during a down.

• Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.

• "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.

• The player who takes the handoff can throw the ball from behind the line of scrimmage.

• All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.

• Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving).

• The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

• It is up to the ball carrier to avoid contact with the defender. Good defensive position should be rewarded by the officials.
Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

- A player must have at least one foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position)

Passing

- Only players starting 7 yards behind the line of scrimmage can rush the passer.

- The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play is dead, loss of down and the ball is spotted at the previous line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven-second rule no longer is in effect.

- Interceptions change the possession of the ball.

- The defense can return interceptions.

- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.

Dead Balls

- Substitutions may be made on any dead ball.

- Play is ruled "dead" when:
  - Official blows the whistle.
  - Ball carrier's flag is pulled or becomes illegal (only one of two flags needs to be pulled).
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - When any part of the ball carrier's body, other than a hand or foot, touches the ground.

- If the ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.

- Players are ineligible to catch a pass if their flag has fallen off.
Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. Ex. a bad snap will be blown dead and the ball will be spotted at the center's feet. There is no stripping of the ball.

Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage and be lined up within 2 yards (side to side) of the ball when the ball is snapped. Any number of players can rush the quarterback but only players lined up within two yards (side to side) of the ball are entitled to a clear path to the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage.

REMEMBER, BLOCKING OR TACKLING ARE NOT ALLOWED.

Penalties

- All penalties are 5 yards (except for Pass Interference - 15 yards). The play will be repeated, and will be from the line of scrimmage, unless otherwise noted.

Defensive Penalties

- Offside -- 5 yards and automatic first down
- Pass Interference -- 15 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and automatic first down
- Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down
- Flag guarding
- Illegal rushing (starting rush from inside 7-yard marker) -- 5 yards and automatic first down.
- Substitution fouls (player enters field after ball is blown ready for play, i.e. To deceive opponents, or 6 players on the field)
- Interference with opponent or ball at the snap.

Offensive Penalties

- Substitution fouls
- Illegal motion (more than one person moving, etc.) - 5 yards and loss of down;
- Offensive holding
• Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball)

• Illegal forward pass (pass received behind line of scrimmage) - 5 yards and loss of down;

• Offensive pass interference (illegal pick play, pushing off/away defender) - 5 yards and loss of down;

• Flag guarding - 5 yards from the point of foul and loss of down;

**Sportsmanship/Roughing**

• If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected. FOUL PLAY WILL NOT BE TOLERATED.

• Once a flag is pulled, the defensive player should hold the flag above his/her head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette.

**Safety**

• No physical contact.
• Have a flat playing surface.
• Follow rules, play fair.

**Glossary**

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<tr>
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<tbody>
<tr>
<td>1.</td>
<td>Flag Football</td>
<td>A modified football game that in non-contact. Two flags are worn around your waist on a belt.</td>
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<tr>
<td>2.</td>
<td>Possession</td>
<td>When your team has the ball and is playing offense.</td>
</tr>
<tr>
<td>3.</td>
<td>Touchdown</td>
<td>When a team legally brings the football into the end zone. Six points are awarded.</td>
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<td>4.</td>
<td>Safety</td>
<td>When you take the flags from an opponent in possession of the ball in their end zone will result in the defense scoring 2 points plus gaining possession for the next series at its own 5-yard line.</td>
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<td>5.</td>
<td>Snap</td>
<td>This is when a teammate flips the ball to the quarterback.</td>
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<tr>
<td>6.</td>
<td>Quartback</td>
<td>The person who receives the snap and throws or passes the ball to their teammates.</td>
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<tr>
<td>7.</td>
<td>Center</td>
<td>The person who snaps the ball to the quarterback.</td>
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<td>8.</td>
<td>“No-Running Zone”</td>
<td>Located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent’s end zone, the offense cannot use a running play to cross the line of scrimmage.</td>
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<tr>
<td>9.</td>
<td>Rushing</td>
<td>Putting pressure on the offensive team, especially the</td>
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<td><strong>g</strong></td>
<td>quarterback.</td>
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<td><strong>10.</strong></td>
<td><strong>Interception</strong></td>
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<td></td>
<td>Stealing or gaining possession of the ball when the opposing team is playing offense.</td>
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<td><strong>11.</strong></td>
<td><strong>Down</strong></td>
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<td></td>
<td>Five yards must be gained in order to receive a down. This is a completion of a play.</td>
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<td><strong>12.</strong></td>
<td><strong>Flag Guarding</strong></td>
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<tr>
<td></td>
<td>When someone holds on to or protects their flags from being taken by their opponents.</td>
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**References**


