

Bedford Bulldogs
Flag Football Playbook



DEFENSE

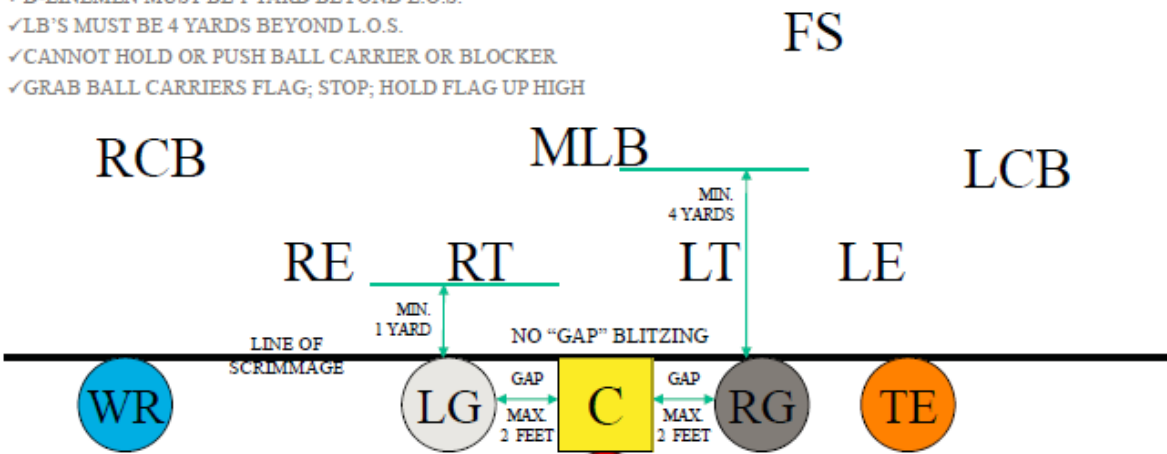
- Use your listening muscles and listen to your coaches as they place you into your position.
- Know what you are responsible for (rushing in, staying back, etc)
- WATCH THE BALL (don't move until the ball moves)
- FOLLOW THE BALL (to make sure it doesn't get handed off to someone else)
- Focus on grabbing the FLAG of ONLY the ball carrier (and no tackling)
- Work together with your teammates, rather than as individuals – strength in numbers!

OFFENSE

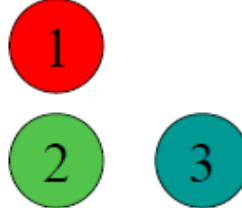
- LISTEN carefully to the coach describing the play in the huddle.
- Know what position you are playing.
- Once you leave the huddle, line up in the right position.
- LISTEN carefully for the snap count –
 - READY (think about what you are going to do)
 - SET (get yourself in ready position with hands on thighs)
 - GO! (As fast as you can)
- Execute the play by blocking or running in the right direction.

BASIC INFORMATION 8-Man Flag Football

- ✓NO SHOOTING THE GAP (BLITZING)
- ✓D-LINEMEN MUST BE 1 YARD BEYOND L.O.S.
- ✓LB'S MUST BE 4 YARDS BEYOND L.O.S.
- ✓CANNOT HOLD OR PUSH BALL CARRIER OR BLOCKER
- ✓GRAB BALL CARRIERS FLAG; STOP; HOLD FLAG UP HIGH

