

Flag Football Review

Milford Middle School Physical Education

Rules and Terms:

Players- 11 players per team on the field at one time.

Regulation Scoring-touchdown=6points

-field goal=3points

-conversion kick=1point

-run or pass conversion=2points

-safety=2points

Touchdown-player has possession of the ball while crossing the goal line into the end zone.

Field Goal-offensive team kicks the ball off the ground with the help of a holder, and it travels in the air between the uprights of the goalpost.

Conversion Kick-after your team scores a touchdown you may place kick the ball from the 10 yard line between the uprights of the goalpost.

Run or Pass Conversion-after your team scores a touchdown you may choose to run 1 play from the 3 yard line, and if you cross the goal line into the endzone the conversion is good.

Safety-if the offensive team gets forced out of their own endzone out of bounds, then the defensive team is awarded 2 points. At that point the offensive team has to kick the ball with a punt from their own 20 yard line to the defensive team.

Regulation Game-an official professional game is played with 4 quarters of 15 minutes each, while high school is played with 4 quarters of 12 minutes each.

Starting the Game-an official uses a coin toss to determine which team gets the ball to start the game and to begin the 2nd half. The game is started with a kickoff where the ball is put into play by the defensive team from their own 35 yard line (professional level) and 40 yard line at the high school level. On the whistle the ball must be kicked forward at least 10 yards before it can be touched by another player.

Line of Scrimmage-the point on the field where the ball is placed to start an offensive series.

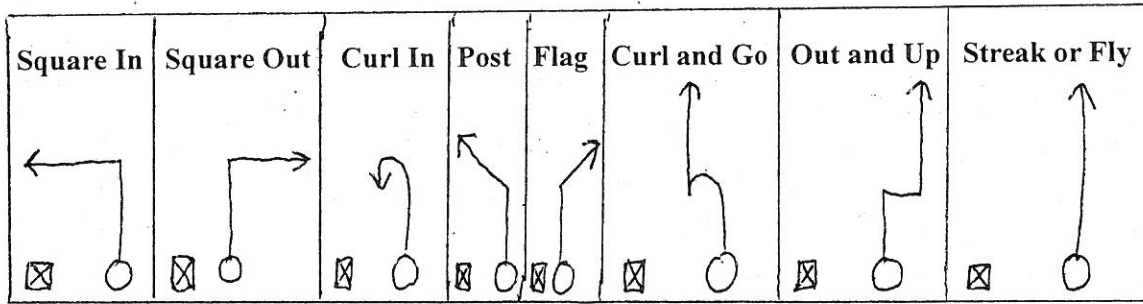
Number of Downs-from the line of scrimmage the offensive team has 4 downs to move the football 10 yards, and achieve another first down. If the offensive team fails to move the football 10 yards on 4 downs the defensive team gains possession of the ball at that spot.

Fumble-player running with the ball loses possession of the ball to the defensive team.

Interception-offensive team attempts a pass play and the ball is caught by a defensive player.

Penalties-if any of the offensive players move, (other than a player in motion), before the ball is snapped , they are guilty of a False Start, and are penalized 5 yards. If any of the defensive players cross the line of scrimmage before the ball is snapped , they are guilty of Offsides, and are penalized 5 yards.

Pass Patterns:



Positions:

DEFENSE

DB DB DB DB-Defensive Backs

LB LB LB-Linebackers

DL DL DL DL-Defensive Linemen

Line of Scrimmage

Wide -WR Tight-TE OL OL OL OL OL-Offensive Lineman WR
Receiver End QB-Quarterback

RB RB-Running Back

OFFENSE

