

## A cartoon illustration of a young boy with brown hair, wearing a white t-shirt with black dots, blue shorts with a yellow waistband, and red sneakers. He is holding a brown and white striped football in his right arm. The background is white with a faint, stylized 'Word' visible at the bottom left.

Many teams play by different rules but here are a few you started in playing this fun game.

1. There are no kick offs in flag football. Whoever toss starts their possession on their own 5-yard line.
2. The number of downs may vary but we will pass midfield.
3. If you succeed in crossing midfield you get score a touchdown.
4. If you do not get passed midfield or do not after 4 downs, then the other team takes ball on their own 5-yard line.
5. In real flag football if you are within 5 yd run the ball. You must pass to score.
6. A player is down or "tackled" when the ball starts the next turn at the point.
7. Players may not hold onto the ball while flag without holding.
8. A ball is dead once it touches the ground in flag football.
9. A ball is dead when the ball carrier's knee touches the ground.
10. A ball is dead if the ball carrier is tackled.
11. The play ends when the flag is removed.
12. Some leagues allow a pass rule where you use a yard behind the line of scrimmage.

Huddle	The team gets together to plan the next play
Pass	A ball that is thrown forward usually by the quarterback.
Handoff	When the quarterback hands the ball to a running back or another player.
Complete	A thrown ball that is caught by a player, usually a receiver.
Incomplete	A thrown ball that is not caught by a player, usually a receiver.
Interception	A thrown ball that is caught by the defensive team.
Safety	When the defensive team steals the flag a player in their own endzone. A safety is worth 2 points.
Touchdown	When the offensive team gets into their opponents endzone with the ball. A touchdown is worth 6 points.
Extra Points	After a touchdown in flag football. In professional football it can be worth 1 or 2 points.
Kick Off	Starts the game. In professional football.

Word Search

E	T	D	Q	I	Q	O	R	Y	W
S	E	G	N	V	U	F	E	I	Y
E	C	P	D	A	F	T	S	O	
O	K	E	L	R	E	N	S	G	
D	E	U	F	T	N	E	A	W	
N	I	H	E	S	C	P	R		
E	A	P	R	E	W	F	E		
A	H	B	K	P	K	V			
Y	P	A	C	Q	S	I			
D	H	C	U	O	T	E			
O	K	C	I	K	C				
F	T	A	C	R	E				
C	O	U	L	U	R				
Q	R	A	N	Y					
F	T	N	T	G					

incomplete  
afterback  
inside  
dinner  
kerron  
pass  
etc.

## Students Name \_\_\_\_\_

**Directions** – Unscramble the letters to create words that are used in the game of football.

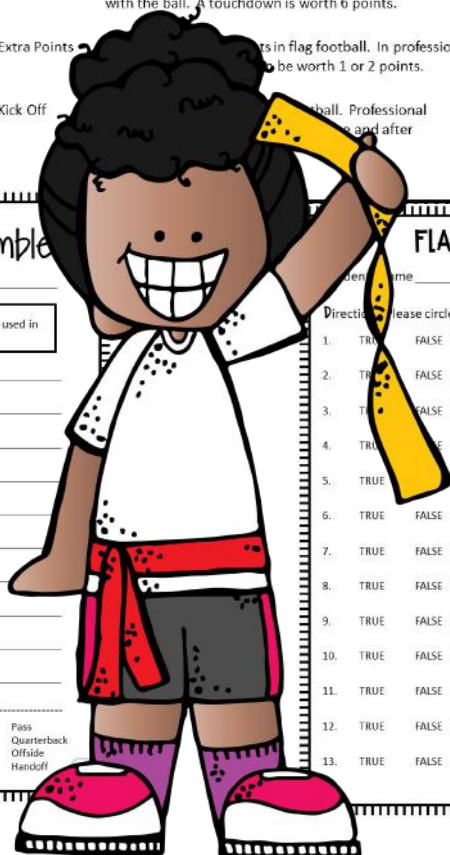
noud	_____	essfoisd	_____
chcat	_____	spas	_____
rvecerie	_____	eddihu	_____
nsfece	_____	hkei	_____
Dlfei	_____	ffhdaond	_____
Temleh	_____	efensde	_____
kcbtrreaqa	_____	trence	_____
duchtoonw	_____	lfou	_____
Ktaecl	_____	koicffok	_____
pincomltee	_____	nur	_____

Catch	Down	Helmet	Incomplete	Pass
Offense	Center	Run	Touchdown	Quarterback
Field	Foul	Hike	Kickoff	Offside
Receiver	Tackle	Defense	Huddle	Handoff

den time

Directions: Please circle the best statement true or false for each question.

