

FLAG FOOTBALL

- There will be no kickoff. Play will start on the hash mark near the offensive team's goal line.

Scoring:

Touch down = 6 points

Conversion by running = 1 point Conversion by passing = 2 points

Safety = 2 points

Terms:

Down- when the ball becomes dead. Four downs (or tries) are allowed to score a touch down, or cross the centerline. On the fourth down if the offensive team doesn't score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage.

Dead ball- the ball becomes dead when:

- a. the ball carrier's flag becomes detached (only 1)
- b. when any part of the ball carrier's body other than the hands and feet touch the ground
- c. an incomplete pass
- d. a fumble
- e. when the ball goes out of bounds

Blocking- The act of preventing, by body position, an opponent from touching or pulling the flag of the ball carrier.

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

Fake- a move made by a player for the purpose of deceiving an opponent

First down- the first of four attempts to move the football forward into the end zone or to the center line

Fumble- the ball carrier drops the ball while in their possession. Fumbles become dead balls and can not be advanced by the recovering team

Handoff- an exchange of the football from the quarterback to a teammate.

Interception- when the defense catches 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

Touchback- A punt or kick-off that lands in the end zone.

Touchdown- an offensive player having possession of the football in the opponent's end Zone

National Football League (NFL)

- Started in 1922 with 18 teams. Currently has 32 teams in 2 conferences (AFC & NFC)
- A touchdown is worth 6 points, the extra kick or point after touchdown (PAT) is worth 1 point, and if a team throws or runs the ball into the end zone, it's worth 2 points.
- A field goal is worth 3 points and a safety is worth 2 points.
- Each team plays 11 players on offense and 11 players on defense.
- 7 players must start on the line of scrimmage.
- Offensive linemen are not eligible to receive a pass.
- Players must wait until the ball is snapped to move past the line of scrimmage.
- A football field is 100 yards from end zone to end zone.