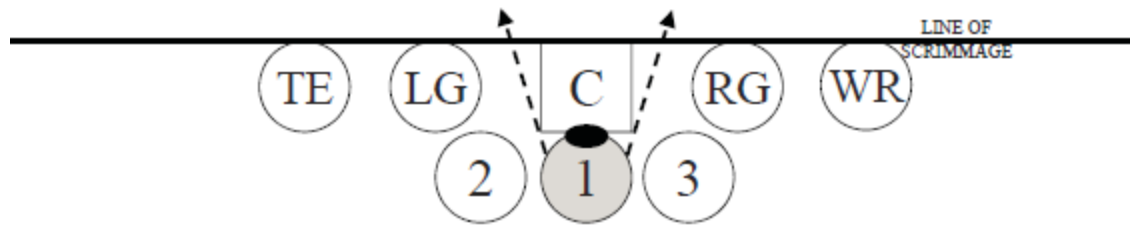


- ✓DIRECT SNAP FROM C TO QB (1)
- ✓CENTER MUST SNAP BETWEEN HIS LEGS
- ✓ALL OTHER LINEMEN IN 2-POINT STANCE
- ✓EVERY PLAYER IS ELIGIBLE FOR A PASS
- ✓NO HANDS BLOCKING – ARMS/SHOULDERS
- ✓“LEAD THE WAY” BLOCKING
- ✓NO FLAG PROTECTION (PUSHING AWAY)
- ✓BALL CARRIER CAN RUN IN ANY DIRECTION
- ✓BALL CARRIER CANNOT SPIN OR HURDLE
- ✓NO STIFF- ARMING

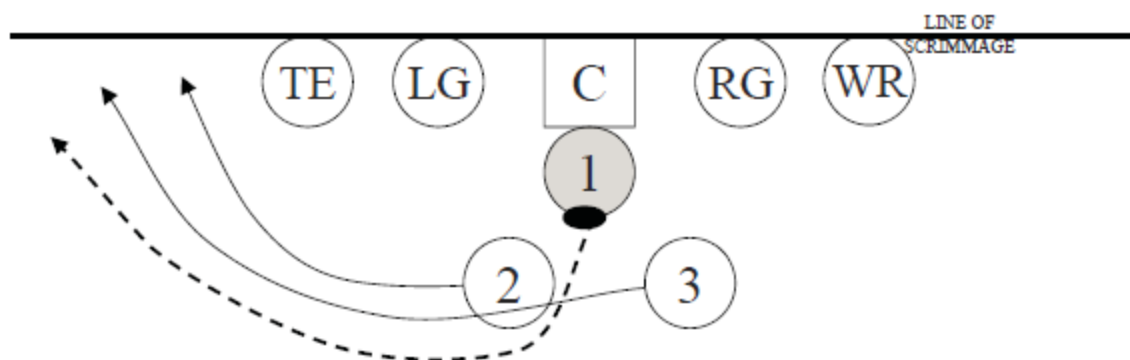


- ✓2 TIMEOUTS PER TEAM / EACH HALF
- ✓FIELD: 30 YDS WIDE BY 50+ YDS LONG
- ✓15 YARD ZONES AT EACH END (1ST DN)
- ✓NO KICKOFFS OR PUNTS
- ✓BALL BEGINS AT 15 YARD LINE
- ✓FOUR DOWNS TO GAIN 1ST OR SCORE
- ✓OR TURNOVER ON DOWNS

