

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, 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.

PHILADELPHIA FLAG FOOTBALL RULES

1. Games start with a kickoff (punt) from the field hash mark. The receiving teams lines up on or behind the hash marks on the opposite side of the field. Teams do not change directions after a score. The team that scores kickoffs. The team wearing the red flags will kick the ball first.
2. On the kickoff punted out of bounds, the receiving team may choose a re-kick or take the ball out where it went out of bounds or place the ball by their own hash mark.
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 is considered dead and spotted at the point of contact.
4. On all plays including the kickoff at least one pass, pitch or lateral must be made before a touchdown is scored.

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.
3. The offense is allowed 4 downs to make a touchdown.
4. The quarterback position must be alternated each down between girl-boy or boy-girl.
5. The offensive team may punt the ball on the fourth down, but must inform the defense first, as there are no fakes. The defense may not rush a punt, or recover it. The punt is dead when it makes contact with the ground.
6. There is no limit to the number of completed forward passes permitted on any particular play. Quarterbacks may pass the ball beyond the line of scrimmage.
7. On an incomplete forward pass or forward lateral the ball is returned to the spot from where it is thrown.
8. On backward passes the ball is considered dead and spotted at the point it touched the ground.
9. A player may not be the ball carrier two times in a row. This is to allow more player participation.
10. 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.
13. Players that have one flag, flags under their clothing, or belt has fallen to the ground are down when The player receives possession of the ball.

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. (10 yard penalty)
4. A defensive player may not run 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.

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 (using an extended arm to push away a defender), 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. Any number of these offenses can result in removal from the game. After each play concludes the ball should be carried back to the line of scrimmage and not thrown to prevent anyone from being injured. If anyone of these penalties occur will result in a 10 yard penalty.
6. Offensive offside - Any offensive player who is on the defense side of the ball when the ball 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.

