

Flag Football (Jack)

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 safer, being that no contact should be made.

Playing of the Game

- The first possession is always decided by the two teams (usually rock, paper, scissors). The ball starts on the goal line and the team has four downs (or tries) to get the ball across the half line for a new set of four downs or in the end zone for a score.
- Scoring: Touchdown = 6 points, Extra point = 1 point (extra point is one play after a score, 5 steps from goal line)
- A *turnover* is a/an: 1) interception 2) fumble 3) loss of 4 downs
- The quarterback has the option of throwing the ball or handing the ball off to another player.
- Each play starts with the center hiking the ball to the quarterback or quarterback saying "GO".
- Once a flag is removed from the player carrying the ball, where the flag is lying, is where the ball is placed for the next play.
- The defensive team is allowed 1 *Blitz* (immediate rush on the quarterback) for each set of 4 downs. All other *rushes* must come after a 4 second count.

Field Setup

