**Flag Football**

TACKLING

Two-hand two on the ball carrier’s back.

No holding of any kind will be permitted while tackling.

Tackling in the physical sense, is not allowed. Leaving feet to reach a touch a runner’s back, whether successful or not is subject to penalty.

DOWNS

A down is a period of play which starts when the ball is put into play by the center and ends when it is declared dead

PASSING

If the ball strikes the ground in the field of play or in the end zone or any obstruction on or back of the goal, or goes out of bounds, the pass is incomplete and the ball becomes dead.

A forward pass may be thrown from any point behind the line of scrimmage.

A forward pass that is caught by an offensive player is a completion.

FUMBLED BALL

Any ball which touched the ground during any of the following plays is to be blown dead at that spot and belongs to the team last in possession. There are no fumble recoveries. The ball is dead when it first touches the ground or goes out of bounds. The ball belongs to the team who last had possession at the point where they last had possession.

DEAD BALL

The ball becomes dead when:

A fumble strikes the ground.

A pass strikes the ground.

## SCORING

Touchdown = 6 points

Safety = 2 points

FIRST DOWN

A 1st down can be attained when the line of scrimmage is moved past the halfway point (midfield) of the field.

PENALTIES

Violations of regulations are penalized by moving the ball a specified distance toward the goal of the team committing the foul. Some of the most frequently violated rules and the penalties incurred are:

Off sides – No player may cross the line of scrimmage until after the ball is put into play.

Unnecessary Roughness – Any playing tactics that are unnecessarily rough and endanger the safety of the participants are illegal.

Pass Interference – Defensive players may not block or push the pass receiver in any way to prevent the offensive player from catching the pass. If personal contact is made, it must be made in an honest effort to intercept the pass.

Illegal Forward Pass – A pass is illegal if the passer is beyond the scrimmage line, or if it is the second forward pass within the same play.

BRODY P.E. RULES:

Safety is important for all!

You are in charge of calling your own game. Sportsmanship is key!

VOCABULARY

Laterals Passing the ball backwards or sideways

Line of Scrimmage An imaginary line marking the position of the ball at the start of

each play

Completion A forward pass is complete when a receiver clearly possesses the pass and touches the ground with both feet inbounds while in possession of the ball.

Incomplete A legal forward pass hits the ground before a player on either team gains possession.

Fumble A dropped a ball that was in play.

Touchdown = 6 pts A score in American football; being in possession of the ball across the opponents' goal line.

Tackle (flag football) The defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down.

Hand off The act or an instance of handing the ball to a teammate during a play.

Safety = 2 pts Scored when the ball carrier is tackled behind his own goal line if the ball carrier’s team caused the ball to go over the goal line.

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