**DHS Flag Football** **GRADING:**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

PERS/SOC RESP/SAFETY (52) /5 /5 /5 /5 /5 /5 /5 /5

SKILL (12):

KNOWLEDGE (20):

**DAY/S\_\_\_\_\_\_\_\_ PERIOD\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TOTAL (82):**

**SKILL 1:** **Catching**

* Feet shoulder width apart
* Hands forming a Diamond shape if the ball is above one’s waste level
* Hands should form a basket if the ball is below one’s waste level
* Watch the ball into their hands and tuck the ball away

**SKILL 2:** **Throwing**

* Step with the opposite foot forward
* Hold the ball with one’s dominate hand with pinky and ring finger on the laces
* Bring the ball above their shoulder by their ear
* Rotate hips forward while snapping the pass forward to desired target

**SKILL 3: Kicking/Punting**

* Drop the ball straight down and laces up for punting
* Place the ball on the tee laces out/facing towards the goal post
* Kicking with dominant foot
* On both kicks contact the ball with one’s top of the foot and not toes driving through the ball

**TOTAL SKILL: 12 pt**

Rules of Flag Football (6 on 6/ 7 on 7)  
1. There is no blocking, tackling or pushing in flag football.

1. If the runner’s flag falls off without anyone pulling the flag the runner must be touched in order to be down.
2. There will be one first down located at the 50 yard line.
3. Each team will have a center snap the ball to the quarterback.
4. 5 Mississippi before the defensive team can rush the quarterback, only then can the quarterback run passed the line of scrimmage.
5. Teams are allowed to lateral the ball as much as possible.
6. After a touchdown occurs the team that scored will throw/kick the ball to the other team.
7. When I blow the whistle bring all equipment to me.
8. After each game is over the each captain will report to me the score of the game and I will tell them what team they will playing next.

**Vocabulary:**

**Line of Scrimmage:** this is the line the offensive team and defensive team is not allowed to cross until the ball is snapped to the quarterback.

**Sideline:** Out of bounds line on either side of the field.

**Endline/Endzone**: Line the offensive team must get the ball across to score a touchdown by running the ball across or throwing the ball to a teammate who must catch the ball in the air to count as a touch down.

**False Start**: When the offensive teams moves before the ball is snapped resulting in a 5 yard penalty.

**Encroachment:** When a defensive player crosses the line of scrimmage and makes contact with an offensive player before the play begins. Encroachment often occurs when a defensive player tries to anticipate when the ball is going to be snapped and rushes too early.

**Interception:** When a defensive player catches a ball intended for an offensive player. An interception results in a change of possession

**Lateral:** Most commonly defined as when a ball carrier throws the ball to a teammate. A team is allowed one forward lateral (a pass) per play, but there is no limit to the number of backward laterals allowed

**Pass Interference:** When a defensive player unfairly interferes with a receiver's attempt to catch the football. There is also offensive pass interference, when a receiver unfairly interferes with a defender's attempt to intercept a pass.

**Quarterback:** The player directly behind the offensive line who usually takes the snap and manages the offense. The quarterback is considered [the most important player on a football team](http://www.active.com/football/Articles/Drills_to_improve_quarterback_technique.htm).

**Wideout:** Another term for a wide receiver, or a player who's job is to [catch forward passes](http://www.active.com/football/Articles/3_Drills_to_Make_Better_Wide_Receivers.htm) thrown by the quarterback.

**Zone Defense:** When a defender is responsible for a certain area of the field in pass coverage, rather than a certain offensive player.

**Center**: is the innermost lineman of the offensive team. The **center** is also the player who passes (or "snaps") the ball between his legs to the quarterback at the start of each play.