

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Flag football is a game that can be enjoyed by everyone. It includes running, throwing and catching. A team's strategy is the most important part of the game. Pads or helmets are not required since tackling or blocking is not allowed.

In flag football games, teams of five players throw and run with a football to move down the field. The team with the ball is referred to as the offense and the team without the ball is called the defense. The defense tries to stop the offense by pulling a flag out of the belt of the player who has the ball.



## HISTORY OF THE GAME

The game of American football has been played since the mid-1800's. The first college game occurred between Princeton and Rutgers in November of 1869. The professional game of football has been played in some form since 1895.

It is believed that touch football had its beginnings in the 1930's and that flag football was played in the early 1940's as a recreational sport for military personnel. Recreational

flag football leagues began to appear in the late 40's early 50's.

St. Louis is the birthplace of the first national flag football organization - the National Touch Football League. It was formed in the 1960's and has played a national championship game since 1971. It also produced the first standardize rulebook and a Hall of Fame for flag football players.



Since then, several leagues have formed. They have included the National Touch Football League, the United States Flag-Touch Football League, the American Football Touch Football League and the Professional Flag Football League.

The Professional Flag Football League was formed in 1997 and, in 1999, played the first professional flag football travel schedule with teams in several large cities.

## HOW FLAG FOOTBALL IS PLAYED

A coin toss determines first possession. The winner of the coin toss has possession of the football while losers have choice of end zones to defend.

The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding four plays to make either a first down or score.

After the ball is snapped by the center to the quarterback, the team has seven seconds to pass the ball. The center cannot take a direct hand off back from the quarterback (no center sneak play).



A quarterback cannot run with the ball past the line of scrimmage, unless he hands off the ball (tossed or pitched), and it has been returned to him. All players who rush the quarterback must start at least seven yards from the line of scrimmage.

All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake hand-off. The ball is spotted where the ball carrier's feet are placed when the flag is pulled, not where the ball is.

All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the line of scrimmage). After a pass intercepted, the defense becomes the offense at the spot where the interception was made. An interception can also be returned by the defense. All possession changes, except interceptions, start on the offense's 5-yard line.



The offense may use multiple hand-offs behind the line of scrimmage. Only backward and lateral hand-offs are allowed during the down. Tosses or sweeps behind the line of scrimmage are allowed and are called running plays. Once the ball carrier has crossed the line of scrimmage, the ball cannot be handed off, tossed, pitched or passed in any way.

Interceptions change the possession of the ball. On interceptions that occur and remain in the end zone, the ball becomes dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be deflagged, or the ball become dead, the result would be a safety for the other team.



The ball is dead when any part of the ball carrier's body, other than his hand or foot, touches the ground. If a ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off. Players are ineligible to catch a pass or receive the ball by hand-off toss or pitch, if their flag has fallen off.

There are no fumbles in flag football. The ball is spotted where the ball left the ball carrier's hand(s). If the ball is fumbled during the snap, the ball is placed at the line of scrimmage.

"No-running zones," are located five yards in front of each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot run.



Penalties are assessed (usually five yards) for breaking the rules.

Six Points are awarded for a touchdown, one point for a point after touchdown (from 5 yards), two points for point after touchdown (from 12 yards), and two points for a safety.

A touchdown is scored when the offense moves the ball into the end zone. After each touchdown, the team that scored attempts to make an extra point. A safety is scored by the defense when it pulls the flag off the ball carrier in the offense's own end zone.

## EQUIPMENT & CLOTHING

No padding or headgear is permitted. In competitive intramural play, cleats are allowed, but must be rubber. Students in physical education classes will play the game wearing tennis shoes, or similar footwear.

In organized league play, all players wear a protective mouthpiece. Official tournament jerseys must be worn during league play as well. Different color shirts or flags will offer most physical education students the contrast needed for informal flag football games during class.

## FIELD DIMENSIONS

Length: 80 yards (divided into four 20-yard zones)

Width: 40 yards

End Zones: Maximum ten yards deep, minimum seven yards deep.

No Running Zones: These must be marked five yards from each goal line.

## FLAG FOOTBALL NEWS & NOTES

Annual National Collegiate Flag Football Championships are played each year at the University of New Orleans. Champions have been crowned every year since 1979.

