

## FLAG FOOTBALL STUDY GUIDE

### TERMINOLOGY

**BLOCKING:** The obstructive movement by an offensive player used to keep the defensive player from tagging the ball carrier.

**DOWN:** Part of the game which starts with the snap from the center and ends when the ball becomes dead.

**END ZONE:** The area of the field from the goal line to the end-line between the sidelines.

**INTERCEPTION:** A defensive player that catches a forward pass intended for an offensive player.

**LATERAL PASS:** A pass by the ball carrier behind himself/herself to another eligible player on their team.

**LINE OF SCRIMMAGE:** An imaginary line where the football is placed and separates the offense from defense.

**HUDDLE:** Players grouped together before a down to determine the next play.

### RULES OF THE GAME:

-The game starts with a kick off.

-Each team gets four downs to score.

-No stiff arming.

-The ball carrier is down when his/her flag comes off.

-A touchdown is worth 6 points.

-On the kickoff, if the receiver tries to catch the ball but drops it, the ball is dead on the spot.

-The defense must count four apple before they rush the quarterback.

-A regulation team consists of 11 players.

-The center is the player that hikes/snaps the ball to the quarterback.

-A receiver is the offensive player who goes out for a pass.

-All players must stay behind the line of scrimmage before the ball is snapped.

-A forward pass may be thrown only from behind the line of scrimmage.

-A touchdown is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

-The length of a football field is 120 yards.