- |     |      |       |  |
|-----|------|-------|--|
| 1.  | TRUE | FALSE | A center hikes the ball after a pass.  |
| 2.  | TRUE | FALSE | A pass that is caught is called complete.  |
| 3.  | TRUE | FALSE | There are no kick offs in flag football.   |
| 4.  | TRUE | FALSE | To get a person out you must knock them down.  |
| 5.  | TRUE | FALSE | The quarterback makes the plays to run, handoff or pass the ball.                      |
| 6.  | TRUE | FALSE | If my team is on offense, we have possession of the ball.                              |
| 7.  | TRUE | FALSE | I must steal the flag of the person with the ball to get them out or down.             |
| 8.  | TRUE | FALSE | A handoff is when you hand the ball to another player.                                 |
| 9.  | TRUE | FALSE | If I step out of bounds with the ball, I'm out or down.                                |
| 10. | TRUE | FALSE | There are no fumbles in flag football.   |
| 11. | TRUE | FALSE | A touchdown is worth 10 points.  |
| 12. | TRUE | FALSE | If my team is on defense, we are trying to steal the flag of the person with the ball. |
| 13. | TRUE | FALSE | A pass caught by the defensive team is called a fumble.                                |





# Flag Football

This flag football packet is perfect to introduce your students to the basic rules, vocabulary and beginning basics of a flag football game. I use this packet in grades 3-8 to help teach flag football content and incorporate language arts and higher order thinking into our PE class.

This printable packet is perfect to make individual books for each student, small group work or show on the projector and review as a whole group activity. In PE I use them in stations, whole group instruction, no gymnasium available days and distance learning activities for home. These resources are perfect for classroom teachers as well for Super Bowl theme days, fun Fridays, language arts stations and early finishers.

## **INCLUDED IN THIS PACKET**

- Flag Football Basic Description
- Flag Football Rules
- 20 Flag Football Vocabulary Words and Definitions
- 2 Flag Football True/False Quizzes & Answer Key
- 1 Flag Football Word Search & Answer Key
- 1 Flag Football Word Scramble & Answer Key



# Flag

**Football** Flag football is a nonphysical team sport that is like American football. Instead of tackling an opponent you steal their flag. When you steal the flag of the ball carrier that stops the play.

A flag football team has 6-10 players. All players must be wearing flag football belts with two flags near their hips. The object of the game is to steal the flag of the player with the ball.

The game looks like a real football game; the center hikes the ball to the quarterback and then the QB decides to run, handoff or pass.

The game consists of two halves that are 10-25 minutes in length based upon the ages of the players. A flag football field is 80 yards long instead of 100 yards like a regular football field. Scoring in flag football is 6 points for a touchdown and there is no extra point.

Flag football is a safe alternative to tackle football for kids of all ages.



# Flag Football

Many teams play by different rules but there are a few rules to get you started in playing this fun game.

1. There are no kick offs in flag football. Whoever wins the coin toss starts their possession on their own 5-yard line.
2. The number of downs may vary but we will play 4 turns to get passed midfield.
3. If you succeed in crossing midfield you get another 4 turns to score a touchdown.
4. If you do not get passed midfield or do not score a touchdown after 4 downs, then the other team takes over possession of the ball on their own 5-yard line.
5. In real flag football if you are within 5 yards of scoring you may not run the ball. You must pass to score.
6. A player is down or “tackled” when their flag is removed. The ball starts the next turn at the point where the flag was stolen.
7. Players may not hold onto the ball carriers. They must steal the flag without holding.
8. A ball is dead once it touches the ground. There are no fumbles in flag football.
9. A ball is dead when the ball carriers' elbow, or knee touches the ground.
10. A ball is dead if the ball carrier runs out of bounds.
11. The play ends when the flag of the ball carrier has been removed.
12. Some leagues allow a pass rush, but most teams use a 1 yard behind the line of scrimmage rule.



# Flag Football Vocabulary

Quarterback	The person who calls the plays.
Offensive Lineman	The person who stops the defense from getting the quarterbacks flag.
Defensive Lineman	The person who tries to run in and steal the flag of the quarterback or player with the ball.
Receiver	The person who runs out and catches the passes.
Offense	The team that has possession of the ball. This is the team that is trying to score a touchdown.
Center	The person who hikes or “snaps” the ball to the quarterback
Defense	The team that does not have possession of the ball. This is the team trying to stop the other team from scoring a touchdown.
Line of Scrimmage	Where the ball is placed at the start of each play. Both teams must be at least 1 yard away at the start of each turn.
Down	One turn or play. Teams will get a set number of plays to get the ball to the center line or score a touchdown. Professional football is 4 turns to advance 10 yards.
Hike	Each play starts with a hike. The center hikes it between their knees to the quarterback.





