

Chute Flag Football Study Guide

Flag Football Vocabulary

1. Offense - the team trying to score
2. Defense - the team trying to stop the offense from scoring
3. Down - chance to run a play
4. Line of scrimmage - the invisible line where each play starts
5. Endzone - the area where a touchdown is scored in
6. Touchdown - when the ball carrier enters the endzone or the ball is over the goal line
7. Defensive count - when the rusher counts up to (5) 1000 before they can run past the line of scrimmage to tag the quarterback
8. Kickoff - is the way to put the ball back into play at the start of the game or after a touchdown

Offensive Play of the Game

1. All players are eligible receivers
2. The WHOLE team must huddle before each play
3. The offense has (4) downs to cross the centerline and (4) more downs after crossing the centerline
4. An offense can run only once every (4) downs
5. The ball may be centered (hiked) under the legs or sideways from the ground
6. A touchdown is worth 7 points
7. Screen blocking only - NO physical contact
8. NO flag guarding
9. The sidelines are out of bounds

Defensive Play of the Game

1. A defense may blitz only once every (4) downs
2. An offensive player is down when the ball carrier's flag is pulled or when they are tagged with one hand
3. There are NO fumble recoveries.
 - a. A fumbled ball is down at the spot that it touches the ground

Penalties

1. Offsides - When an offensive player is over the line of scrimmage before the ball is hiked or before the rusher reaches (5) 1000
2. Flag guarding - When a player is running and either their arm or ball is blocking their flags from the defender
3. Stiff arm - when a ball carrier is pushing a defender away
4. Blocking - initiating contact, not screening