

## Flag Football

Touchdown	- 6 points
Safety	- 2 points
Conversion	- 1 point if the ball is run across - 2 points if the ball is passed over the end line

### Definition of Terms:

Centering – pass thrown back between the legs of the center to the QB.

Defensive team – the team that is attempting to protect their goal.

Down – a unit of the game that starts with the centering of the ball and ends when the ball is dead.

Forward pass – a pass thrown from behind the line of scrimmage toward the opponent's goal.

Fumble – failure of a player to retain possession of the ball while running or attempting to receive the ball.

Hand-off – handing the ball to a teammate who is no nearer their own goal.

Huddle – two or more players conferring between downs.

Incomplete pass – failure of a player to receive a forward pass, lateral pass or kick.

Lateral pass – a pass thrown underhand and in the direction either to the side or behind the player.

Offensive team – the team that is in the possession of the ball.

Pass interference – an act in which a player pushes, blocks, holds, or removes a flag of an opponent to prevent them from catching or intercepting the ball after the ball has left the hands of the passer.

Safety – scored when the ball carrier is tackled behind their goal line.

Touchback – a kicked or thrown ball that was sent over the goal line by the other team. The team in possession takes the ball on the 15 yd. line.

Players – 11 on a team when ever possible.

### Personal Fouls:

No player may commit a personal foul consisting of:

1. Tripping – using the leg to obstruct an opponent.
2. Clipping – blocking an opponent other than the runner from behind.

-----Penalty for a personal foul is 15 yards.-----

### Putting the ball in play:

The ball is put into play from the 15 yd. line at the beginning of the game and after scoring. The ball is put into play with a throw and must travel at least 10 yds. At all other times the ball must be put into play from the line of scrimmage by a center hike to a QB. The ball must be put into play within 30 sec. after it is declared ready to play.

To advance the ball after it has been centered, the team may run with the ball or pass it. Only one forward pass may be made in each play and it must be made from behind the line of scrimmage. If the pass is incomplete the ball is returned to the previous line of scrimmage and the down advances. A lateral or hand-off can be made at anytime or anyplace on the field.

### Dead Ball:

- Anytime the ball carrier touches the ground with any part of their body.
- When the ball carrier has their flag pulled.
- Following a touchdown, conversion, safety, or touchback.
- When the ball goes out of bounds.
- After an incomplete pass.
- When a fumbled ball touches the ground.