



# Flag Football Study Guide

## Questions

1. What is the area called where you score?  
\_\_\_\_\_

2. What happens after a touchdown? \_\_\_\_\_

3. What position hikes the ball? \_\_\_\_\_

4. What position pulls flags and tries to intercept the ball?  
\_\_\_\_\_

5. How many "downs" does your team get to score a touchdown?  
\_\_\_\_\_

6. On what down can you do a QB sneak?  
\_\_\_\_\_

7. Can you see the Line of Scrimmage?  
\_\_\_\_\_

8. The position that runs pass patterns?  
\_\_\_\_\_

9. How many points is a touchdown? \_\_\_\_\_

10. Can you do unlimited forward passes in one play?  
\_\_\_\_\_

11. The team with the ball is on \_\_\_\_\_

12. A team will always begin a play by hiking the ball to the \_\_\_\_\_ .

### **The Game:**

The offensive team attempts to score a touchdown by moving the ball into the endzone. They can do this by passing the ball to a teammate, or running the ball into the endzone. The defensive team attempts to stop them from scoring by pulling their flag or intercepting the ball.

Each team is given four downs (plays or tries) to move the ball into the endzone (touchdown = TD = 6 points) If a team cannot score in 4 downs, they will have to punt (kick) the ball to the other team. After a touchdown, the team that scored will punt (kick) to the other team from their endzone.

The team restarts for each *down* (play) by placing the ball on the ground (scrimmage line) and both teams starting on opposing sides of the ball. The ball is then hiked (snapped) by the Center, under and through his/her legs, to the Quarterback.

### **PE Rules:**

- Teams will Rho-Sham-Bo to see which team gets to do the kick-off.
- The kick-off starts in your endzone, clears the midline and cannot go into the other teams endzone. If it does, the other team gets the ball at the midline.
- Teams will have only 4 downs to move the ball into the endzone to score. A team can score on any down.
- You may do a QB sneak on your 4th down.
- No blocking. Offensive players may "set screens" (like in basketball).
- Defense may rush QB after counting "five bobcats."
- Defense rush immediately if QB passes and/or hands off the ball.

### **Players Positions:**

**Center (C):** An offensive player who hikes the ball to the quarterback and protects the quarterback by blocking defenders. In PE, the Center will sometimes run pass patterns and receive passes.

**Quarterback (QB):** This person has many jobs: Calls plays, throws the ball or may hand-off the ball to another player.

**Receiver (R):** An offensive player that runs pass patterns and receives passes from the Quarterback.

**Running Back(RB):** Offensive player who stands by the QB and either receives a handoff to run, or goes out for a pass, or blocks opposing defensive rushers.

**Defenders (D):** Defensive players who rushes in to get the Quarterback or guards Receivers trying to pull their flags or intercept the ball.

### **Terms of the Game:**

**Defense-** The team without the ball. They try to stop the offense from scoring.

**Offense-** The team with the ball. They try to move the ball down field to score a touchdown.

**Down-** A turn to make a play, each team has 4 "downs" to move the ball into the endzone for a touchdown.

**End Zone-** Area located at both ends of a field where a touchdown is scored.

**Line of Scrimmage-** An imaginary(invisible) line where the ball is placed to begin a play.

**Offsides-** A player is offsides if they cross the Line of Scrimmage before the ball is hiked.

**Pass Patterns-** Pre-determined running routes. In PE we use: Fly, Hook, Down-n-Out, Down-n-In, Slant.

**Punt-** The act of kicking the ball by an offensive player to the defensive team. Punting is giving the opposing team the ball further down the field. Usually done after a touchdown.

Name the Plays:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

13. How do you create a spiral when throwing a football?

\_\_\_\_\_

\_\_\_\_\_

14. What is it called when a defender catches a ball that is thrown by the offensive team?

\_\_\_\_\_

15. Do you always step with opposition when throwing a football? \_\_\_\_\_

16. How do you put your hands when you catch a ball above your waist?

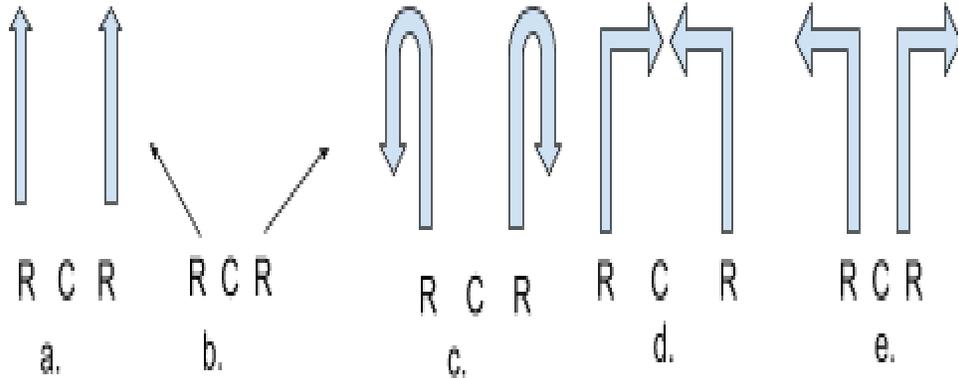
\_\_\_\_\_

17. When you punt you want to follow this pattern. \_\_\_\_\_, Drop, Kick

18. You score a touchdown by getting the ball across the goal line and into the \_\_\_\_\_

19. After a touchdown, the other team must punt the ball past what line?

And in front of the other teams \_\_\_\_\_



### Football Vocabulary

**Dead Ball-** The play is dead when: a ball carrier falls down, a flag is pulled, a fumble occurs, a pass is incomplete, the ball goes out of bounds. This uses up a "down."

**Forward Pass-** A pass towards the goal, thrower must be behind the line of scrimmage. Only one forward pass per play, and must be thrown from behind scrimmage line. Forward passes may be overhand or underhand, usually done by the Quarterback.

**Backward Pass-** A pass behind or parallel to the thrower. The throw may be made anywhere on the playing field and as many times as possible.

**Fumble-** Losing the ball because it touched the ground (In PE, this is a dead ball.)

**Hike-** The Center snaps the ball under his/her legs to the Quarterback.

**Interception-** A defensive player catches the ball meant for an offensive players.

**Spiral-** The spin or rotation on the ball that increases accuracy and allows it to fly higher and farther.

**Touchdown-** Occurs when one team catches or carries the ball into the endzone. That team is awarded 6 points.

### Throwing a Football

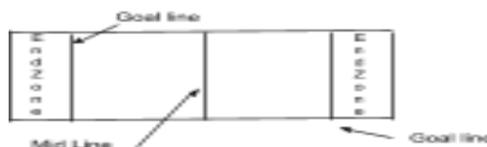
- \*Proper Grip- thumb & index finger form a "U" around the end with at least two fingers on laces.
  - \*Arm Swing- begin by your head, elbow out, and arm comes down across body.
  - \*Opposition Step- right arm throws the left foot steps forward and vice versa
  - \*Release- lead with elbow, follow through while flicking/snapping the wrist and index finger to create spiral.
- TIPS: Turn-Step-Snap**

### Catching a football

- \*Watch the ball from the Quarterback's hands to yours.
- \*Prepare hands- fingers spread apart and palms facing the ball. Thumbs together if ball is above the waist, pinkies together if ball is below waist.
- \*Cushion ball at first contact and bring close to body.

### Punting a football

- \*Grip laces facing up, one point of ball pointing towards kicking leg.
- \*Arms fully extended.
- \*Drop ball on foot, do not throw it up.
- \*Point your toe and strike your foot on the bottom side of ball .
- \*Follow this pattern- Step, Drop, Kick



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