

PLAY NFL FLAG FOOTBALL



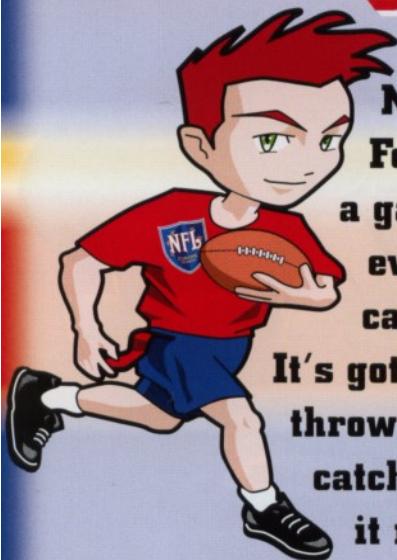
COUPER



FLAG
FOOTBALL
SONS
NON-CONTACT



NFL Flag Football is FUN!



NFL Flag Football is a game that everyone can play.

It's got running, throwing, and catching, and it relies on brains and strategy as well as athletic skill. You don't need pads or helmets, like NFL players wear, or lots of equipment. And there's no tackling, blocking, or contact. Just fun!

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

This booklet explains the basics of NFL Flag Football.

Enjoy the game!



Scoring

Touchdown	6 points
Point after touchdown (from 5 yards)	1 point
Point after touchdown (from 12 yards)	2 points
Safety	2 points

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** (or **point after touchdown**). A **safety** is scored by the defense when it pulls the flag off the ball carrier in the offense's own end zone.



Playing NFL Flag Football

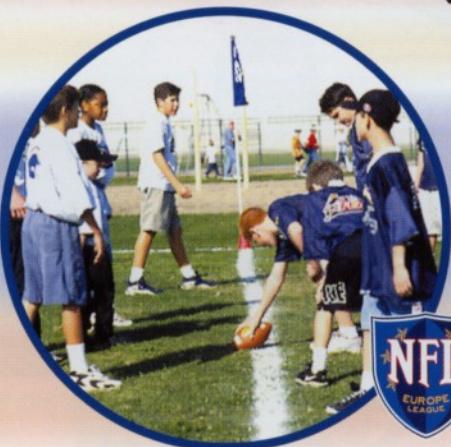
The **end zones** on an NFL Flag Football field are where you score **touchdowns**. The offense has four tries (**plays**) to cross midfield with the ball and get a **first down**. That means it has four more plays to reach the end zone.



How to Play

Every play starts at the **line of scrimmage**. The two teams set up on opposite sides of this line (photo right). The **centre** passes (**snaps**) the ball from the ground to the **quarter-back** to start each play.

Most plays are **passes**: the quarterback throws



the ball to a **receiver**, who tries to catch the ball and run to the end zone.

The centre can

go out for passes, too – everybody plays.

