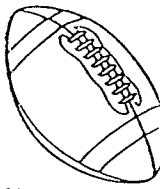


The History of Flag Football



Football as we know it began in the 1930's and 1940's. It, however, had its beginnings much earlier. It was in 1874 that the first international game of rugby, which was the beginning of the modern day version of football was played between McGill University and Harvard University.

The game of rugby developed to the point where in 1898 the name football was applied to a league, 'the Canadian Intercollegiate Rugby Football Union'. From this time on the game progressed very quickly. The United States took over the development of the game in the early 1900's. It was the United States that legalized the forward pass. It was also the United States that developed and organized various levels of football leagues.

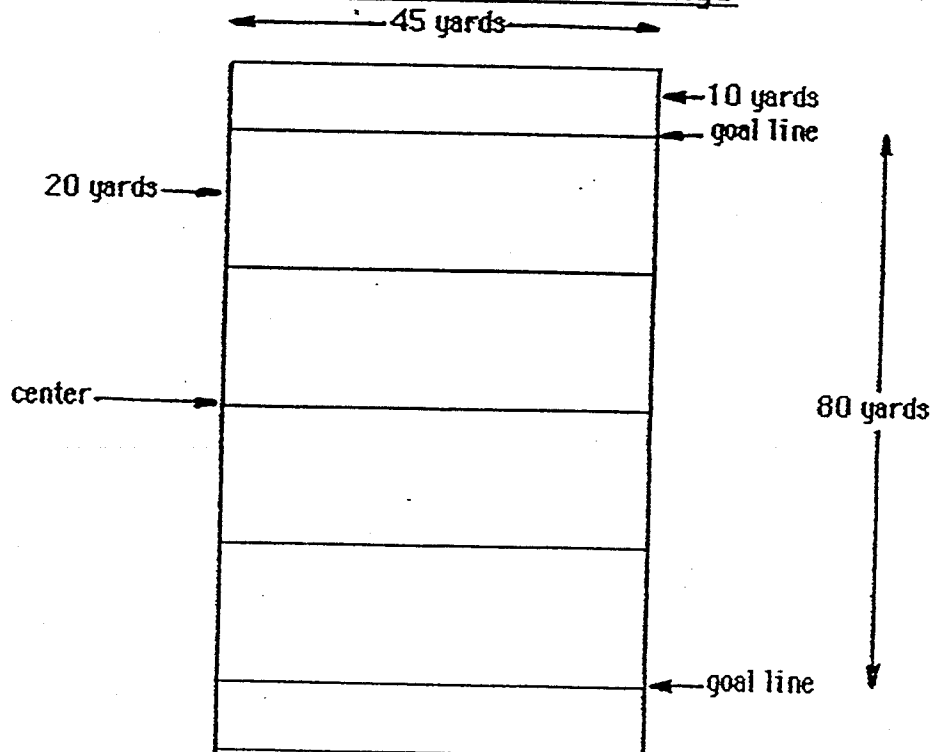
Today's spectator is now viewing a number of variations of the game of football. We see touch football, flag football, and of course tackle football developing at rapid rates.

As the values of football become more and more apparent, it is the individuals of the 80's that are seeing the greatest changes. With the emphasis on participation, the game of football is being modified in order to accommodate as many people as possible. Flag football is one of those variations.

Basic Rules Of The Game

The Field: The playing surface is 80 yards long, plus 10 yard end zones and 45 yards wide. In flag football there are no goal posts required. The entire field is divided into FOUR 20 yard increments.

Field Dimensions and Markings



Number of Players: There is a maximum of eight players and a minimum of seven players per team.

Time Outs: Each team is entitled to three time outs per game.

Length of Game: A game consists of two 40 minute halves. At the end of 38 minutes of continuous play in each half, the game will consist of five plays to finish the half. Kick-offs, convert attempts, and penalties do not count in the five plays remaining.

System of Downs: The offensive team has four downs to advance the ball to the next 20 yard increment regardless of where they are located in their present 20 yard increment.

The Play from Scrimmage: All players are eligible receivers. The offensive team must have at least 3 men on the line of scrimmage. Any player not on the line of scrimmage may go in motion prior to the snap of the ball. No player on the defensive team may go down into a three or four point stance. Any offensive player may take such a stance.

The ball may be run or passed with play being called dead once one of the two flags each player wears on his hip is pulled off his belt.

Blocking is permitted from the line of scrimmage to one yard down field and any distance behind the line of scrimmage, during a scrimmage play only. There is no blocking permitted downfield on punt returns, kick-off returns, pass interceptions or pass receptions. Blocking is limited to the area above the waist and below the top of the shoulder.

The ball carrier may not use his hands or arms to deflect a defensive players attempt to get his flag.

Kicking: There are no onside kicks. A receiver on a punt or kick-off must be given five yards to receive the kick.

The Ball is Dead

- When it is fumbled and touched the ground;
- When a player's flag is pulled;
- When a player or the ball travels out of bounds;
- On most occasions when the ball touches the ground

Scoring: Points are awarded for scoring a touchdown (6 points), a safety touch (2 points), a rouge (1 point), or a convert (1 point - a pass or run from the 5 yard line, no kicks)