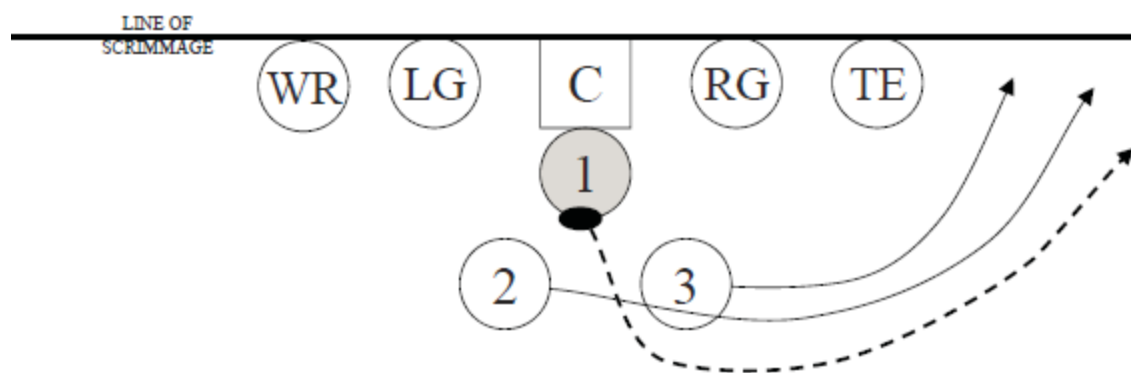
DIVE LEFT OR RIGHT



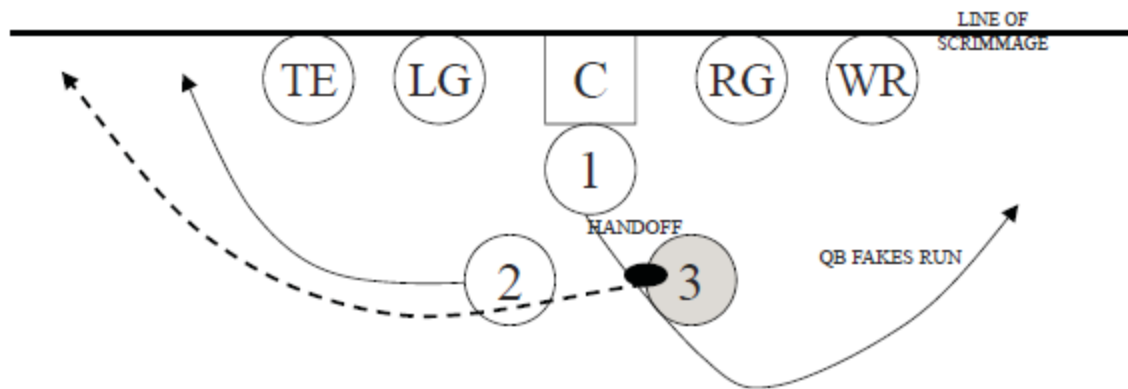
17 – SWEEP LEFT



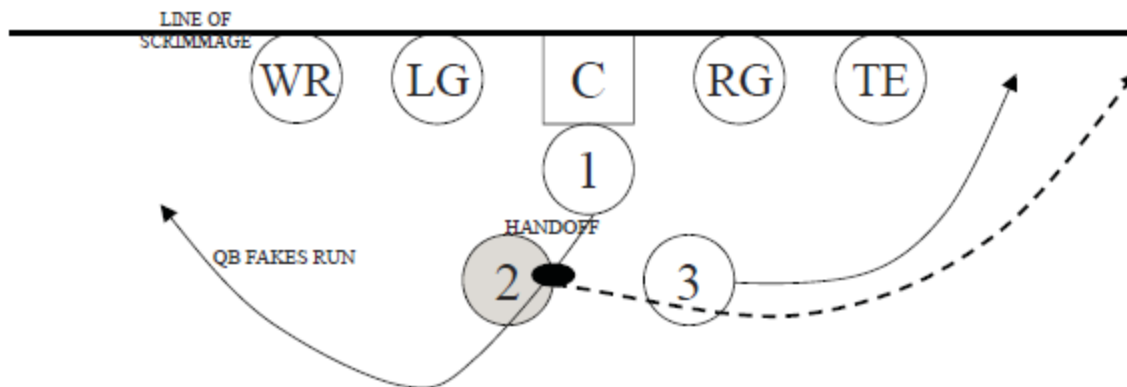
18 – SWEEP RIGHT



