

Flag Football Review

History

The first remembrance of organized Touch and Tail Football being played was in the 1930's. Flag football was developed on military bases in the early 1940's as a recreational sport for military personal. Recreational leagues soon developed in the late 40's early 50's. By the 1960's St. Louis was the birthplace of the first national flag football organization – the National Touch Football League.

Equipment

We used NFL official footballs for the boys in the class and we used intermediate for the girls. Teams were decided by color of the flags. Each player wore two red flags (red team) or two yellow flags (yellow team). Flags are used in place of tackling; also they are the marker for where the ball needs to be placed. Flags make the game a lot safer, in being that no contact should be made.

Play of the Game

- Game starts off with a decision who throws the ball off and who will receive the ball, usually decided with rock, paper, scissors. The team who wins, gets to decide if they want to throw off or receive.
- The team who throws off must throw off from their endzone. The team who is on offense has four plays to get the ball to the half line and then an additional four plays to get to the endzone, if they get past the half line. If a team does not reach the half line or the endzone in the given amount of plays, the other team will get the ball where the last play started.
- If the offensive team scores a touchdown, then they will throw off from their endzone, to start the next drive.
- Each touchdown is worth 7 points.
- To tackle someone you tear off their flag, or if it falls off, they are considered “down”. The flag should mark the spot of the next play. Make sure you grab the flag and release it so you get an accurate spot of the ball.
- The defense can rush, cross the line of scrimmage, five seconds after the hike. If the defense rushes the quarterback may run the ball. The quarterback cannot run the ball unless they are rushed by the defense.
- The offense can run the ball one time every four downs. Any member of the team can run the ball except for the quarterback. Remember the quarterback only can run the ball if they are rushed. This does not count as a run.

