

FOOTBALL 101 FOR 5V5 NON-CONTACT FLAG FOOTBALL

FOOTBALL BASICS

Unless there is an interception, the offence will always start on their own 5 yard line

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

The Field is 70 yards (60 yards for youth) long and 25 yards wide, with a 10-yard end zone at each end

The game is played in two 20-minute halves

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 over half
- If they make it over half or more, they retain possession of the ball and are given another 3 chances to score a Touchdown



OFFENSIVE POSITIONS

QUARTERBACK (QB)

One who decides whether to throw the ball to a teammate OR hand the ball off for a teammate to run with

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

3 WAYS TO SCORE POINTS



TOUCHDOWN

Awarded to a team when they advance the ball either by running or throwing it into the opposing teams end zone

*To score a touchdown the hips of the ball carrier 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.

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 over half within 3 downs (or fails to score a touchdown within 3 downs after getting over half), the ball is given to the defending team who will then bring on their offensive players
- If the defending team intercepts the ball, they will possess the ball from where they are flagged and start with 3 downs to get to half or score
- 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 7 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.

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 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 prevent someone from pulling their flag. i.e no hitting their hands away, no blocking with ball/hands



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



NO RUN ZONE

When an offensive team is within 5 yards of the opposing team's end zone, they are not allowed to hand off the ball on a run play. They must complete a forward pass