

Flag Football

History

Touch or Flag Football is an outgrowth of tackle football. Rules are not universally adapted and vary widely with the playing situations.

The Playing Field

1. Two end zones 10yds in width.
2. The playing is between goal lines and side lines with the sidelines being out of bounds.
3. 1st down markers are usually set at 20 yard apart so a team has 4 tries to get a 1st down.

Basic Rules

1. Length of game is usually 4 quarters with the length of the quarters vary according to areas.
2. Scoring
 - a. Touchdown 6 pts
 - b. Field Goal 3 pts
 - c. Safety 2 pts
 - d. Points after TD 1 run or kick
3. Players
 - a. usually 9 on a team but can have fewer or more by mutual consent
 - b. Offensive team must have 5 people on the line of scrimmage (LOS) when the ball is put into play.
 - c. Everyone is eligible to catch a pass.
 - d. Substitutes may maybe rotated in any number at any time just report to the referee.

Playing regulations

- 1, game is started with a flip of a coin. The winner gets to choose between kicking-off or receive or what goal they want. The loser gets the remaining option. the choice is reversed at the beginning of the 3rd quarter.
2. The ball is put into play with a kickoff. This is done at the start of the game, after a score and at the beginning of the 3rd quarter.
3. The ball can be advanced by either passing it or running it.
Passes forward must be made from behind the LOS.
Backward passes or laterals can be made anywhere on the field.
Fumbles are dead balls where the ball hits the ground.

4. Rushing the passer.
usually there is a time period set from when the quarterback gets the ball and the defensive can rush. It is usually 2 or 3 seconds from when the QB gets the ball.

Fouls and Penalties

1. Blocking.
when blocking a player cannot leave their feet or use their hands to grab someone.
2. Off side.
A player cannot cross the LOS until after the ball is snapped.
3. Pass interference.
A defensive player cannot interfere with a pass receiver until they catch the ball. This includes pushing them, grabbing them. or holding them.
4. Roughness or intentional tackling
It is a foul to push, tackle, trip, or hold another player
5. Offensive use of hands
the offensive team cannot use extended arms including "still arms" to ward off or obstruct an opponent.

Terms:

Block: Offensive person uses their bodies to ward off a defensive player from the ball carrier

Hand-off: When an offensive player gives the ball to a teammate.

Lateral Pass: When the offensive player passes the ball backward or parallel to another teammate. If the player is beyond the LOS then this is the only way the ball may be given to another teammate.

Off side : When an offensive player crosses the LOS before the ball is snapped

Tackling: When the defensive stops the person running with the ball. It is the primary purpose of the defense

Forward pass. Throwing the ball forward to a teammate. the thrower must be behind the LOS to do this.

Punt: a kicking action where the ball is held above the waist when it is kicked.