1. **There are 4 downs per offensive possession**
2. **The quarterback cannot run the ball**
3. **The quarterback must use the prompt “Ready Hike” before the snap of the ball**
4. **All Offensive players must be behind the “Line of Scrimmage” before the ball is hiked.**
5. **All passes must be forward passes.**
6. **NO Running plays**
7. **In between plays the Offense has 10 seconds to get back to the line of scrimmage with additional 5 seconds to snap the ball.**
8. **If the offense is not behind the line of scrimmage it results in a loss of down.**
9. **In order to get a first down, the Offense must complete at least 3 forward passes – 1 must be to a girl.**
10. **The game starts with a punt from the kicking team unless we are playing indoors then it starts with a throw-off.**
11. **Flag Football is a combination of Ultimate Frisbee, Speedball and Rugby.**
12. **Players cannot tie his/her flag to body**
13. **Touchdown =6 pts**
14. **If a team scores a touchdown – 2 pt conversions will be attempted instead of a field goal.**
15. **All teams will go for a first down – no punts allowed.**
16. **A player is down as soon as the flag is pulled from the offensive player. The ball is placed at the spot.**
17. **Fumbled ball are dead on contact with the ground. Ball is retained by the team that fumbles.**
18. **The Defense can play Zone or Man to Man.**
19. **If the defense intercepts the ball – it is the defenses possession – they can score.**
20. **The Center is an eligible receiver.**
21. **There are no QB sacks or Defensive rushes.**
22. **The QB has 10 seconds to throw the FB – Past 10 seconds loss of down.**
23. **The offensive player must have at least 1 foot in bounds and control of the ball for a completion.**
24. **Players referee the games.**
25. **Each team will have 8-10 players on a team.**
26. **If a team has 1 player or more than the opponent – D will play zone.**



**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **\_\_\_\_\_\_/30**

**Key Terms: Please Define in compete sentences. (2pts each)**

1. **Down**
2. **Fumble**
3. **Holding**
4. **Interception**
5. **Off sides**
6. **Safety**
7. **Touchdown**
8. **Line of Scrimmage**
9. **Quarterback**
10. **Center**
11. **Receiver**
12. **End Zone**
13. **Field Goal**
14. **Extra-Point or PAT**
15. **Neutral Zone**

**Works Cited – Please write the website(s) where you attained the information (definitions).**

**Website(s):**

**1.**

**2.**