

FLAG FOOTBALL RULES

1. Players: 7–9 players per team
2. Time out: One time out per team is permitted per half.
3. Live ball: The ball is still live when:
 - a. the ball carrier falls and then immediately gets up without being flagged by an opponent.
 - b. a player receiving a kick off touches but does not catch the ball.
 - c. the quarterback does not catch the snap.
4. Dead ball: The ball is automatically dead when:
 - a. when the ball carrier's flag is removed by a defender.
 - b. a fumbled ball, offside pass, on side pass, or blocked kick touches the ground.
 - c. a defender jumps over a fallen ball carrier to avoid bodily contact and possible injury.
 - d. the ball touches the goal post assembly.
 - e. a player tips a pass, is deliberately flagged by an opponent, and then catches the ball. The ball is dead at the point where the receiver was deliberately flagged.
 - f. a player deliberately or accidentally touches the ball with a foot or leg without having had control of the ball in the hand (known as a dribbled ball).
 - g. a punted ball is touched by a receiving team player and then subsequently touches the ground in an offside direction.
 - h. the ball lies motionless for three seconds after being punted.
 - i. a punted ball touches the ground before crossing the line of scrimmage or before leaving the end zone.
5. Point ball dead: Placement of the ball following a fumble, a dropped punt, or any dropped offside or on side pass. Placed at the last line of scrimmage.
6. Possession changes: A team loses possession of the ball the instant the ball is punted.
7. Scoring: points are awarded for scoring a touchdown (6), a safety touch (2), or a convert (1 or 2) Field goals are not permitted. A conversion attempt must be scrimmaged from the five (1) or ten (2) yard line then run or passed over the goal line to score.
8. Kick off: A kick off must travel 20 yards towards the receiving team, or a penalty will be assessed. The kicking team cannot recover a kick except by intercepting a lateral pass by the receiving team or by controlling a free ball.

9. Scrimmage: Offensive players, except the center, may be in motion at any time. The ball must be snapped by the center, through the legs, to the quarterback who must be at least 5 yards behind the line of scrimmage to receive the ball. Only the center must be on the line of scrimmage at the time of the snap.

Defensive players must be 1 yard from the line of scrimmage. The rusher must start from a point 5 yards from the line of scrimmage even when near the goal line.

10. Eligible receivers: All players on either team are eligible receivers.

11. Punting:

- a. Players of the punting team may not recover their own punt and must give the receiver 5 yards. A blocked punt is dead when it touches the ground.
- b. A deflected punt is dead when it touches the ground behind the line of scrimmage or behind the punter's goal line.
- c. A punt from the end zone is dead when it strikes the goal post assembly or touches the ground in the end zone.

12. Interference: No player may interfere with an opponent at any time. A clear and direct path must always exist for the opponents to reach the ball carrier, potential ball carrier, or the ball. No blocking of any kind is permitted.

13. Personal foul: Contacting the passer or punter at any time is illegal. Contact is normally ruled a personal foul, unless it is considered to be unavoidable or incidental contact.

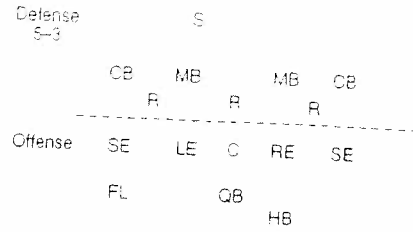
14. Simple Infractions:

- a. Offside- no player on either team shall cross the neutral zone before the snap of the ball. Penalty – 5 yards
- b. Interference- is committed when a player obstructs, blocks, or pushes an opponent, preventing his approach to the ball, the ball carrier, or a potential ball carrier. Penalty – 10 yards
- c. Unnecessary roughness- may be called at the discretion of the official. Penalty - 15-25 yards and possible ejection from the game.

1. Team and offense formation (eight player touch)

Basic alignment

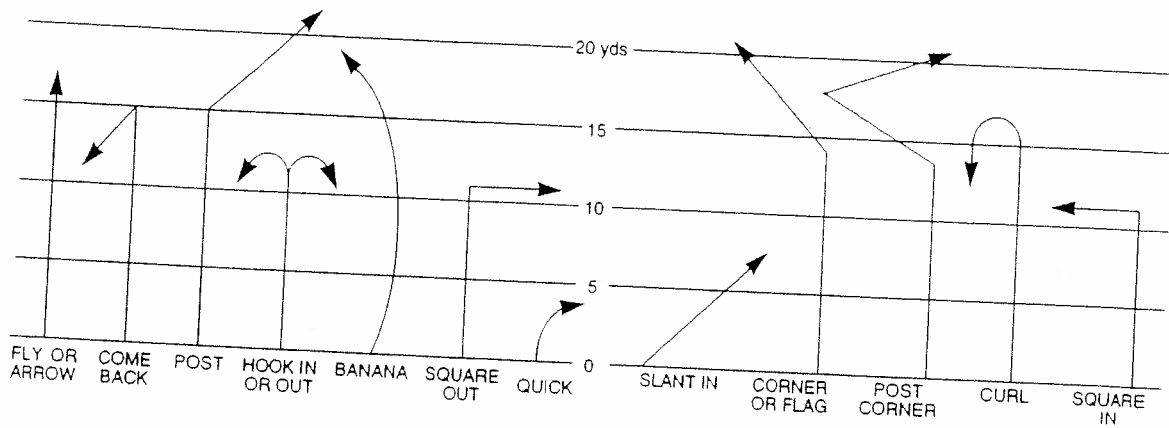
- S = Safety
- CB = Corner Back
- MB = Middle Back
- R = Rusher
- QB = Quarterback
- C = Center
- SE = Split End
- LE = Left End
- RE = Right End
- FL = Flanker
- HB = Half Back



