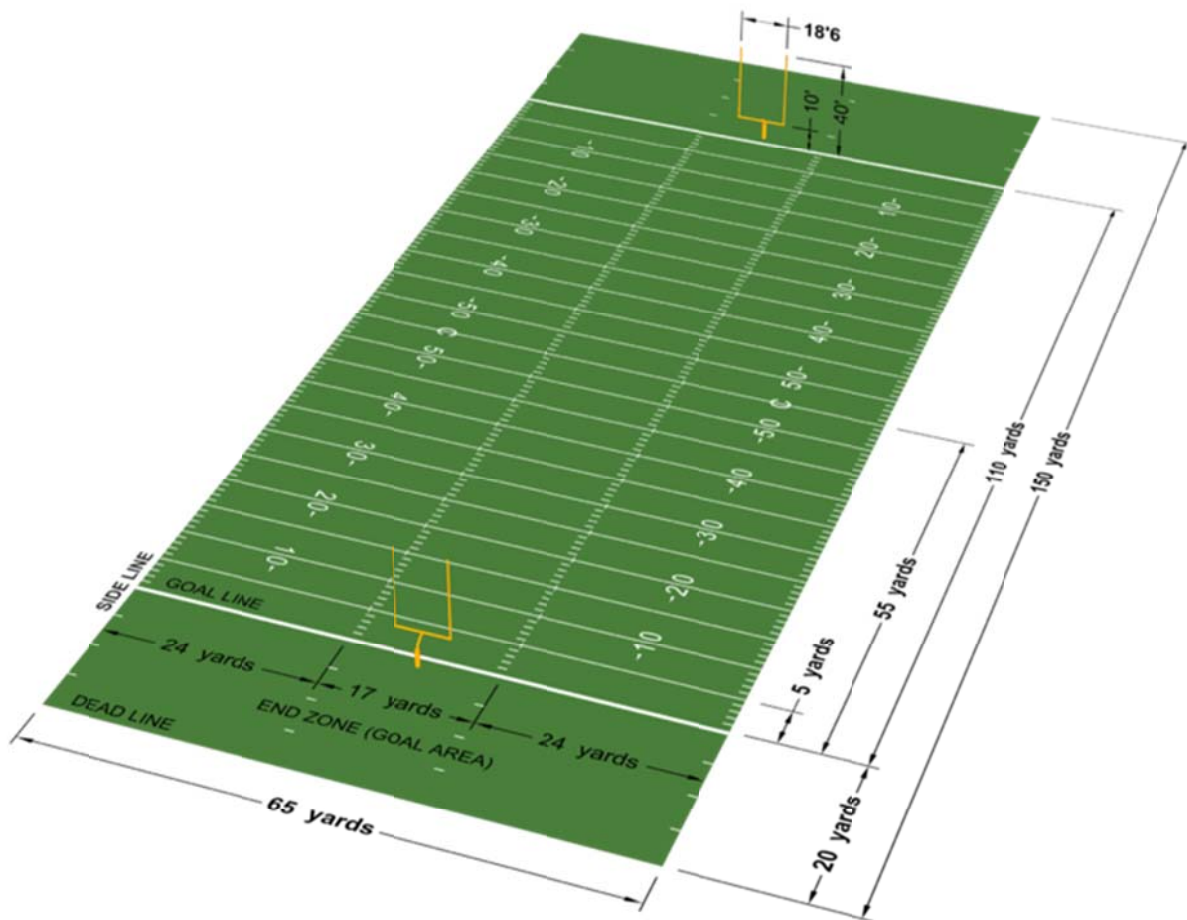


Flag Football

Description:

Canadian football is played almost exclusively in Canada in which two teams of 12 players each compete for territorial control of a field of play 110 yards (101 m) long and 65 yards (59 m) wide, attempting to advance a pointed spheroid ball into the opposing team's scoring area (end zone). Canadian football has three downs per possession rather than four.

