

FLAG FOOTBALL RULES

PLAYERS

1. There will be 5-7 players per team. The teams will consist of as equal amount of males and females as possible.
2. The quarterback receiving the snap must be at least 3 yards behind the center which is the person snapping the ball. You may shotgun snap or chicken snap to the quarterback. NO DIRECT SNAPS. The ball must start from the ground when snapped.

EQUIPMENT

1. Players must have both flags attached to their belt before the next play can continue.
2. Each players belt needs to be secured out side of their shirt so the flags are visible and not covers by any article of clothing.
3. Flags are to be lined up with the hip of each player.
4. Each player is required to wear the appropriate shoes. Sandals, boots, dress shoes, and bare feet are unacceptable.

GAME PLAY

1. The game will start with a rock, paper, scissors throw off, 1 time to determine who starts with the ball.
2. The team that starts with the ball will receive the ball by doing a kick off the tee to determine field position.
3. If the ball comes to a stop on a punt, the ball is down where it is at.
4. Each team must have 3 players that start on the line as blockers or rushers.
5. Each set of 4 downs must include at least 2 running plays. Each set of 4 downs also requires a female to quarterback at least one time.
6. To gain a first down, the offense must cross over into new zone on the field past the firsts down marker. If the offense gets to a 4th down situation, they need to announce whether they are going to punt or play to try and obtain a first down.
7. During any play, if the ball hits the ground the play is dead. If a player fumbles the ball, the ball is down where the fumble occurred.
8. If a player steps out of bounds, the play stops where the player stepped out. The ball should then be brought back to the middle of the field at the new line of scrimmage.
9. A player is down when one of the flags is pulled off by the opposing team.

SCORING

1. Each touchdown scored is worth 6 points. Upon scoring a touchdown the team can go for 1 extra point by running a pass play or running play. The extra point should be 3 yards away from the goal line
2. After the team has scored and attempted to make the extra point, there will be another kickoff like at the start of the game.

FOOTBALL TERMINOLOGY

OFFENSIVE TEAM- the team that has possession of the ball.

DEFENSIVE TEAM- the team without the ball.

CENTER- the person that snaps the ball to the quarterback.

RECEIVER- player that receives (catches) a pass from the quarterback

QUARTERBACK- the person that directs the plays. They can pass it or hand it off behind the line of scrimmage. They can also run with it.

TOUCHDOWN- is worth 6 points

EXTRA POINTS- After a touchdown, you can run a play for 1 extra point.

GAME- to advance the ball across the goal line by running, passing, or kicking the ball.

LINE OF SCRIMMAGE- a line that runs from sideline to sideline where the ball is put into play. This line separates the offensive side and the defensive side of the ball.

DOWNS- the team in possession of the ball is allowed 4 tries to advance the ball past the 1st down mark. Each try or play is a down.

PUNT- drop the ball from the hands and kick it before it touches the ground.

THROWING- the fingers should be on the laces of the ball, thumbs down.

RECEIVING- bring the ball into the body so it will not be knocked out of your hands.

KICK OFF- to start a game or after a score. The ball must be on the ground, midway from the goal line and from the mid field line.

GENERAL INFORMATION

1. If a team makes it past the 1st down marker, they get the ball for 4 more tries (downs).
2. On the 4th try (down), a team can play it or punt it off to opponents..
3. Every time a team gains or loses yardage, the line of scrimmage will change.
6. The team on offense must declare on the 4th try (down) if it is going to play or punt.