

# Flag Football Rules Simplified



Can be played with up to 9 players on a team, and can be played indoors or outdoors. The field should be longer than it is wider with cones used to determine the centerline.

There will be no kickoff. Play will start on the hash mark near the offensive team's goal line. A coin toss determines who gets first possession of the ball..

## 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 next zone. On the fourth down if the offensive team doesn't score or reach the next zone 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
- 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

**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 next zone.

**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. Only one off during a series of downs

**Interception-** when the defense catch 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

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