The first major competition for the National Touch Football League (NTFL) was organized in 1988. As an outgrowth of the NTFL, the United States Flag and Touch Football League (USFTL) was formed. Their mission is to establish uniform rules



and regulations, conduct clinics for training and certify officials of the game. The USFTL National Flag Football Tournaments are the largest non-college tournament in the nation. They draw hundreds of teams and have conferred many National Champions. The USFTL tournament in 2007 was held in Virginia Beach, Virginia. The Metro Dawgs of Woodbridge, Virginia defeated the PM Finest of Long Island, New York in a 27-0 victory for the championship. You can visit their web site at:

<http://www.usftl.com/>

The United States Flag Football League Semipro was incorporated in North Carolina. The concept was to have teams represent a franchised city and provide cash awards for players who participated in the tournaments. This organization later became the basis for the first attempt at a professional league.

Many other “national organizations” have formed since the mid 90’s to take advantage of the more than 20 million players participating in flag football programs. The American Flag and Touch Football League is currently the largest national league in the world. They offer multiple regional tournaments, get use of NFL stadiums and even have a Hall of Fame. You can view this organizations web site at:

<http://www.aftfl.com/home.cfm>

There are also many “regional organizations” that fill participation needs by the many wanting to play this popular form of football.



# STUDENT RESPONSE PACKET #31

## FLAG FOOTBALL

NAME \_\_\_\_\_

DATE \_\_\_\_\_

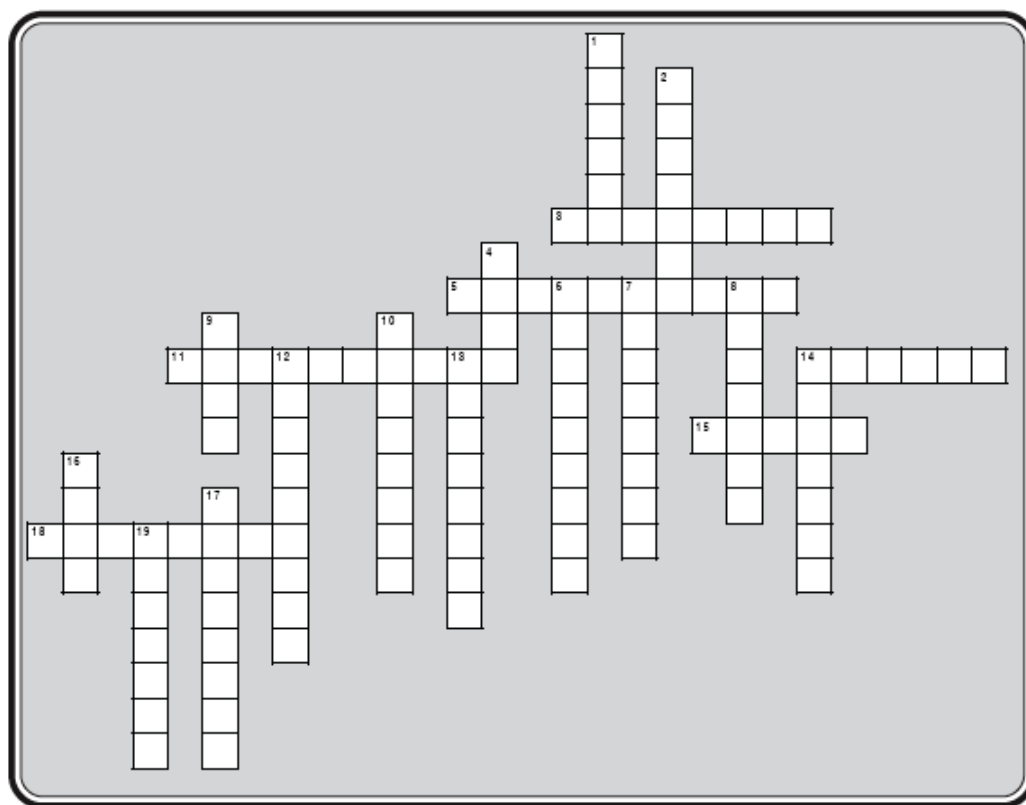
### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of Flag Football. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Why aren't pads or helmets necessary in flag football?
  
