

FLAG FOOTBALL

Flag football is a variation of touch football in which cloth or plastic or vinyl flags are worn on both hips by all players. The flag is detached or stripped from a player by the defensive player in lieu of a touch or tackle. A different color flag is used by each team.

The basic rules governing flag football are similar to those used in touch football. Holding an opponent or onto the flag to prevent detachment are common infractions found in flag football and must be closely regulated. Some contend that utilization of the detachable flag in lieu of the touch tends to minimize roughness in team play. Officiating is easier in flag than in touch football, since detachment of the flag is easy to see.

In flag football you cannot hold, tackle, or block the ball carrier in an attempt to secure the flag. Defensive players must maintain contact with the ground when attempting to secure the flag—no jumping or diving. The ball carrier may not employ a straight-arm or utilize body contact against a defensive player in order to prevent him from securing the flag.

Playing field. An official flag football field is 40 yards wide by 100 yards long. The field is divided into four 20 yard zones and two end zones, each 10 yards deep.

Goals. Goal posts are not a necessity; however, lack of goal posts eliminates points after touchdown by kicking and field goals. In these cases, points after touchdown are gained by running or passing.

Ball. A regulation leather or rubber-coated football can be used. It is recommended that a junior-sized football be used by younger children or females.

Flags. Flags should measure 12-15 inches in length and 2 inches in width. They can be made of cloth or vinyl.

Length of Game. Four ten- to twelve-minute periods constitute a game with a one-minute rest between periods and a five-minute rest between periods and a five-minute rest between halves. Games may also be divided into two twenty-minute halves with a five-minute rest period.

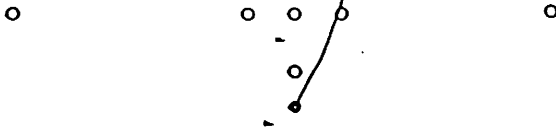
Scoring. Scoring is the same as in regulation football:

Touchdown	6 points
Field Goal	3 points
Safety	2 points
Point after touchdown	1 point by kick, 2 points by run or pass

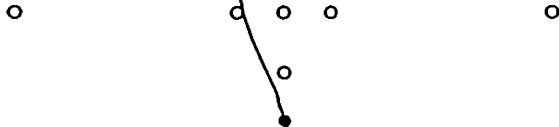
FLAG FOOTBALL PLAYS

RUN PLAYS

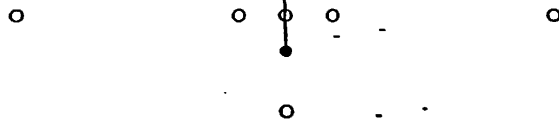
1. RUN RIGHT



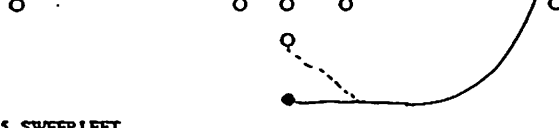
2. RUN LEFT



3. QUARTERBACK RUN



4. SWEEP RIGHT



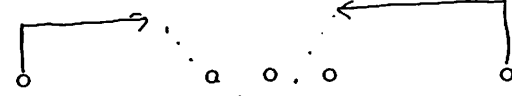
5. SWEEP LEFT



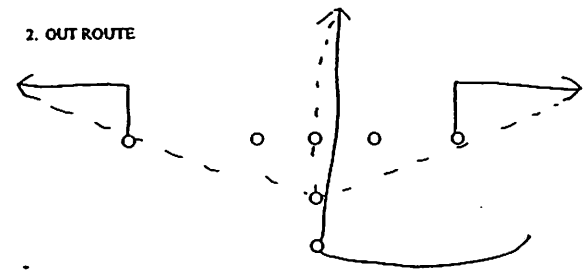
FLAG FOOTBALL PLAYS

PASS PLAYS

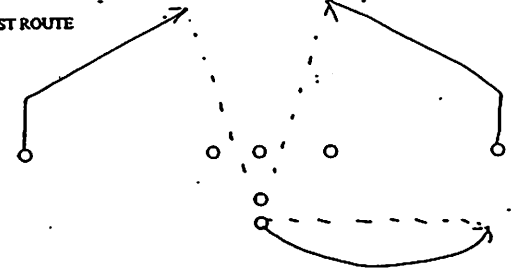
1. IN ROUTE



2. OUT ROUTE



3. POST ROUTE



Players. A team consists of seven players, although fewer or more players may be used by mutual consent. The offensive team must have at least three persons on the line of scrimmage when the ball is put in play.

PLAYING REGULATIONS

Starting the Game. A toss of a coin by the referee.

Putting the Ball in Play. The ball is put in play at the start of the game, after a score, and at the beginning of the third period by a place kick from the kicker's 20-yard line. Defensive players must be 10 yards away when the ball is kicked, and members of the kicking team must be behind the ball. If the ball does not go 10 yards, it must be kicked again. If the ball goes out of bounds after 10 yards, the opponent has a choice of beginning play where it went out of bounds or on their own 20 yard-line. If the ball is kicked into the end zone and the opponents elect not to run it out, play begins on their 20-yard line.

Fumbled Ball. A fumbled ball at any time is dead and belongs to the team that fumbled the ball at the point of the fumble, the down and point to be gained remaining the same. A fumbled forward pass is ruled as an incomplete pass.

Downed Ball. The ball is dead and the player downed when an opponent detaches a flag from the ball carrier.

First Downs. A team has four chances to move the ball from one 20-yard zone to the next. If a team does not advance the ball from one zone to the next in four downs, the ball goes to the opponents at that spot.

Passing. The following regulations govern passing: All players on both teams are eligible to catch passes. Forward passes may be thrown from any point back of the line of scrimmage, and lateral passes may be thrown anywhere on the playing field. Any number of passes may be thrown in a series of downs.

Blocking. Since the player is not permitted to lease the feet in executing a block, the player must become adept at maintaining balance while retaining a position between the defensive person and the ball carrier. It is important to try to maintain contact with the defensive player and draw him/her away from the ball carrier. The blocker is not allowed to hold the defensive person, so the hands must be crossed across the chest and hands hold the shirt.

Penalties. 5-yard Penalties: Offside, Delay of game, Less than three players on the line of scrimmage, Illegal motion or shift, Illegal forward pass.

15-yard Penalties: Illegal use of hands, Illegal block, Unnecessary roughness (push, tackle, shove, trip, holding), Unsportsmanlike conduct, Clipping, Pass Interference.