

HISTORY

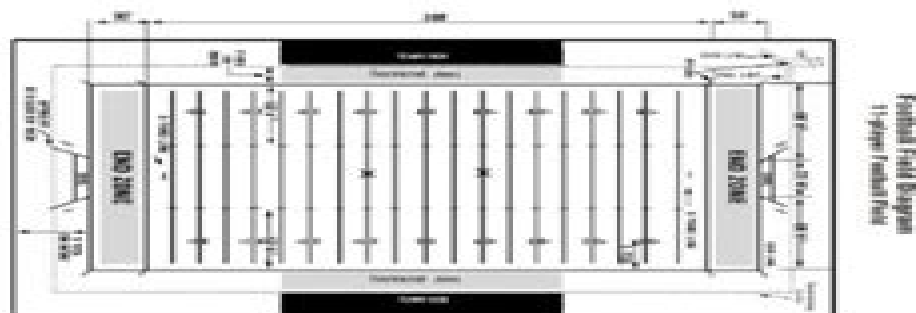
Flag or touch football is an adaptation and safer version of tackle football which is played at the professional, college, high school and youth level. Flag Football is believed to have begun in the U.S. military during World War II to prevent injury to military personnel playing football. Fort Meade in Maryland has the first recorded history of flag football and is generally accepted as its birthplace. The rules were standardized in the '1950's through the College Physical Education Association. The official rules were published in 1952. Recreational leagues were soon developed to make the sport more organized (with a format similar to softball leagues), and it grew in popularity as active young men returned home from the war.

OBJECTIVE

The object of the game is to score a touchdown by running or passing the ball over the opponent's goal line without being "tackled." Six (6) points are awarded for a touchdown and no extra point is attempted. The team with the most points at the conclusion of the game is declared the winner. All players wear flag belts around their waist with the flags hanging down the side. Each team uses a different colored flag. The defensive player detaching the flag belt ("tackled") stops the runner.

FIELD

A regulation football field is 100 yards long by 53 yards wide, not including the end zones.



STARTING THE GAME

The game starts with a kickoff, which may be a punted or thrown ball. Kickoff should be done from approx. 5 yards from goal line. To speed up the game, teacher may eliminate all kickoffs and punts and have each team's possession start at their opponents five yard line. Kicking team cannot cross kicker until the ball is kicked.

Fhsaa Football Study Guide

Puja Mehta



Fhsaa Football Study Guide:

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