Running plays are allowed everywhere

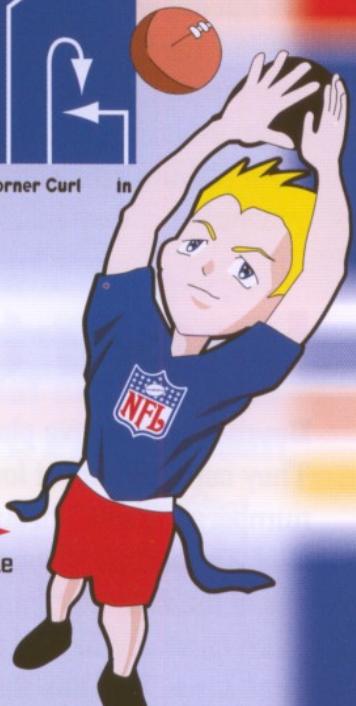
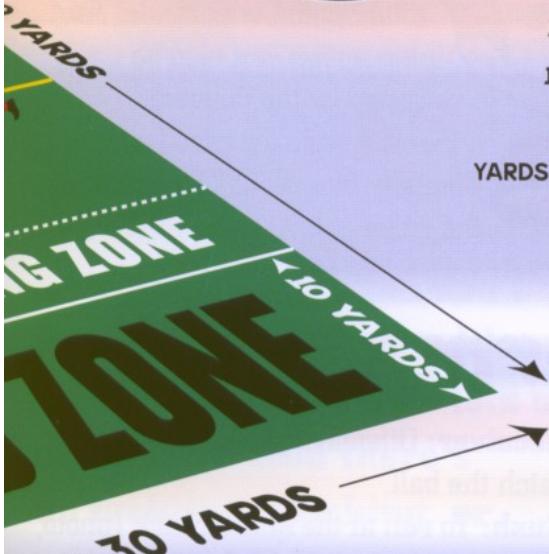
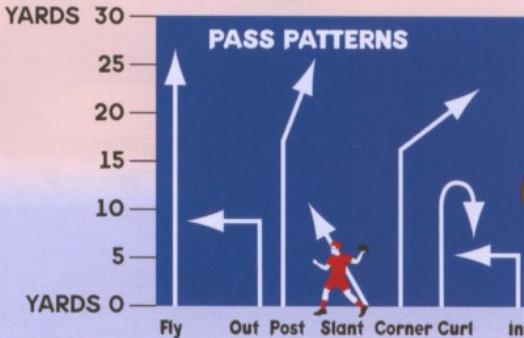
except five yards from the end zone. On a running play, the quarterback hands the ball to a teammate, who runs with it down the field.



Passing



A **pass pattern** is a set route a receiver runs so the quarterback knows where to throw the ball. The chart (below) shows only a few pass patterns. Each receiver on a team can have a different pattern on each play.



Receiving tip:

Watch the ball all the way to your hands.

Defense

Stopping the other team is the job of the defense. Playing defense in NFL Flag Football means breaking up pass plays and grabbing flags.

The quarterback has seven seconds to throw the ball or the down is over. Defensive players who start seven yards from the line of scrimmage can rush the quarterback and try to hurry the throw or grab his/her flag.

When guarding a receiver running



down the field, stay as close as you can. Always try to stay between the receiver and the end zone. When the receiver looks back for the ball or jumps for it, go for the ball (but don't bump the receiver or you will get a **penalty** for pass interference).

On a running play, or after a receiver makes a catch, keep your eyes on the flag, and grab it as quickly as you can.

Rules

Your coach or teacher will give you all the rules and information you need to play NFL Flag Football. Here are a few of the most important rules to remember for both fun and safety:

- NFL Flag Football is non-contact. Blocking and tackling are not allowed.
- After the ball is **snapped** to the **quarterback**, he or she has seven seconds to **pass** the ball.
- All players who **rush** the quarterback must start at least



seven yards from the **line of scrimmage**.
• All players are eligible to catch a pass—even the quarterback if he or she has **handed off** behind the line of scrimmage.

- After a pass **interception**, the **defense** becomes the **offense** at the spot where the interception was made. An interception can also be returned by the defense.
- **Penalties** are assessed (usually five yards) for breaking the rules.



Important Terms

Down: An offensive play or "chance." They come in sets of four and are numbered "First" through "Fourth."

End Zone: The 10-yard areas at each end of the field that must be reached to score touchdowns and extra points.

Goal Line: The line that must be crossed with the ball to score points.

Hand Off: When the quarterback gives the ball to another player to run with.

Interception: When a defensive player catches a pass intended for an offensive player.

Line of Scrimmage: The imaginary line that runs through the ball from side to side of the field before a play begins.

Quarterback: The leader of the offense, who passes and hands off the ball.

Receiver: Offensive players who try to catch the ball.

Rush: To run at the quarterback (photo, below) and/or try to grab his flag before he/she can pass or hand off the ball.



Snap: The passing of the ball from the centre to the quarterback to start a play.

Touchdown: When a player crosses the other team's goal line with the ball.

