

## The Basics of Flag Football Webquest

Use the Following Resources to Answer the Questions Below

1. [How to Play Flag Football - Play Football](#)
2. [Flag Football Rules - NFL Flag Football](#)

1. The number one rule of flag football is

NO CONTACT

2. How many players can play on each side during a regulation flag football game at a given time?

VARIES - 7 ON 7 TRADITIONAL

3. This violation occurs when an offensive player prevents a defensive player from pulling their flags

FLAG GUARDING

4. This imaginary line separates the offense from the defense

LINE OF SCRIMMAGE

5. How many downs does the offense get in order to attempt to get a first down?

4

6. In order to stop the offense from continuing to move the ball up the field, the defense must

PULL THEIR FLAGS

7. True or False: Players are allowed to wear shorts with pockets while playing flag football

FALSE

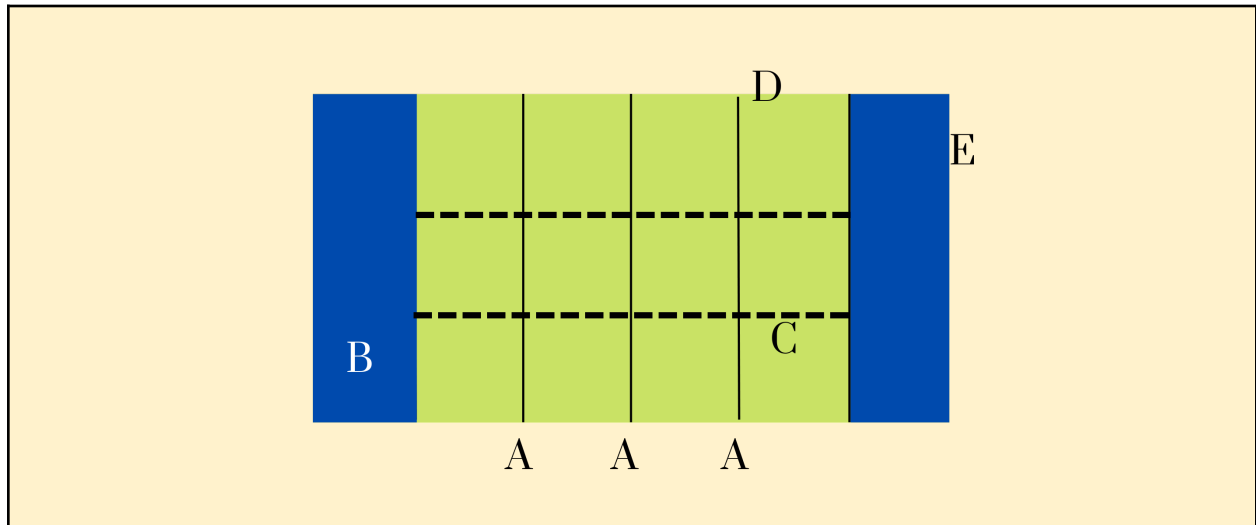
8. This type of turnover is not allowed in flag football

FUMBLE

Describe the responsibilities of each of the following positions in flag football

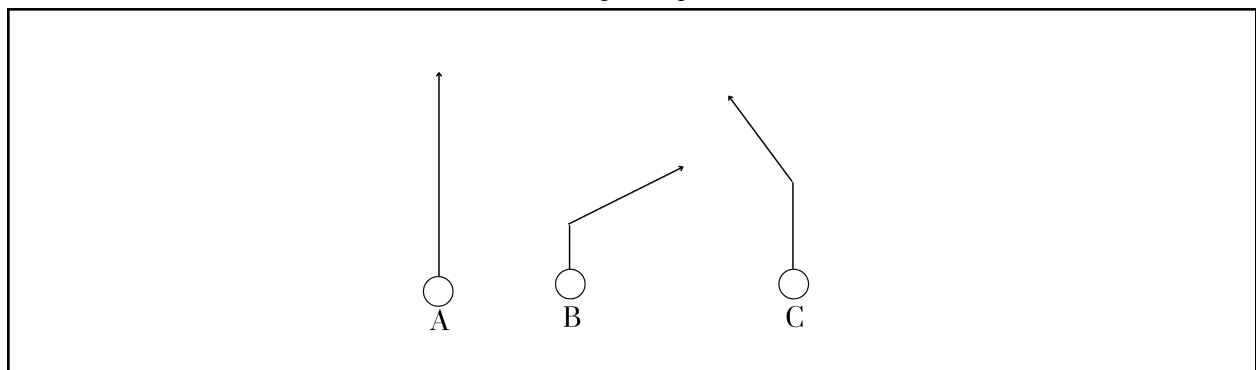
- 9. Quarterback - PASSES THE BALL TO RECEIVERS - LEADS THE OFFENSE
- 10. Receiver - CATCHES PASSES FROM THE QUARTERBACK
- 11. Defensive Back - TRIES TO PREVENT THE RECEIVERS FROM CATCHING THE BALL
- 12. Rusher - TRIES TO PULL QUARTERBACKS FLAGS BEFORE THE PASS

Label the Following Areas on a Basketball Court



- 13. A = FIRST DOWN LINES
- 14. B = ENDZOEEN
- 15. C = HASH MARKS
- 16. D = SIDE LINE
- 17. E = END LINE

Label the Following Flag Football Routes



- 18. A = GO ROUTE
- 19. B = SLANT ROUTE
- 20. C = FLAG ROUTE