Playing Field:



The Canadian football field is 110 yards (101 m) long and 65 yards (59 m) wide with end zones 20 yards (18 m) deep. At each goal line is a set of 40-foot-high (12 m) goalposts, which consist of two uprights joined by an 18+1/2-foot-long (5.6 m) crossbar which is 10 feet (3 m) above the goal line. The goalposts may be H-shaped (both posts fixed in the ground) although in the higher-calibre competitions the tuning-fork design (supported by a single curved post behind the goal line, so that each post starts 10 feet (3 m) above the ground) is preferred. The sides of the field are marked by white sidelines, the goal line is marked in white, and white lines are drawn laterally across the field every 5 yards (4.6 m) from

the goal line.[1] These lateral lines are called "yard lines" and are marked with the distance in yards from the nearest goal line, except for the yard line in the centre of the field, which is usually marked with a "C" for "Centre line" . "Hash marks" are painted in white, parallel to the yardage lines, at 1 yard (1 m) intervals, 24 yards (22 m) from the sidelines.

Skills

Throwing a football

<http://www.youtube.com/watch?v=sRP1LoJusyM>

<http://www.youtube.com/watch?v=pq7ax9xQrE0>

Catching a Football

<http://www.youtube.com/watch?v=LoHsu5CkuD0>

<http://www.youtube.com/watch?v=Aq7-Y8FhwSI>

Patterns

<http://www.youtube.com/watch?v=b2k59617MJs>

Basic Rules

Teams advance across the field through the execution of quick, distinct plays, which involve the possession of a brown, spheroid ball with ends tapered to a point.



Flag football is a version of Canadian football or American football that is popular worldwide. The basic rules of the game are similar to those of "tackle football", but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down. In most organized play, players wear a belt. These belts vary from "Triple Threat" which the entire flag belt is removed, to "Sonic Pop" which only the flag is pulled.

Flag (and touch) football may also be divided into "contact" or "non-contact", depending on whether or not blocking is allowed; if allowed, blocking is usually restricted to the chest.

In Non-Contact flag football, there is no blocking, linemen cannot use their hands to block an opponent. Defensive players cannot get in the way of a runner; they can only attempt to grab the flag without

impeding the path of the runner. Offensive players are not allowed to hand block defensive players to prevent them from grabbing the flag.

In Contact flag football, none of the rules above apply. There are linemen blocking only around chest area, no chop blocks or blocks below the waist. Defensive players can get in the path of an offensive player to attempt to grab the flag.

Kickoff

Play begins with one team place-kicking the ball from its own 35-yard line. Both teams then attempt to catch the ball. The player who recovers the ball may run while holding the ball, or lateral throw the ball to a teammate.

Stoppage of play

- Play stops when the ball carrier's flag is removed by a defensive player, when a forward pass is not caught on the fly (during live play); when a touchdown or a field goal is scored; when the ball leaves the playing area by any means (being carried, thrown, or fumbled out of bounds); or when the ball carrier is in a standing position but can no longer move. If no score has been made, the next play starts from the line of *scrimmage*.
*After the flag has been pulled, the flag is to be raised in the air immediately at the point pulled; it is then to be handed back to the offensive player. (If this is not done, such action can be termed unsportsmanlike conduct and a 15 yd. penalty may be assessed).

Scrimmage

Before scrimmage, an official places the ball at the spot where play stopped (where the flag was removed), but no nearer than 24 yards from the sideline or 1 yard from the goal line. The line parallel to the goal line passing through the ball (line from sideline to sideline for the length of the ball) is referred to as the line of scrimmage. This line is a sort of "no-man's land"; players must stay on their respective sides of this line until the play has begun again. For a scrimmage to be valid the team in possession of the football must have seven players, excluding the quarterback, within one yard of the line of scrimmage. The defending team must stay a yard or more back from the line of scrimmage.

Live play

On the field at the beginning of a play are two teams of 12 players. The team in possession of the ball is the offence and the team defending is referred to as the defence. Play begins with a backwards pass through the legs (the snap) by a member of the offensive team, to the quarterback or punter. If the quarterback or punter receives the ball, he may then do any of the following:

- run with the ball, attempting to run farther down field (gaining yardage). The ball-carrier may run in any direction he sees fit (including backwards). This is only allowed on the third down.

