



FLAG FOOTBALL STUDY GUIDE



HISTORY

Football began when ancient Greeks played harpaston, in which they tried to move a ball across a goal line. England adapted harpaston into a more modern version of football, which it later split into two sports: rugby and football (American soccer). Then, in 1869, the first intercollegiate football game was played, when Rutgers and Princeton played each other. Twenty-six years later, the first professional game was played. Finally, in 1922, the National Football League began.

FUN FACTS

- Most touchdowns scored in a single season is 31, scored by La Dainian Tomlinson of San Diego in 2006.
- Super Bowl I was won by the Green Bay Packers in 1967.
- John W. Heisman legalized the forward pass in 1906.

FLAG FOOTBALL PLAYER RESPONSIBILITIES

Offense

Center—snaps ball, blocks, can go out for a pass

Guards—block, can go out for a pass

Wide Receiver—go out for passes and block on running plays

Quarterback—calls plays, passes, runs or hands off

Backs—run with ball, catch passes, and block

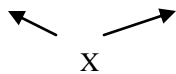
Defense

Rushers—Rush the quarterback, watch for run plays

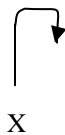
Defensive ends and linebackers—watch zone for runs or passes

Safety—pass play defense, picks up any runner that gets past everyone else

PATTERNS



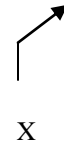
Slant



Curl/Button hook



Fly



Post

INDIAN TRAIL FLAG FOOTBALL RULES

- The game starts with a kick off from the white hash mark. The kicking team forms a straight line. The team receiving the kick off position themselves behind the 1st down line (centerline).
- A player is considered down and the ball is dead when the opposing player pulls the flag from the ball carrier. If the belt has fallen off accidentally it is then one hand touch.
- The ball is down where flags have been pulled. A team is allowed four downs to score a touch down or be awarded a first down.
- There are NO FUMBLES. If ball hits the ground on a snap, kick off, or hand off it is down there.
- First downs are awarded after a team has crossed the 1st down line (center line). Teams can only be awarded one 1st down.
- If a team does not get a first down or touch down by the fourth down a team must declare a punt or that they are going for 1st down. (No fakes)
- If a team fails to get a first down or touchdown on the fourth down, then the other team is awarded the ball from the spot of the last team possession. This is a turn-over.
- All players are eligible receivers.
- The ball must be thrown behind the line of scrimmage.
- Teams can use one quarterback sneak per four downs, but can hand-off every down.
- Immediate Rush- every play
- A touchdown is worth 6 points. There is no way to kick a field goal (1 point) in PE. Therefore everyone will try and score a two point conversion (Place ball on hash mark and you get one attempt to score in the end zone).

TERMS

Tackle: to pull flag from runner's belt

Punt: A kick used on 4th down, kick is made by snapping the ball and drop kicking football off instep of foot

Kickoff: Kick used to start game and after each touchdown.

Block: Action in which offensive players use their body to ward off defensive players from the ball carrier

First Down: the first play for the offense after gaining possession, or after crossing the 1st down (center) line

Offsides: when player crosses line of scrimmage before ball is snapped

Line of Scrimmage: imaginary line where ball is downed, line that two teams face each other

Interception: when the defensive team catches an offensive pass

Completion: when offensive team catches the ball

Lateral pass: passing the ball backward or sideways

Web Site

National Football League

National Collegiate Athletic Association

Web Site Address

<http://www.nfl.com>

<http://www.ncaafotball.net/>