



Flag Football Rules

History

The game of American football has been played since the mid-1800's. The first College game occurred between Princeton and Rutgers on Nov. 6, 1869. And the professional game has been played in some form since 1895. The game of Touch and Flag Football has been around nearly as long as tackle football.

The first remembrance of organized Touch and Tail Football being played was in the 1930's. Flag football was developed on military bases in the early 1940's as a recreational sport for military personnel. Recreational leagues soon developed in the late 40's early 50's. They were patterned around the softball league format and the game we know and love today was born.

Rules

- Can be played with up to 11 players on a team and is played outdoors. The field should consist of fifty yards long.
- There will be no kickoff. Play will start on the 10 yard line.
- 3 players must be on the line of scrimmage on offense
- Center must snap the ball to the quarterback
- Quarterbacks may only run once during each set of 4 downs
- Rushing by the defense after 5 seconds
- Usually a team will punt when it feels it cannot make a first down

Scoring

- Touch down = 6 points
- Safety = 2 points
- Field goal = 3 points
- Point after = 1 point

Terms

- Down: when the ball becomes dead. On the fourth down if the offensive team doesn't score or reach the thirty line, they should punt the ball.
- Dead ball: the ball becomes dead when:
 - The ball carrier's flag becomes detached
 - When any part of the ball carrier's body other than the hands and feet touch the ground
 - An incomplete pass
 - A fumble
 - When the ball goes out of bounds
- Center: the offensive lineman who snaps the football to the quarterback
- Defense: the team that does not have possession of the ball
- End zone: the area between the goal line and the end line where touchdowns occur
- Fumble: the ball carrier drops the ball while in their possession. Fumbles become dead balls and can not be advanced by the recovering team
- Interception: when the defense catch a ball that was meant to be caught by the offensive team
- Line of scrimmage: imaginary line drawn from the forward tip of the football to the side line
- Offense: the team that has possession of the football
- Offside: movement across the line of scrimmage before the football is snapped
- Safety: removing the flag of the other team behind their own goal line with the ball
- Touchdown: an offensive player having possession of the football in the opponent's end zone
- Quarterback: the player on the field that throws passes