# Flag Football Vocabulary

Huddle	The team gets together to plan the next play
Pass	A ball that is thrown forward usually by the quarterback.
Handoff	When the quarterback hands the ball to a running back or another player.
Complete	A thrown ball that is caught by a player, usually a receiver.
Incomplete	A thrown ball that is not caught by a player, usually a receiver.
Interception	A thrown ball that is caught by the defensive team.
Safety	When the defensive team steals the flag a player in their own endzone. A safety is worth 2 points.
Touchdown	When the offensive team gets into their opponents endzone with the ball. A touchdown is worth 6 points.
Extra Points	There are NO extra points in flag football. In professional football an extra point can be worth 1 or 2 points.
Kick Off	There are NO kickoffs in flag football. Professional football has a kickoff to start the game and after each score.



# Flag Football



Students Name **Quiz** \_\_\_\_\_

**Directions-**Please circle the best statement true or false for each question.

- |     |      |       |  |
|-----|------|-------|--|
| 1.  | TRUE | FALSE | A center hikes the ball after a pass.  |
| 2.  | TRUE | FALSE | A pass that is caught is called complete.  |
| 3.  | TRUE | FALSE | There are no kick offs in flag football.   |
| 4.  | TRUE | FALSE | To get a person out you must knock them down.  |
| 5.  | TRUE | FALSE | The quarterback makes the plays to run, handoff or pass the ball.                      |
| 6.  | TRUE | FALSE | If my team is on offense, we have possession of the ball.                              |
| 7.  | TRUE | FALSE | I must steal the flag of the person with the ball to get them out or down.             |
| 8.  | TRUE | FALSE | A handoff is when you hand the ball to another player.                                 |
| 9.  | TRUE | FALSE | If I step out of bounds with the ball, I'm out or down.                                |
| 10. | TRUE | FALSE | There are no fumbles in flag football.   |
| 11. | TRUE | FALSE | A touchdown is worth 10 points.  |
| 12. | TRUE | FALSE | If my team is on defense, we are trying to steal the flag of the person with the ball. |
| 13. | TRUE | FALSE | A pass caught by the defensive team is called a fumble.                                |

# Flag Football



Students Name **Quiz** \_\_\_\_\_

**Directions**-Please circle the best statement true or false for each question.

1.      TRUE      **FALSE**      A center hikes the ball after a pass.
2.      **TRUE**      FALSE      A pass that is caught is called complete.
3.      **TRUE**      FALSE      There are no kick offs in flag football.
4.      TRUE      **FALSE**      To get a person out you must knock them down.
5.      **TRUE**      FALSE      The quarterback makes the plays to run, handoff or pass the ball.
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7.      **TRUE**      FALSE      I must steal the flag of the person with the ball to get them out or down.
8.      **TRUE**      FALSE      A handoff is when you hand the ball to another player.
9.      **TRUE**      FALSE      If I step out of bounds with the ball, I'm out or down.
10.      **TRUE**      FALSE      There are no fumbles in flag football.
11.      TRUE      **FALSE**      A touchdown is worth 10 points.
12.      **TRUE**      FALSE      If my team is on defense, we are trying to steal the flag of the person with the ball.
13.      TRUE      **FALSE**      A pass caught by the defensive team is called a fumble.



# Flag Football



Students Name **Quiz** \_\_\_\_\_

**Directions-**Please circle the best statement true or false for each question.

- |     |      |       |   |  |  |
|-----|------|-------|---|--|--|
| 1.  | TRUE | FALSE | In a huddle a team makes a plan   |  |  |
| 2.  | TRUE | FALSE | In flag football all players wear 2 flags.  |  |  |
| 3.  | TRUE | FALSE | There are no extra points in flag football.   |  |  |
| 4.  | TRUE | FALSE | Teams must start each down on their own side of the field.  |  |  |
| 5.  | TRUE | FALSE | The quarterback can run the ball themselves.  |  |  |
| 6.  | TRUE | FALSE | The <table border="1" data-bbox="685 1008 943 1089"><tr><td></td><td></td></tr></table> ball starts each play at the line of scrimmage. |  |  |
|     |      |       |   |  |  |
| 7.  | TRUE | FALSE | A receiver hikes the ball to the quarterback.   |  |  |
| 8.  | TRUE | FALSE | Players can hold and push each other in flag football.  |  |  |
| 9.  | TRUE | FALSE | Players cannot tackle in flag football.   |  |  |
| 10. | TRUE | FALSE | You start your first possession of the game or after an opponent's touchdown on your own 5 yard line.                                   |  |  |
| 11. | TRUE | FALSE | A ball is dead once it touches the ground. There are no fumbles in flag football.   |  |  |
| 12. | TRUE | FALSE | A flag football field is 120 yards long.  |  |  |
| 13. | TRUE | FALSE | A pass that is not caught is called incomplete.   |  |  |

