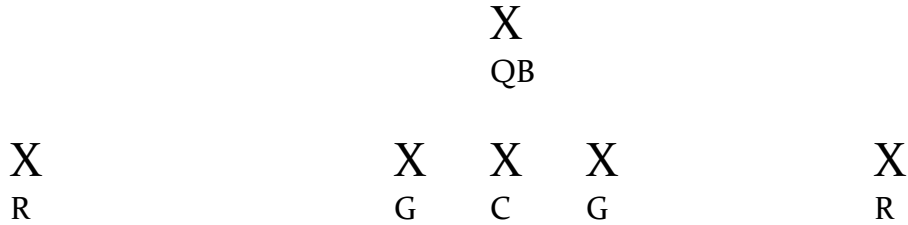


## FLAG FOOTBALL STUDY GUIDE

### POSITIONS



R= receiver  
G=guard

C=center  
QB = quarterback

### PASSING PLAYS

Down and Out  
Down and In  
Button hook  
Post  
Flag

#### Tips for throwing a spiral

- Step with opposite foot
- Lead with opposite shoulder
- Index finger on stripe
- Other fingers on laces
- Thumb snapped down
- Palm away
- Bring ball from ear
- Throw the ball ahead of a receiver if they are in motion

#### Tips for catching

- Keep eye on ball
- Allow upper arms and chest to catch ball (absorb shock - cushion it)
- Wrap arms and hands around ball
- No stiff arms, hands, or fingers
- You can catch with your hands by making a window
- Look over shoulder, but keep running forward to catch a pass coming from behind you

## Flag Football Terms and Rules

1. Down - the offense gets four downs to get to midfield and then four more to get to the end zone
2. End Zone - the area at each end of the field in which a touchdown (worth 6 points) can be scored
3. Fumble - a dropped ball by the ball carrier
4. Incomplete Pass - a pass that is not caught
5. Interception - a change of possession when a defensive player catches a pass intended for an offensive player
6. Holding - a penalty called for illegal grabbing or grasping of another player
7. Illegal Forward Pass - a penalty called when the ball is passed to a player down field after the player throwing the ball has crossed the line of scrimmage (imaginary line where both teams line up to start play)
8. Off sides - a penalty called when a player is across the line of scrimmage before or at the time the ball is snapped