



## Grade 9 -12 Flag Football

### Essential Skills/Indicators:

- Is able to throw a football to a person 10 yards away
- Is able to catch a football thrown from 10 yards away
- Can run one football pattern of the following: hook, square out, square in
- Understands the goal of the team in possession of the ball
- Understands the goal of the team without the ball
- Understands basic football terminology
- Understands what offensive contribution can be made by offensive players without the ball
- Knows how and can attempt to disrupt the successful play of opponents
- Is able to follow basic flag football rules
- Is able to exhibit good sporting behavior
- Can play without endangering the safety of others

### Personal/Social Skills and Safety Indicators

- Listens actively to others
- Follows, explains, interprets and adapts instructions and directions with and for others
- Stays on task and is self-directed, gives and accepts assistance
- Shows patience with others of different abilities and encourages others to do so
- Dresses appropriately for vigorous physical activity
- Applies safety rules and procedures while participating
- Recognizes unsafe conditions and situations

### Participation Rubric

- Participates on time, takes part in all activities
- Participates positively as an individual and in a group
- Tries new things and encourages others to do the same
- Takes on leadership roles
- Strives for personal best, encourages others to stay on task
- Demonstrates enjoyment from participation in physical activities
- Open to new challenges or trying new activities
- Encourages the inclusion of others of different ability, cultures and genders
- Encourages others with positive comments

Flag Football is a non-contact game that promotes skill development, cardio training and mental strategy.

Flag is a modified version of tackle football and provides participants with the opportunity to develop many of the same skills, tactics and strategies of regular football without the body contact.

## How do you play Flag Football?

### Objective of the Game

- Two teams of five players each compete against each other.
- To outscore your opponents by scoring touchdowns.
- One team, “the offense”, has possession of the ball and attempts to move the ball across their opponent’s goal line.
- They do so by passing and running the ball towards their opponent’s goal line.
- The opposition, the “defense” attempts to stop them from accomplishing the task.
- Players attempt to stop the ball carrier by grabbing and removing one of the flags worn on each player’s hips; this is referred to as “flagging” or non-contact tackling.



## Basic Rules & Guidelines

### Field Dimensions and Markings

Length: 60 (or 80) yards Width: 25 (or 30) yards

End Zones: Maximum 10 yards deep, minimum 7 yards deep

No-running zones: Must be marked 5 yards from each end zone. First Down marker at midfield.

### 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. 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 (4) Players (due to injuries).

### Timing/Overtime

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

### The Basic Rules

### Tackling and Blocking are not allowed

### Running

- To start the play, the ball must be snapped between the legs of the Center.

### Scoring

Touchdown: 6 points  
Extra point: 1 point (played from 5-yard line)  
2 points (played from 12-yard line)  
Safety: 2 points



- 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 (no Center sneak play).
- The Quarterback is the Player who receives the ball directly from the Center.
- 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 and must be behind the LOS.
- “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 run.
- Spinning is allowed, but 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.
- The Center and Quarterback are eligible Receivers.
- One forward pass is permitted for each down and the passer must be behind the LOS.

### **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. (They 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, results in a loss of down and the ball is spotted at the previous line of scrimmage.
- Interceptions change the possession of the ball.
- The defence can return interceptions.
- Once a Player crosses the line of scrimmage with the ball he/she is no longer allowed to lateral the ball. This applies to Receivers as well (i.e. hook and laterals are notpermitted).

### **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.
  - 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 carriers 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.

### **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
  - Trash talking is illegal.



# Position Descriptions

## Quarterback (QB)

- The QB is the captain on offense.
- The QB calls the offensive plays and is the leader.
- The QB always stands behind the Center (C) and receives the football in what is called a “snap”.
- The QB has the option to either hand off the football or pass the football to a teammate on offense.

## Center (C)

- The Center snaps the football to the QB.

A snap is when the Center tosses the football between his or her legs.

- After the snap, the Center can run out for a pass.

## Wide Receiver (WR)

- The Wide Receiver is responsible for catching passes from the QB and running with the ball.
- The WR also can take a handoff.
- There are up to three WR's on offense.

## Running Back (RB)

- The Running Back stands behind the QB or next to the QB and is responsible for receiving handoffs from the QB and running with the ball. RBs also catch passes from the QB.

## Defensive Backs (DB)

- All Defensive positions in Flag Football are called Defensive Backs.
- The DB is responsible for stopping the Players on offense and trying to intercept or gain possession of the football.
- The DB tries to pull the flag of the Player with the football.
- One or more Defensive Backs (DB) can be designated as the Rusher.

