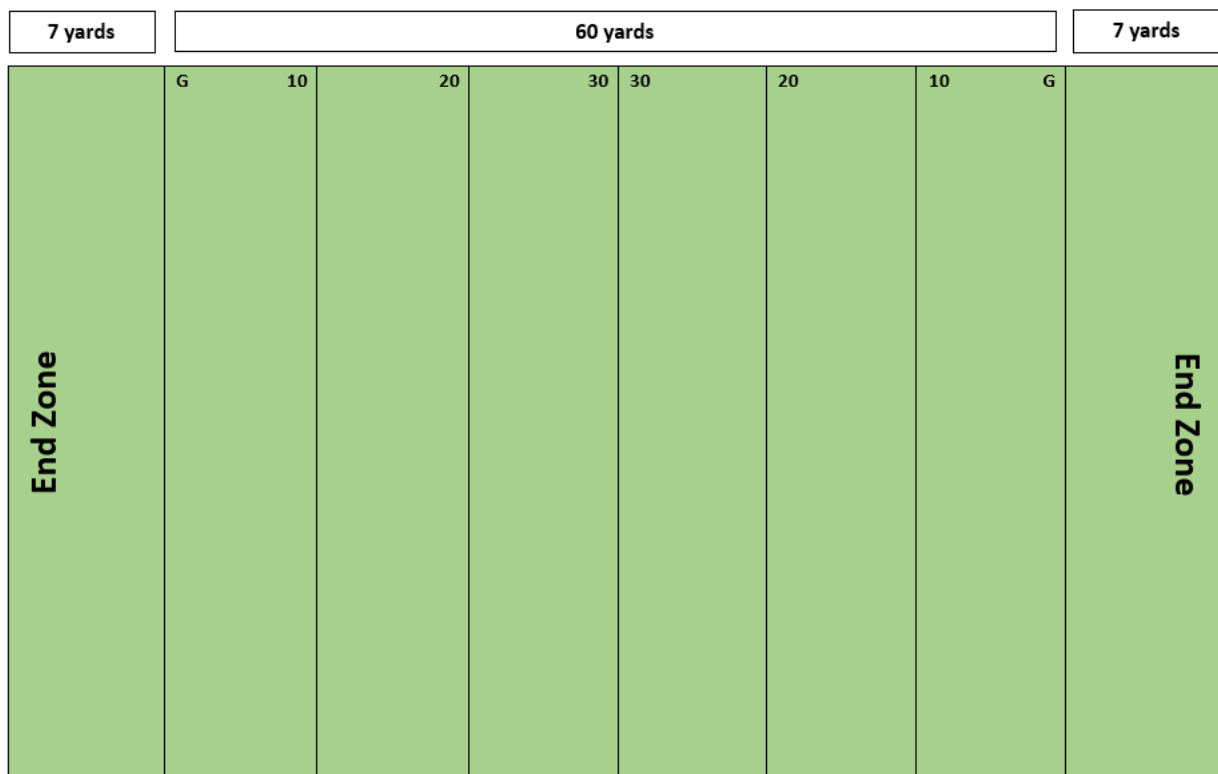


Boston FLAG Flag Football 101

Introduction: The purpose of this document is to give a high level overview of flag football. FLAG Flag Football follows the National Gay Flag Football League [rulebook](#) with slight modifications.

Football Overview:

- Football is played between two teams of seven players on a rectangular field measuring 60 yards by 30 yards (plus two end zones of 7 yards deep).
- The goal is to score more points than the other team by advancing the ball up field and into the end zone to score a touchdown.
 - Each touchdown is worth 6 points; after a touchdown, the offensive team gets an extra point opportunity.
 - They may elect to go for 1 point, from the opponent's 5 yard line; or
 - 2 points, from the opponent's 10 yard line.
- The offensive team starts from the "line of scrimmage" for each play.
 - They have 4 downs to achieve a first down, which is 10 yards upfield.
 - If they do not gain 10 yards on 4 downs, the ball is turned over to the other team.
- Each player wears a flag belt. When a player has the ball, they are "tackled" and the play is dead once their flag belt has been pulled. The belt cannot be pulled until after a player has possession of the ball.



