

FOOTBALL 101 FOR 7V7 NON-CONTACT FLAG FOOTBALL

FOOTBALL BASICS

At the start of each half and following a scoring play, a kickoff takes place where one team kicks the ball to the other

The object of the game is to score more points than the opposing team

The Field is 110 yards long and 65 yards wide, with a 20-yard end zone at each end

The game is played in four-15 minutes quarters

The team with the ball is known as the offense, while the team without the ball is known as the defense

Line of scrimmage: This is an imaginary line that expands the width of the field and runs through the point of the football. It indicates where teams can't cross until the play has begun.

INTRODUCTION TO OFFENCE

- The job of the offense is to move the ball up the field and score points
- This can be done either by running forward with the ball or throwing it up the field for a teammate to catch (only one forward throw per play)
- The offense is given 3 chances (or downs) to make it 10 yards (usually marked by a cone - will refer to as first down marker)
- If they make it past the first down marker, they retain possession of the ball and are given another 3 chances
- If the offense does not make it past the first down marker after 3 downs, the possession changes
- Offence can select to kick the ball (punt) to the other team so that the other team starts further back. Receiving team may run ball back



OFFENSIVE POSITIONS

QUARTERBACK (QB)

One who decides whether to throw the ball to a teammate, hand the ball off for a teammate to run with, or run with the ball themselves

WIDE RECEIVER (WR)

Primarily responsible for running the ball up-field after catching a throw from the quarterback

CENTRE (C)

Throws the ball between their legs (snaps) to the QB and then becomes a wide receiver.

RUNNING BACK (RB)

Can receive a handoff from the quarterback OR can act like a WR and catch the ball

4 WAYS TO SCORE POINTS



TOUCHDOWN

Awarded to a team when they advance the ball either by running or throwing it into the opposing team's end zone
*To score a touchdown the nose of the ball must cross the goal line



EXTRA POINT

Occurs immediately after a touchdown where you try to score another touchdown.
Can start at 5 yard line (worth 1 point) or 12 yard line (worth 2 points)



SAFETY

Awarded to the defensive team when an offensive player starts in the field of play but ends up flagged in their own end zone.



ROUGE

Scored when the offensive team kicks the ball into the defensive team's end zone and it is not advanced out, earning the kicking team a point

INTRODUCTION TO DEFENCE

- The role of the defence is to stop the offence from moving the ball forward by either causing an incompletion, grabbing their flag after they catch the ball or the offence running out of bounds.
- If the offence fails to move the ball past the first down marker, the ball is given to the defending team who will then bring on their offensive players
- If the defending team intercepts the ball, they may run it back and will possess the ball from where they are flagged
- If the rusher is able to flag the QB before they release the ball, it is considered a sack and the line of scrimmage will move back to that spot for the next play

DEFENSIVE POSITIONS

RUSHER

Lines up 5 yards behind the line of scrimmage (LOS) and runs at the QB to pressure them to throw quickly, knock the ball down, or get a sack (by grabbing the QB's flag before they throw the ball)

DEFENSIVE BACK (DB)

Defend the wide receivers and try and stop them from catching the ball. If they catch the ball, grab their flag so they are downed.

OFTEN DBS ARE BROKEN DOWN EVEN FURTHER BY WHERE THEY ARE DEFENDING ON THE FIELD

CORNER - DB THAT LINES UP CLOSEST TO THE SIDELINES ON EACH SIDE

LINEBACKER/HALFBACK - LINE UP BETWEEN THE CORNER AND MIDDLE DEFENDER ON EACH SIDE

MIDDLE - LINE UP IN THE MIDDLE OF THE FIELD BETWEEN TWO LINEBACKERS/HALFBACKS

SAFETY - FURTHEST DEFENDER BACK

OTHER TERMINOLOGY



INTERCEPTION

When a forward pass is caught by a player of the opposing defensive team and leads to an immediate change of possession during which the defender who caught the ball will immediately attempt to move the ball as far forward toward the opposing end zone as possible



INCOMPLETE PASS

When a forward pass is not caught and hits the ground. Ball is dead (play is over) once the ball hits the ground



PENALTY

A sanction called against a team for a violation of the rules and often results in the ball being placed either closer or further away from a team's end zone depending on who committed the foul



FLAG GUARDING

Players are not allowed to block their flags and are not allowed to use their hands to prevent someone from pulling their flag



END ZONE

The area of the field where players are trying to either carry the ball to or catch the ball in order to score a touchdown