# Flag Football



Students Name **Quiz** \_\_\_\_\_

**Directions-**Please circle the best statement true or false for each question.

1. ☒ TRUE ☐ FALSE In a huddle a team makes a plan
2. ☒ TRUE ☐ FALSE In flag football all players wear 2 flags.
3. ☒ TRUE ☐ FALSE There are no extra points in flag football.
4. ☒ TRUE ☐ FALSE Teams must start each down on their own side of the field.
5. ☒ TRUE ☐ FALSE The quarterback can run the ball themselves.
6. ☒ TRUE ☐ FALSE The 

ball	starts each

 play at the line of scrimmage.
7. ☐ TRUE ☒ FALSE A receiver hikes the ball to the quarterback.
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11. ☒ TRUE ☐ FALSE A ball is dead once it touches the ground. There are no fumbles in flag football.
12. ☐ TRUE ☒ FALSE A flag football field is 120 yards long.
13. ☒ TRUE ☐ FALSE A pass that is not caught is called incomplete.

# Football Word Search

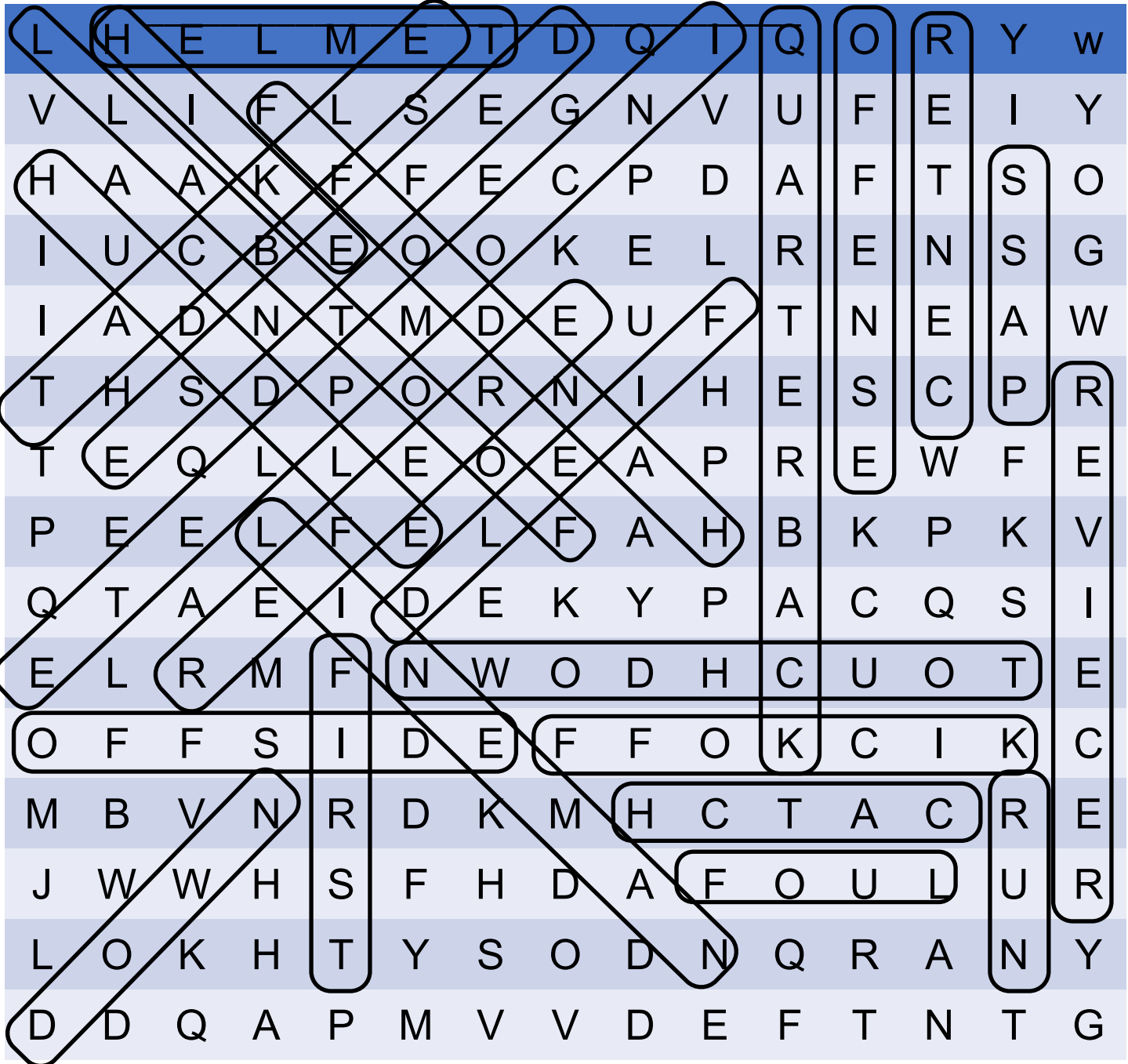
Students Name \_\_\_\_\_

L	H	E	L	M	E	T	D	Q	I	Q	O	R	Y	W
V	L	I	F	L	S	E	G	N	V	U	F	E	I	Y
H	A	A	K	F	F	E	C	P	D	A	F	T	S	O
I	U	C	B	E	O	O	K	E	L	R	E	N	S	G
I	A	D	N	T	M	D	E	U	F	T	N	E	A	W
T	H	S	D	P	O	R	N	I	H	E	S	C	P	R
T	E	Q	L	L	E	O	E	A	P	R	E	W	F	E
P	E	E	L	F	E	L	F	A	H	B	K	P	K	V
Q	T	A	E	I	D	E	K	Y	P	A	C	Q	S	I
E	L	R	M	F	N	W	O	D	H	C	U	O	T	E
O	F	F	S	I	D	E	F	F	O	K	C	I	K	C
M	B	V	N	R	D	K	M	H	C	T	A	C	R	E
J	W	W	H	S	F	H	D	A	F	O	U	L	U	R
L	O	K	H	T	Y	S	O	D	N	Q	R	A	N	Y
D	D	Q	A	P	M	V	V	D	E	F	T	N	T	G

catch	down	football	helmet	incomplete	lineman
offense	center	run	touchdown	quarterback	pass
field	foul	hike	kickoff	offside	referee
receiver	tackle	defense	first	handoff	huddle

# Football Word Search

Students Name \_\_\_\_\_



catch	down	football	helmet	incomplete	lineman
offense	center	run	touchdown	quarterback	pass
field	foul	hike	kickoff	offside	referee
receiver	tackle	defense	first	handoff	huddle

