

**To meet standard, I** can set up and play the game without arguing, play in a way to keep myself and others from getting hurt.

**To meet standard, I** can explain how to score and how to stop the other team from scoring.

**To meet standard I** can pass, catch, hike and kick a football the right way, be ready when I must react to the game, and help my teammates to be able to do it also.

## FLAG FOOTBALL RULES

1. Games start with a kickoff (punt or drop kick) from the cones. The receiving teams lines up on or behind the cones on the opposite side of the field. The team wearing the red flags will kick the ball first, then the team that scores kicks off. Teams do not change directions after a score
2. On the kickoff when a ball is punted out of bounds, the receiving team may choose to re-kick the ball once or take the ball out where it went out of bounds or place the ball by their own cone.
3. The kicking team may not recover the ball on a kickoff. However, they may down the ball by touching it. A downed ball becomes dead at that point. Kickoffs that are dropped or not fielded cleanly are considered dead and spotted at the point of contact. A Kick off that travels into the end zones is a touchback and cannot be advanced. The ball is put into play on the first set of cones.

## OFFENSE

1. The offensive team must line up on or behind the line of scrimmage (L.O.S.) before the ball is snapped.
2. All plays from the line of scrimmage must be put into play by hiking or snapping the ball backwards. Balls hiked unsuccessfully or that strike the ground or dropped by the quarterback are dead and spotted where it hits the ground.
3. The offense is allowed 4 downs to make a touchdown or make a first down by advancing the ball across the next set of cones. A touchdown is worth 6 points (there are no extra point tries).
4. The quarterback position must be alternated each down between girl-boy or boy-girl rotation.
5. The offensive team may punt the ball on fourth down, but must inform the defense first as there is no fakes. The defense may not rush a punt, or recover it. The punt is dead when it makes contact with the ground.
6. A ball carrier including the quarterback may run, handoff or lateral the football (no forward laterals allowed once the ball carrier crosses the Line of scrimmage). A forward pass may be thrown only from behind the line of scrimmage. A ball carrier or receiver may not run the ball or receive a pass over the line of scrimmage twice in a row.
7. On an incomplete forward pass the football is returned to line of scrimmage.
8. Ball carriers are considered down when: a) A flag is pulled. b) One or both knees touch the ground. c) A flag falls off or a player who has one or no flags on belt. d) A player's shirt is covering any part of the flag. e) Ball carrier drops ball on the ground.
10. A fumble or muff of the ball is considered dead and is marked at the spot it contacted the ground. A fumble is a dead ball.

11. Ball carriers must avoid contact at all times and may not run through or over defensive players.
12. A ball carrier is out of bounds if he/she steps on the sideline.

### DEFENSE

1. The defense must align a minimum of 5 yards (5 long steps) off the ball.
2. The defense may not rush until the ball reaches the quarterback.
3. The defense may not pull the flag on a player who does not have the ball. (Penalty)
4. A defensive player may not make contact running through or over another player to reach a ball carrier or in an attempt to intercept a pass.
5. The defense may not rush a punt.
6. A safety results when a ball carrier falls down or has their flag pulled in their own end zone. A safety is worth 2 points.

### PENALTIES AND OTHER RULES

1. Blocking - Any contact to shield another player from getting to a ball carrier or a receiver is considered blocking and results in a 10 yard penalty.
2. Unnecessary roughness - Pushing, tripping, stiff- arming (arm extended), and running through or over another player is illegal and results in a 10 yard penalty marked from the spot of the infraction.
3. Holding - Holding another player to prevent them from catching a ball will result in a 10 yard penalty.
4. Guarding the flag - Any attempt by the ball carrier to cover, fan or guard their flag is a 10 yard penalty from the spot of the foul.
5. Unsportsmanlike conduct - Pulling an opposing players flags when they don't have possession of the ball or any of the following such as name calling, swearing, yelling, and teasing may result in a ten yard penalty or removed from the game.
6. Offensive offside - Any offensive player who is on the defensive side of the ball when the ball is hiked is offside. The penalty is 5 yards marked for the line of scrimmage and down is repeated.
7. Defensive offside - Any defensive player who is not back 5 yards from the line of scrimmage when the ball is hiked or rushes prior to the ball reaching the quarterback. A 5 yard penalty is assessed and the down repeated.
8. After each play concludes the ball should be carried back to the line of scrimmage and not thrown or kicked to prevent to anyone from being injured. Remember safety first!

