

FLAG FOOTBALL STUDY GUIDE

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Definitions:

Quarterback – Player who runs the offense and throws forward passes to teammates.

Center - Player who puts the ball into play by moving it from the ground to the Quarterbacks hands.

Receiver - Player who runs a pass route to get open and then attempts to catch a forward pass from the Quarterback.

Offense - This group of players have the ball and are trying to score touchdowns.

Defense - This group of players are trying to stop the offense from scoring touchdowns.

Pass Rusher - This player is allowed to rush the quarterback after a 5 second count.

Punter - This player punts the ball to the defense when on fourth down the offense decides not to go for a touchdown.

Kicker - This player kicks the ball from the tee to the receiving team from the white line.

Touchdown - Counts as 6 points for the offensive or defensive team. Scored in the end zone.

Kickoff - This play starts the game or takes place after a touchdown.

Downs - Each team receives four of these (plays) each time they gain possession of the ball.

Midfield - The point at which a kickoff occurs and the middle point of the field.

Interception - When the DEFENSE makes a successful catch on a ball thrown from the offensive team.

Fumble - When the offensive team in possession of the ball allows it to fall out of his/her hands and onto the ground. It is then a live football for either team to recover.

Line of Scrimmage - The point on the field where the football is placed. An imaginary line is then drawn from the middle of the football out towards both sidelines.

Interference - When a offensive or defensive player makes contact with the player attempting to catch a thrown pass which then hurts their chances of catching the ball. Result of the penalty is a five yard mark off.

Offsides - When the offensive or defensive team lines up on the wrong side of the line of scrimmage as the ball is centered to the quarterback.