- pass the ball laterally or backwards to a teammate. This play is known as a *lateral*, and may come at any time on the play. A pass which has any amount of forward momentum is a *forward pass*; forward passes are subject to many restrictions which do not apply to laterals.
- *hand-off*—hand the ball off to a teammate, typically a halfback or the fullback.
- throw a *forward pass*, where the ball is thrown to a receiver located farther down field (closer to the opponent's goal) than the thrower is. Forward passes are subject to the following restrictions:
 - They must be made from *behind* the line of scrimmage
 - Only one forward pass may be made on a play
 - The pass must be made in the direction of an eligible receiver or pass 10 yards after the line of scrimmage

Each play constitutes a *down*. The offence must advance the ball at least ten yards towards the opponents' goal line within three downs or forfeit the ball to their opponents. Once ten yards have been gained the offence gains a new set of three downs . Downs do not accumulate. If the offensive team completes 10 yards on their first play, they lose the other two downs and are granted another set of three.

Change in possession

The ball changes possession in the following instances:

- If the offence scores a field goal and a conversion, the scoring team must kickoff from their own 35-yard line.
- If the offence fails to make ten yards in three plays, the defence *takes over on downs*.
- If the offence attempts a forward pass and it is *intercepted* by the defence; the defence takes possession immediately (and may try and advance the ball on the play). Note that incomplete forward passes (those which go out of bounds, or which touch the ground without being first cleanly caught by a player) result in the end of the play, and are not returnable by either team.
- If the offence *fumbles* (a ball carrier drops the football, or has it dislodged by an opponent, or if the intended player fails to catch a lateral pass or a snap from centre), the ball may be recovered (and advanced) by either team. If a fumbled ball goes out of bounds, the team whose player last touched it is awarded possession at the spot where it went out of bounds. A fumble by the offence in their own end zone, which goes out of bounds, results in a safety.
- When the first half ends, the team which kicked to start the first half may receive a kickoff to start the second half.

Dead Ball:

The ball is dead when it:

- goes out of bounds
- the ball carrier takes it out of bounds
- when the ball touches the ground

Safety:

When a team is tackled in their own endzone, the opponent scores two points on a “safety”. The team scoring the safety shall receive the ball on the 35 yd. line to start play as usual.

Scoring:

A safety counts 2 points for the defensive team.

A touchdown counts 6 points.

Two point conversion – electing to execute one more play (running or throwing) over the goal line.

One point conversion – place kick the ball through the up rights.

Length of Game:

The game will consist of 2, 20 minute periods with a running clock. The clock WILL stop during the last two minutes of the game. Halftime will be 6-8 minutes in length. One time out per team, per half.

Start of Each Game:

The choice of goal, kickoff or receiving is decided by the flip of a coin in the presence of captains and officials before the play starts.

First Downs: Possession of the ball is retained as long as the offensive team is able to continue obtaining first down. The team must cover 10 yards in three plays.

Third Downs:

On third down, a team must indicate whether they intend to PUNT or go for it.

Clock Stops:

Clock stops will be allowed for injury to a player at any time during the game. During the last 2 minutes of the game, the clock will stop after a touchdown, safety or touchback or whenever the referee suspends play. Time begins when the ball is put into play.

Time Outs:

A time out is taken when a captain requests a suspension of play. The time out is not to exceed 2 minutes.

Players and Substitutions:

There shall be 12 players on a team. There shall be 8 linemen and 4 backfield men.

Substitutions: Any number of substitutions can be made without reporting when ball is dead.

Carrying the Ball:

A ball carrier who has fallen to the ground without being legally tackled may not resume her run. At no time may the ball carrier pass the ball to herself.

Forward, Backward and Lateral Passes:

One forward pass may be thrown from any place behind the line of scrimmage. Any number of lateral passes or backward passes may be attempted from any point on the field. Any player can legally receive a pass. There must be no interference with the receiver of a forward pass.

Interceptions behind the Goal Line:

If a defensive player, while standing behind her own goal, intercepts a forward pass and is tackled in the end zone, a touchback results. (the intercepting team takes possession on the 20 yard line)

Kicking:

The kicking team must inform their opponents that they intend to punt. A kick must be fielded cleanly or it results in a dead ball.