# Football Word Scramble

Students Name \_\_\_\_\_

Directions – Unscramble the letters to create words that are used in the game of football.

nowd \_\_\_\_\_

effoisd \_\_\_\_\_

chcat \_\_\_\_\_

spas \_\_\_\_\_

rvecerie \_\_\_\_\_

eddlhu \_\_\_\_\_

nsfeofe \_\_\_\_\_

hkei \_\_\_\_\_

Dlfei \_\_\_\_\_

ffhdaond \_\_\_\_\_

Temleh \_\_\_\_\_

efensde \_\_\_\_\_

kcbtrreaqa \_\_\_\_\_

trence \_\_\_\_\_

duchtoonw \_\_\_\_\_

lfou \_\_\_\_\_

Ktaecl \_\_\_\_\_

koicffok \_\_\_\_\_

pincomltee \_\_\_\_\_

nur \_\_\_\_\_

Catch  
Offense

Down  
Center

Helmet  
Run

Incomplete  
Touchdown

Pass  
Quarterback

Field  
Receiver

Foul  
Tackle

Hike  
Defense

Kickoff  
Huddle

Offside  
Handoff



# Football Word Scramble

## ANSWER KEY

**D**irections – Unscramble the letters to create words that are used in the game of football.

nowd                  down                  esffoid                  offside

chcat                  catch                  spas                  pass

recerive      receiver      eddlhu      huddle

nsfefoe          offense                  hkei                  hike

dlfei                  field                  ffhdaon                  handoff

temleh          helmet                  efensde          defense

ckbrtaqruae      quarterback      trence      center

duchtoonw      touchdown                      lfou              foul

ktaecl            tackle            koicffo            kickoff

plinecomte      incomplete                      nur                      run

Catch	Down	Helmet	Incomplete	Pass
Offense	Center	Run	Touchdown	Quarterback

Field	Foul	Hike	Kickoff	Offside
Receiver	Tackle	Defense	Huddle	Handoff







# Thank You

**Thank you for purchasing this resource. I would greatly appreciate your feedback.**

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