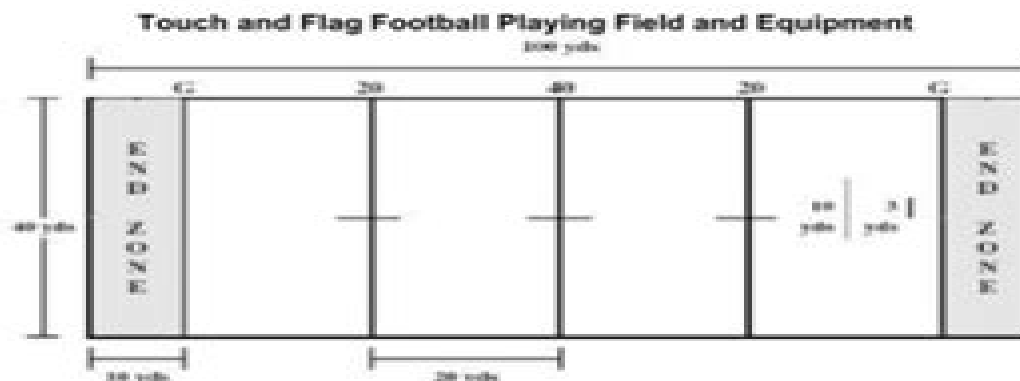


## Touch and Flag Football

The object of the game of touch football is to advance the ball over the opponent's goal line without being "tackled." An official touch football team is usually composed of 7 players, but 5-11 players may be used. The tackling element is eliminated in favor of the touch, and in most versions of touch football certain limitations are placed on blocking. No limitations are placed on eligibility of pass receivers, making it possible for any player to receive a forward pass. In regulation football, only wide receivers, tight ends, and halfbacks can receive a forward pass.

Flag football is a variation of touch football in which cloth or plastic flags are worn on both hips by all players. In lieu of a touch, the flag is detached or stripped from a belt (worn by all players) by the defensive player. Holding an opponent or holding onto the flag to prevent detachment are common infractions in flag football and must be closely regulated.



**Playing field:** An official touch football and flag football field is 40 yards wide by 100 yards long. The field is divided into four 20-yard zones and two end zones, each 10 yards deep.

**Ball:** A regulation leather or rubber-coated football can be used. It is generally recommended that a smaller sized football be used for younger children.

**Flags:** Flags should measure 12 to 15 inches in length and 2 inches in width. They can be made of plastic or cloth and can be tucked in the top of the gym pant if belts are not available.

**Goals:** Although goal posts are not necessary; however, lack of goal posts eliminates points after touchdown by kicking and field goals. In these cases, points after a touchdown are gained by running or passing. Cones, baselines, and sidelines may be used as goals.

### Flag and Touch Football Rules

The game allows players to participate in a relatively safe situation while still retaining many of the skills used in football. The rules for touch football and flag football are generally the same. However, when laying flag football, the rules for blocking, fumbling, and tackling are strictly enforced. In flag football, any ball carrier without two flags is considered tackled. In order to minimize hazardous play, the following precautionary measures are suggested:

- No blocking, tackling, or holding the ball carrier.
- Defensive players must maintain contact with the ground.

# Flag Football Physical Education Variations

**Zhe Xu**



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