

Flag Football Rules and Regulations

Central High School Physical Education

SKILLS

1. Stance – 2 point, feet shoulder width apart, toe to heel relationship.
2. Centering – (long snap) Feet wider than the shoulders, bent knee, weight on the balls of the feet, grip the ball as if passing it over head. Look at the target, while looking through your legs; pass the ball to the target.
3. Passing – Hand position on the ball, grip the laces, and throw over head.
4. Receiving – Thumbs and finger tips touch just before the ball comes to you. “Catch the dime” the end of the ball. “Tighten the noose”, your hands grasps the ball as the ball lands in your hands. “Tuck it away”, the process of securing the ball under your arm, with the fingers covering the end of the ball.
5. Kickoff – Although high school, college, and professional football execute the kickoff after each score, we will not use this skill in our Physical Education classes.
6. Extra Point – One point if the team runs the ball across the goal line after the touchdown. Two points if the team passes the ball across the goal line after the touchdown.
7. Offensive Blocking – The use of the hands to ward off the opponent is legal. The hands must be within your frame and open. Holding or grasping of the opponent is illegal.
8. Defensive Play – May use the hands at all times. The defense tries to block the ball, strip the flags off of the offensive player that has the ball. Guard a receiver who runs a pass route.
9. Hand-offs, quick pitch, and option – Offensive maneuvers designed for running plays.
10. Tackling the flag – Your feet need to be under control and grab the flag, raise it in the air, then drop it to the ground. It is unsportsmanlike; to pull the flag off of a player that does not have the ball.

RULES: The official rules will be National Federation of High School Football Rules, with the exceptions listed below.

TIME: The entire Physical Education class period.

FIELD SIZE: A regulation field is 120 yards (360 feet) x 53.3 yards (160 feet). Our fields were adjusted to allow for class size and available lines. First downs were allowed when the offense crossed the mid-field line. Four downs to score.

UNIFORMS: Rubber soled tennis shoes or running shoes. Cleats are not allowed.

FLAGS: The flags provided, allow a definite and equal resistance thereby requiring the same amount of pull in order to “de-flag” any player.

DOWNED BALL: In order for a player to be declared down, the flag must be pulled off of the player and dropped. The “tackler” must stop at the point of the tackle and extend the arm with the withdrawn flag upward. The ball carrier is declared down at this point. The ball carrier cannot deliberately touch the flags or guard them in any manner. **PENALTY:** 10 yards from the point of the foul.

DEAD BALL: The ball is ruled dead when a fumble strikes the ground. The ball belongs to the team which last had possession of the ball if the ball goes out-of-bounds. Exception to the rule: on the center snap to the Quarterback, the ball must be secured by the QB before the ball is considered to a completed snap.

LOSS OF FLAG: If a player's flag is inadvertently lost, the player shall be down at that spot or if a pass is later caught, the player shall be down at the spot of the catch. It is illegal for a player to deliberately withdraw an opponent's flag unless that player is in possession of the ball.

RUNNING RULES: 1) The runner must keep at least one foot on the ground. Leaping or jumping to avoid having the flags pulled off is illegal. 2) No straight or stiff arming. 3) No lowering the head to punish the defender. 4) No guarding of the flags, you must run with the arms above the waist. 5) No other part of the body except the feet may touch the ground while running or the player shall be declared downed. 6) Flags must be on the outside of the shirt or sweat shirt. 7) No tying the flags. 8) Spinning is allowed.

CHARGING AND TACKLING: The ball carrier may not run through a defensive player, he/she must attempt to evade the "tackler". The "tackler" must not hold, push, nor run through the ball carrier. The defender must play the flag rather than the man. **PENALTY:** 15 yards and loss of down (offensively), 15 yards from the spot of the foul, if done by the defense. Play that is deemed to be excessively rough may result in banishment from the game in some form.

TACKLING: Tackling is not permitted. The ball is declared dead when the defensive player pulls the runner's flags off. Any action against the runner, other than merely pulling his flag, is unnecessary roughness. **PENALTY:** 15 yards from the point of the foul. The offender may be banished from the game.

DEFENSIVE RULES: 1) May use the hands. 2) Must rush around the center and not over the center's head.

OFFENSIVE RULES: 1) All players must use a 2 or 3 point stance and set one second before the ball is snapped. 2) All offensive players are eligible players. 3) A center must be used on every down. 4) The ball is dead when it hits the ground, except on the center snap. The Quarterback must gain control of the ball before a fumble is considered to be dead.

BLOCKING: Blocking shall be the same as regulation football. In the open field, or out in the line blocking, no part of blocker's except his/her feet shall be in contact with the ground throughout the block. The blocking shall be a type of body checking with the blocker in an upright position. Any rough tactics such as attempting to over or to batter down an opponent must be penalized as unnecessary roughness. NO cut blocks, cross body rolls, or clipping (blocking from behind).

PASSING: A forward pass may be thrown from any point behind the line of scrimmage. The passer is declared down if his/her flags are withdrawn by the defensive player or they drop off of the player before the pass is thrown. A forward pass is a pass thrown from behind the line of scrimmage to a player down field over the line of scrimmage.

