

Flag Football Study Guide – 8th Grade

History

American Football as we know it today developed in the late 19th Century from two English sports, soccer and rugby. The first colleges to play football were Yale, Columbia, and Princeton. In 1876 the Intercollegiate Football Association was formed, and this organization developed many uniform rules of the game, including setting the scrimmage line, the system of downs, and the scoring system. Touch and flag football- modifications that can be played safely without the use of pads- grew out of the interest in American football. Flag Football eliminated controversy inherent in the touch football game- when a defender could snatch a flag; it clearly was a successful tackle. The skill to grab or protect the flag also made flag football more interesting than touch football.

Equipment

Flag football equipment consists of regulation leather or rubber football and belts with short plastic flags, usually attached with velcro fastenings, on each side.

Safety

No blocking below the waist or jumping in the air to block. Blockers should keep their elbows in contact with the torso rather than extending them away from the body. No stiff-arming defenders who are attempting to pull the ball carrier's flag.

Basic Rules

The general objective of the game is to carry or pass the football over the opponents' goal line for a score while preventing the opposition from advancing the ball into your end zone. Teams consist of 8-11 players but may be adjusted to fit size of league.

There must be a minimum of five players on the line when the ball is snapped. The offensive team has 30 seconds to get off the snap before a penalty is called. When the ball is fumbled, it is declared "dead" at that spot. A player carrying the ball, whose flag is pulled, is considered "downed" and the ball is dead at that spot.

Basic Rules Continued

Each team is given four downs to advance the ball to next zone or to cross the goal line.

A regulation game consists of four 10 minute quarters and two timeouts are allowed per half.

Scoring:

6 Points for a touchdown

2 Points for a safety

2 Points for running in an extra point

1 Point for throwing in an extra point

Penalties:

"5" Yard Penalties-

-Offside

-Forward pass from in front of the line of scrimmage

-Failing to declare punt

-Stiff-arming

-Hiding your flag

-Delay of game

"15" Yard Penalties-

-Tackling, holding, tripping, pushing, rough play, etc...

-unsportsmanlike conduct

Offensive Lineup

END GUARD GUARD CENTER GUARD GUARD END

QUARTERBACK

HALFBACK

HALFBACK

FULLBACK

Defensive Lineup

X	X	X	X	X	X	X	Linemen
	X		X		X		Linebackers
			X				Safety