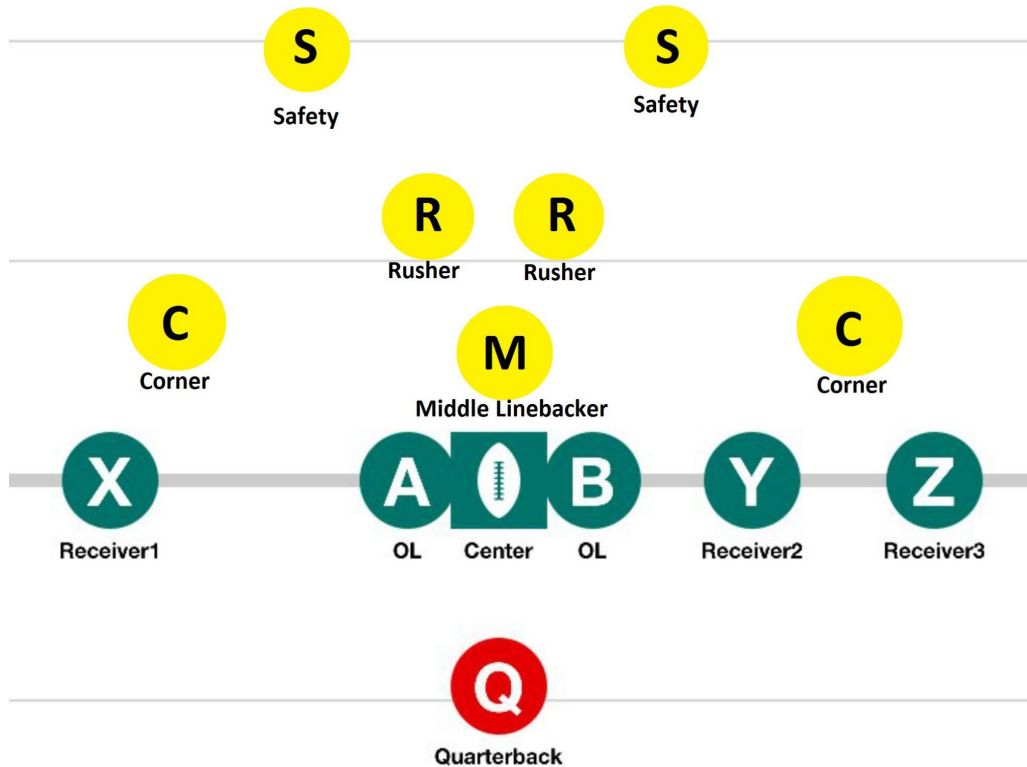
Offense Basics:



Positions:

- **Quarterback:** The quarterback receives the ball from the center and attempts to throw the ball to another offensive player before the defense is able to pull their flags
- **Receivers:** The receivers start on the line of scrimmage; when the ball is snapped, they run a specified route to get open and receive a pass from the quarterback. Once they catch the ball, they try to run upfield until their flags are pulled.
- **Offensive Line (OL):** The offensive line stands at the line of scrimmage in front of the quarterback. Once the ball is snapped, they try to block the oncoming rushers from getting to the quarterback. Offensive line players are also eligible receivers and may be assigned a route to run to try to get open for a pass.
- **Center:** The center starts with the ball on the ground and snaps the ball to the quarterback; after snapping the ball, they try to block the oncoming rushers from getting to the quarterback. The center is also an eligible receiver and may be assigned a route to run to try to get open for a pass.

Defense Basics:



Defensively, teams typically use one of two styles:

- Zone defense: each defensive player is assigned a “zone” - a specific area of the field to cover. If an offensive player enters the zone, the defensive player must try to defend them; if the offensive player leaves the zone, the defensive player must let them go and stay to defend their zone
- Man defense: each defensive player is assigned an offensive player to cover; the defensive player follows and defends the offensive player regardless of where they go on the field

Zone defense positions:

- Corner: Corners play on the right and left side of the field. They are responsible for the first 10 yards beyond the line of scrimmage on their half of the field.
- Safety: Safeties play on the right and left side of the field. They are responsible for the part of the field 10 yards past the line of scrimmage and beyond.
- Middle Linebacker: The middle linebacker guards the zone in the center of the field.
- Rusher: Rushers must start 5 yards back from the line of scrimmage (at the “rush puck” marker); once the ball is snapped, they try to get past the offensive line and pull the flags of the quarterback