HKMS Physical Education

Flag Football

VOCAB:

Players

* QB - Quarterback, the offensive player who throws the ball to their teammates.
* Receiver – Offensive player whose job it is to catch the ball.
* Center – This is the player who starts with the ball and snaps/tosses the ball to the QB to start the play. At HKMS the center is determined by who caught the ball on the previous play or who the ball was thrown too.
* Defense – The unit who does not have the ball and is trying to keep the offense out of the end zone.
* Defensive Back – “DB”; defensive player who is charged with guarding a receiver and preventing them from catching the ball.

Penalties

* False Start - An offensive player moves *drastically* before the ball is snapped.
* Offside - An offensive player is lined up in or beyond the neutral zone (line of scrimmage).
* Flag Guarding - An offensive player swing their arm / hand over the flag or moving a defender's arm / hand to prevent their flag from being pulled.

Terminology

* Snap - When the center “hikes” the ball to the QB.
* PAT - Point After Try
* Down – A play or attempt. Begins when the ball is snapped or kicked and ends when the ball or carrier of it is declared ‘down’ by the official, or when a team scores.
* Huddle – A gathering of teammates, usually in a tight circle, to strategize, motive or celebrate.
* Line of Scrimmage – A parallel line to the goal line, where the ball is placed that goes from sideline to sideline. Neither team can cross the line until the ball is snapped.
* Route - A predetermined direction and distance that a receiver follows when he runs from the line of scrimmage for a forward pass.