PASSING OR CATCHING: 1) This is the only time that a player can leave their feet. 2) Laterals can be forward or backward behind the line of scrimmage but only backward when over line of scrimmage.

DOWNES: The team has four downs in which to score or make a first down after it assumes possession of the ball. If a team fails to score in four downs or make a first down, its opponent shall

take possession of the ball at the spot where the ball is declared dead ending the fourth down. Then position on the proper spot going toward the center of the field.

KICK-OFF RULES: There will be no kick-off during flag football game. After each score the ball will be placed on the 10 yard line, first and midfield to go.

SCORING: 6 points for a touchdown – crossing the opponents goal-line.

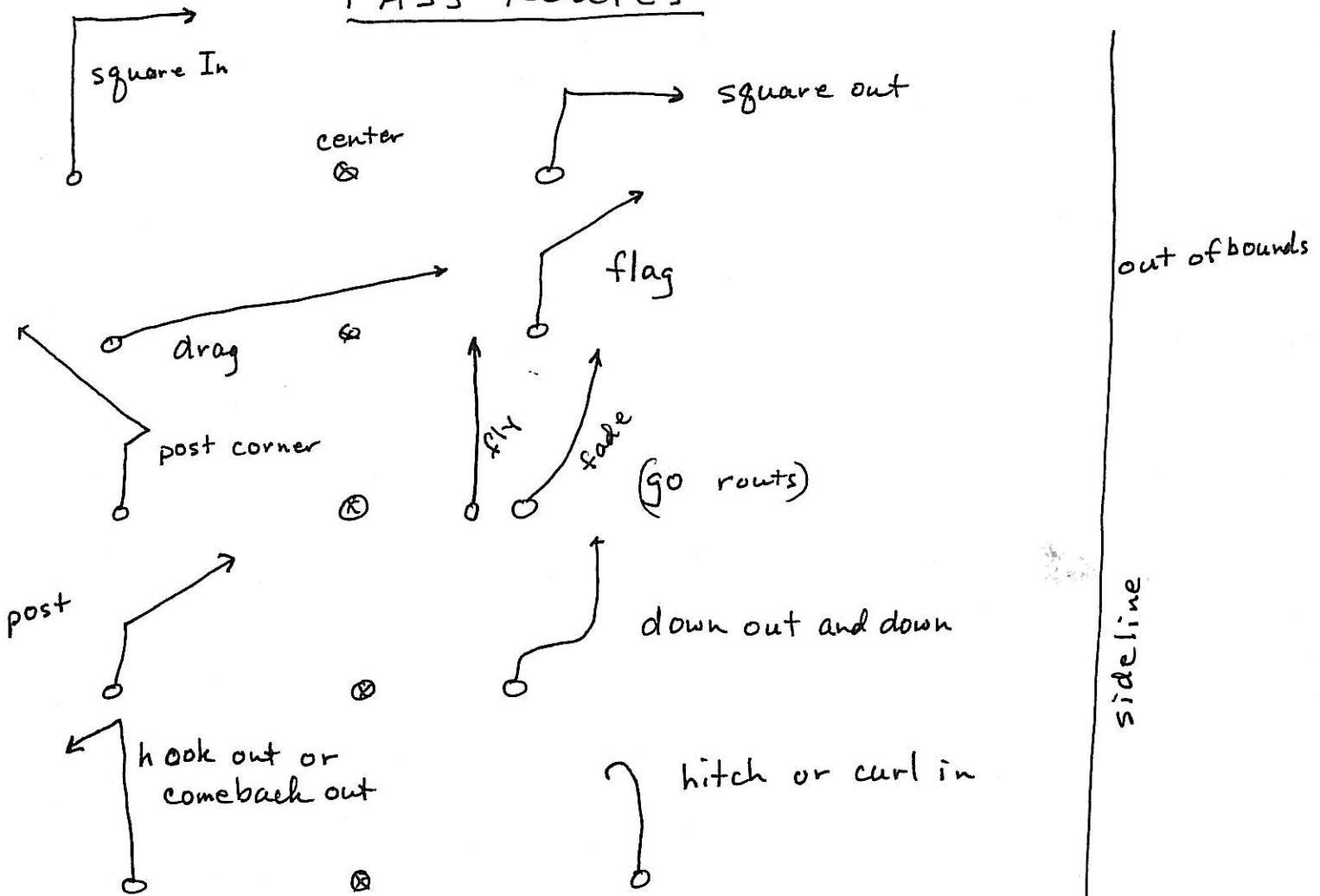
2 points for an extra point that is passes across the opponents goal-line.

2 points for a safety - when the offense is tackled behind their own goal-line.

1 point for an extra point that is run across the opponent's goal-line.

RUSHING THE PASSING: Due to the fact that all players are eligible to go out for a pass, the defense shall count "three Mississippi" or "three Ardvark".

PASS ROUTES



Professional Football Hash Marks