  
  
  
  
  
  
  
  
  
2. Define the words offense and defense.
  
  
  
  
  
  
  
  
  
  
3. What teams played the first college flag football game? In what year was this game played?
  
  
  
  
  
  
  
  
  
  
4. Which city is considered the birthplace of the first national flag football organization?

5. Which player snaps the ball to the quarterback?
6. When is the ball considered dead?
7. Where are the “no-running zones,” in flag football?
8. When is a touchdown scored? How many points are awarded for a touchdown?
9. When is a safety scored?
10. Which players are eligible to receive passes?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Across**

- 3 Penalties are \_\_\_\_\_ for breaking the rules
- 5 The offensive team takes \_\_\_\_\_ of the ball at its' five yard line
- 11 St. Louis is considered the \_\_\_\_\_ of the first national flag football organization
- 14 This is scored by the defense when it pulls the flag off the ball carrier in the offense's own end zone
- 15 Center \_\_\_\_\_ plays are not allowed
- 18 Once a team crosses this area, it has four plays to score a touchdown

**Down**

- 1 All players are eligible to receive them
- 2 The first football game occurred between Princeton and this school
- 4 No running areas are located five yards in front of each end \_\_\_\_\_
- 6 The offense may use multiple hand-offs behind the line of \_\_\_\_\_
- 7 The most important aspect of the game is a team's \_\_\_\_\_
- 8 The team with the ball is called by this term
- 9 The number of players on a side in flag football
- 10 Tackling or \_\_\_\_\_ are not allowed in flag football
- 12 Six points are awarded for one
- 13 Flag football includes running, throwing and \_\_\_\_\_
- 14 After the ball is \_\_\_\_\_ by the center the ball must be passed within seven seconds
- 16 In flag football a \_\_\_\_\_ toss determines first possession
- 17 No padding or \_\_\_\_\_ is permitted
- 19 There are none of these in flag football



Name: \_\_\_\_\_ Date: \_\_\_\_\_

S	F	P	R	B	C	V	B	N	F	P	Q	C	H	G	E	X	E	S	X
G	N	U	O	K	H	N	J	R	C	F	Q	L	Y	C	P	S	R	Q	P
Z	O	A	M	S	K	J	O	Z	Y	K	I	J	A	Y	N	E	P	Z	A
O	S	R	P	B	S	L	U	Z	Y	V	Q	L	M	E	G	M	F	X	O
M	R	B	Z	P	L	E	P	H	E	Y	P	H	F	T	I	G	E	E	G
N	E	B	X	R	E	E	S	A	R	H	G	F	U	R	J	L	J	J	V
A	O	K	Q	C	R	D	S	S	T	A	O	R	U	O	K	N	E	W	H
M	W	U	A	M	K	N	I	R	I	S	E	Y	W	S	R	T	Z	D	O
A	F	X	G	M	E	U	I	N	C	O	C	G	G	Q	G	B	R	E	P
G	V	N	A	K	J	B	W	A	P	P	N	R	D	E	G	X	C	C	L
P	Z	H	S	S	N	O	T	P	H	Z	A	B	I	A	T	T	S	X	A
K	G	Y	Z	L	D	C	D	R	P	O	I	D	L	M	E	A	C	B	Q
A	V	A	E	H	H	L	G	E	P	O	H	D	D	O	M	H	R	D	K
E	O	J	C	I	E	N	L	M	O	X	H	V	F	I	C	A	G	T	K
N	N	U	N	I	I	P	V	G	U	C	B	O	F	Z	N	K	G	B	S
S	O	G	F	L	V	S	Z	B	W	U	D	M	X	B	F	G	I	E	P
T	U	D	K	Z	O	N	E	T	Y	X	F	T	D	N	D	C	Y	N	M
K	I	C	S	A	F	E	T	Y	N	L	B	R	O	I	U	H	A	I	G
M	A	P	A	S	S	E	S	B	Y	S	A	N	L	U	O	E	C	U	N
T	C	E	N	T	E	R	W	V	C	K	R	E	U	S	B	B	I	M	I

Circle the words in the above puzzle.

- |               |                |
|---------------|----------------|
| 1. BIRTHPLACE | 11. POSSESSION |
| 2. BLOCKING   | 12. RUTGERS    |
| 3. CATCHING   | 13. SAFETY     |
| 4. CENTER     | 14. SCRIMMAGE  |
| 5. FUMBLES    | 15. SNAPPED    |
| 6. HEADGEAR   | 16. SNEAK      |
| 7. MIDFIELD   | 17. STRATEGY   |
| 8. OFFENSE    | 18. TACKLING   |
| 9. PADDING    | 19. TOUCHDOWN  |
| 10. PASSES    | 20. ZONE       |