Mr. Fagan

**HKMS Physical Education**

**Flag Football**

**Game Rules:**

* There will be kickoffs / throw-offs to begin play.
* Teams should be of equal numbers, with an equal amount of male and female players.
* If teams do not have equal numbers, a rotation will be established for substituting players.
	+ SUBS: Each player MUST be subbed out during the game. Subs will enter the game every 2 plays.
* Play will start with the QB calling “Set” (This ensures your team is ready), then when the center snaps the ball the play will begin.
* The center is NOT an eligible receiver. The center will be determined by the player who caught the ball or was targeted on the previous play. (This may change depending on the size of your team)
* **From the QB to the targeted player, it must be someone of the opposite gender. (All genders should be included in every play)**
* The offense will have 4 downs (attempts) to reach mid-field in order to receive a new set of downs. Once at or past mid-field, the offense will then have 4 more downs to attempt to score. *OR 2 consecutive completions will also give the offense 4 more downs.*
* If the defense causes a turnover and gains possession of the ball, they will be awarded the ball. They will start their offensive series where the player’s flag was pulled and receive the appropriate amount of downs.
* The defensive team will be allowed to rush ONE player per play. The rushing player must count to 5 (1 Mississippi, 2 Mississippi, Etc....) before rushing.
* The defensive team will be allowed ONE blitz per 4 downs.
* The offense is only allowed ONE running play per 4 downs.
* The QB can ONLY run when they are blitzed, not after a 5 count.
* There is NO flag guarding. Flag guarding will result in the loss of down.
* Flags must be on the outside of all clothing and on the player’s hips.
* The ball will be spotted or placed where the ball carrier’s flag was pulled. The defense is to pull the flag and drop it where it was removed.
* The ball will ALWAYS be positioned in the middle of the field.

**Scoring:**

* ANY Touchdown (running or passing) = 6 points.
* Safety = 2 points. A “safety” occurs when a defender pulls the flag of the ball carrier (must likely the QB) while that player is in their OWN end zone, or if the offensive runs out of bounds in their OWN end zone. The defense receives 2 points and is AWARDED the ball.
* PAT = 1 point. After each touchdown the offense will try a PAT in order to receive another point. This attempt will be from the 3 yard line (3 large steps from the goal line) and the offense will try to score again. The defense can only stop them, but they cannot receive any points.
* PAT 2 = 2 points. The offense can try for a 2 point PAT by attempting to score from the 10 yard line.

**Penalties:**

* Flag Guarding = loss of down. Player is ruled down where flag guarding occurred.
* Offside / False Start = loss of down.
* Unsportsmanlike Conduct = loss of down & penalized player must sit for 3 plays. This is a decision by referee or teacher.
* Physical Play = loss of down & penalized player sitting for 1 play. This is a decision by referee or teacher.

**Alignment, Strategies and Hints:**

* The QB is 5 yards behind the center.
* Offense should always huddle or come together, this ensure everyone is on the same page for the next play.
* Defense should try to match up players of similar size, speed and athletic ability.
* If you are struggling, ask your instructor for help. Before or after class they will be able to help with strategy.
* Remember, it is not always the most skilled team that is successful; it is team that works together.



**Receiver Routes - Route Tree**

* EVEN Numbers - To Middle
* ODD Numbers - To Sideline

 0.   Hitch - 5 yds.

1. Quick Out - 1-3 yds.
2. Slant
3. Out - 3-6 yds.
4. Curl - 10 yds.
5. Deep Out - 8-10 yds.
6. Deep In - 8-10 yds.
7. Corner / Flag - 8-10 yds, then break for corner of the endzone.
8. Post - 8-10 yds, then break for goal post.
9. Fly - Straight down the field.