Tackling:

Tackling shall consist of pulling flags without holding the ball carrier with the hand or any part of the body.

A tackler who forces the ball carrier to the ground is guilty of aggressive tackling.

Flags must be worn on the outside of all types of clothing and the entire flag must be exposed.

Flags must be in place on either side of the runner, failure to do this results in a five-yard penalty from the line of scrimmage.

If a player with the ball loses her flag during play, the ball is dead at the point of the flag fall.

Blocking:

Only screening of the defensive player is allowed. Use of arms, hands, legs, running over, cutting or pushing a defender is not allowed. (All these violations result in a 5 yd. penalty)

Penalties:

5 Yard Penalties:

1. Delay of game (Failure of the offensive team to put the ball into play within 45 second.)
2. Illegal use of flags
3. Off sides
4. Too many players
5. Offense not being set (judgment of officials)

15 Yard Penalties:

Two of these penalties by any one player in any combination will result in suspension from the game:

1. Forcing the runner to the ground.
2. Unsportsmanlike conduct
3. Straight-arming defense
4. Hackling at tacklers (to protect flags)
5. Clipping
6. Running over defenders
7. Blocking by pushing defenders
8. Defensive play that is characterized by pushing over or on offensive lockers.

9. Pushing the ball carrier out of bounds.

10. Swearing

11. Harassment of officials.

Stressed Rules:

1. Unnecessary violent behavior will result in the players' ejection from the game and may then be subject to further disciplinary action.

2. Flags must be worn correctly. NO rolling or tucking of flag in belts or pants.

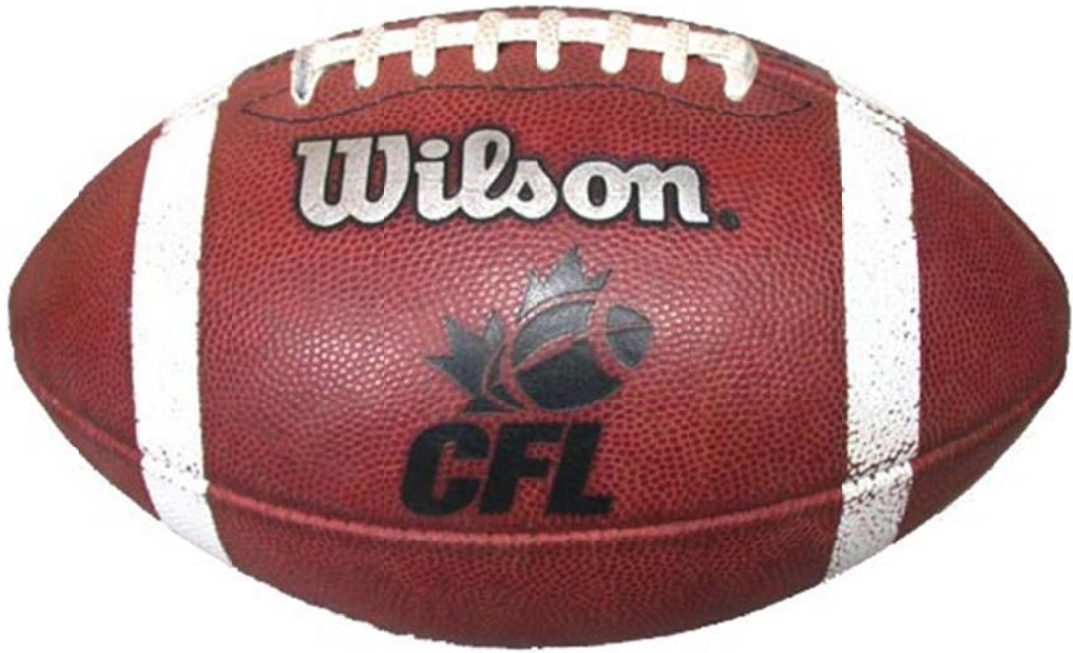
3. Everything besides flags must be tucked in.

4. All jewelry must be removed.









Wilson.



CFL