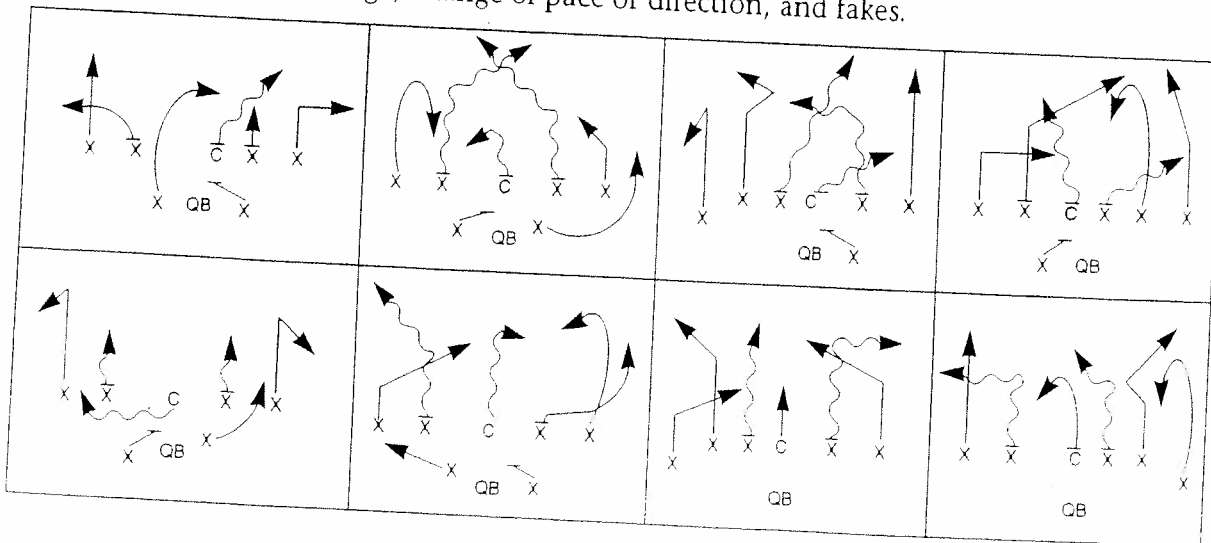
The above diagram shows a typical eight-player formation. Several variations may be developed as the sport unit progresses.

Touch football offers a wide range of offensive plays that are used in regular football. Each student should learn to run a series of pass routes and know when to use them advantageously.

Pass routes

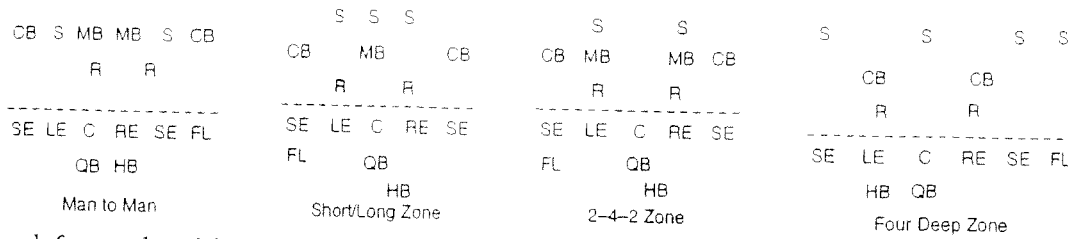


Offensive Plays. An important rule for any offense is always to attack the defense at its weakest point. Watch the opponent's tendencies and personnel with the intent of developing a plan that overcomes their defense. Teach students how to evade a defensive player by using a dodge, change of pace or direction, and fakes.



2. Defense formations

There are many defensive formations. Start with the four formations illustrated below.



The defense should focus on the following:

- Preventing the opposing team from scoring, especially the long, easy touchdown.
- Gaining possession of the ball by an interception, preventing first down, or blocking a punt.
- Scoring when gaining possession of the ball.

Teamwork is the key to zone defense; each individual is responsible for a certain area of the field. When more than one receiver enters a zone, the defender should play as deeply as the deepest receiver in that zone. A receiver must never be allowed to get behind a defender.

When playing one-on-one defense, the defenders must know whom they are responsible for covering. As the receiver comes off the line, the defender should begin back pedaling, focusing eyes on the receiver's waist to avoid a head-shoulder fake. The defender should maintain a two- to three-meter cushion between himself and the receiver and be prepared for any break the receiver might make. Tips for the rusher:

- ✓ Take a stance five yards from the ball and to one side of the offensive center.
- ✓ On the snap, dash straight ahead.
- ✓ Don't jump in the air to block a pass unless the quarterback has committed himself to release the ball.