

Flag Football

OLV Middle School PE

Flag football a modified form of football in which ball carriers are downed by pulling off a marker, or flag, loosely attached to a belt, rather than by tackling.

Objective of the game: is for your team to score points against the other by advancing the football across the goal line. The team with the points wins.

General Rules:

- The game starts with a kickoff and after each touchdown is made.
- The offensive team lines up on the line of scrimmage before the snap of the ball.
- The offensive team may advance the ball by passing or handing off the ball
- The offensive team has four down to score a touchdown
- The ball carrier is stopped (tackled) by having their flag pulled off
- No blocking an opposing players
- Quarterback may not run with ball after the snap, he/she must wait until the defensive team passes the line of scrimmage to run with the ball
- The defensive team must wait 5 seconds to rush or blitz the quarterback
- A change of possession occurs when the defense recovers a fumble, intercepts a pass, stops the offense from making touchdown in four downs.

General Knowledge:

- PE Touchdowns worth: 1 point
- Boundary lines of the field is called sidelines mark the length of field
- The end zone, located at the both end of the field, boarded by goal line.