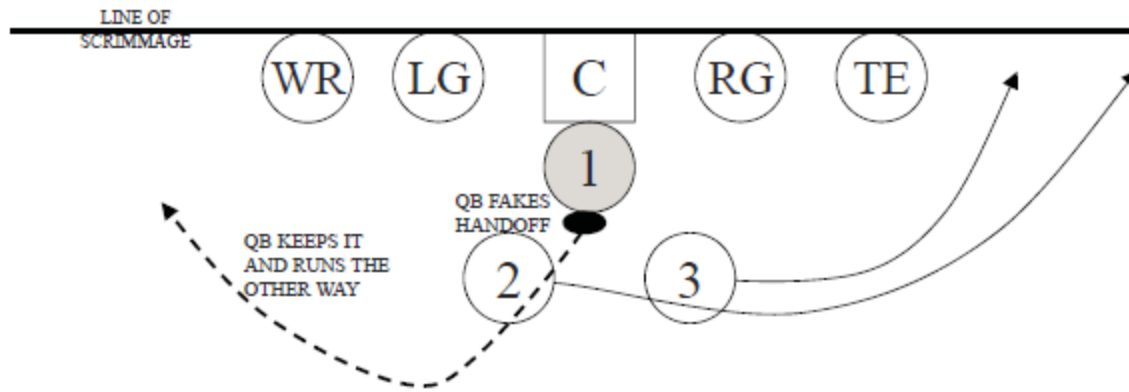
37 – SWEEP LEFT



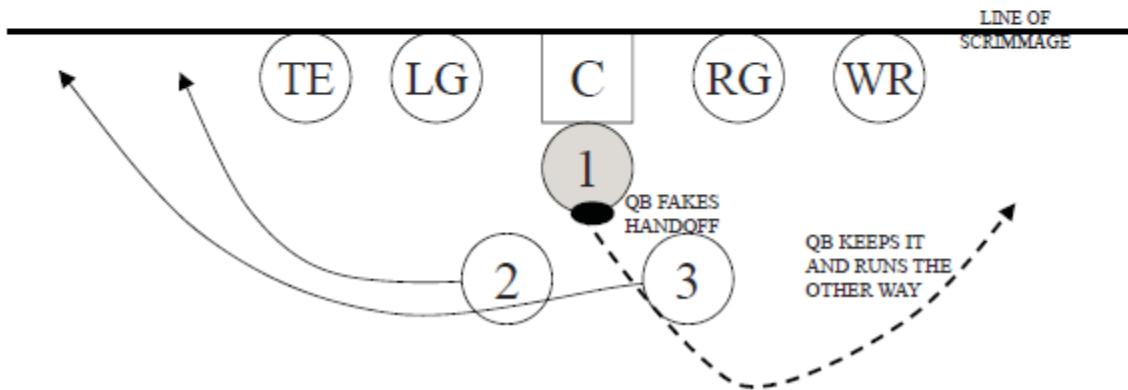
28 – SWEEP RIGHT



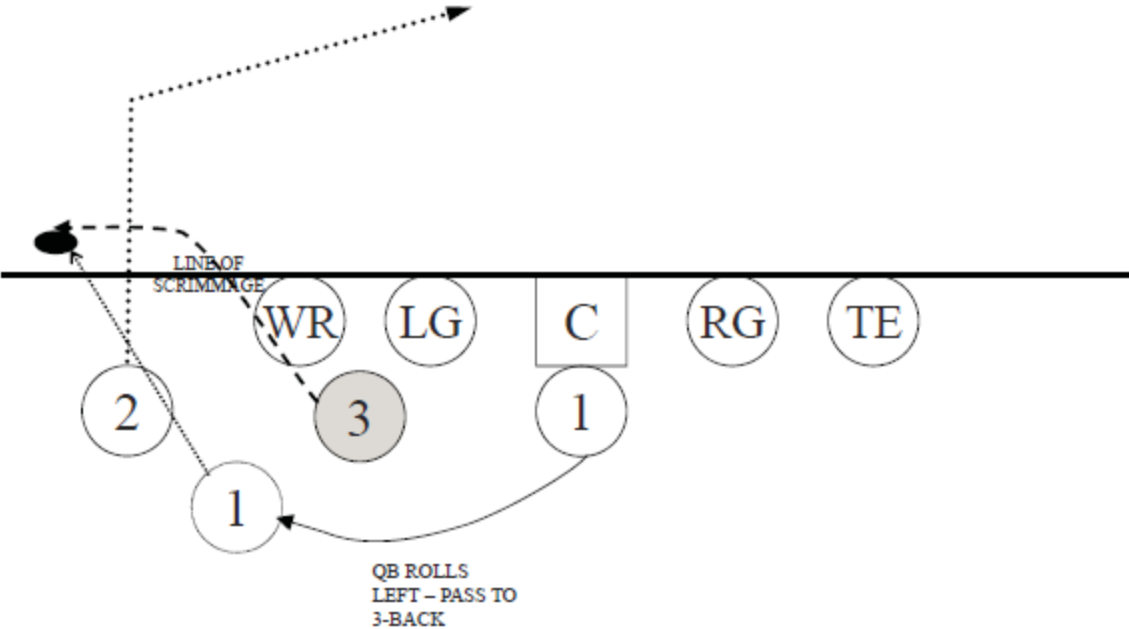
FAKE 28 – 17 KEEPER



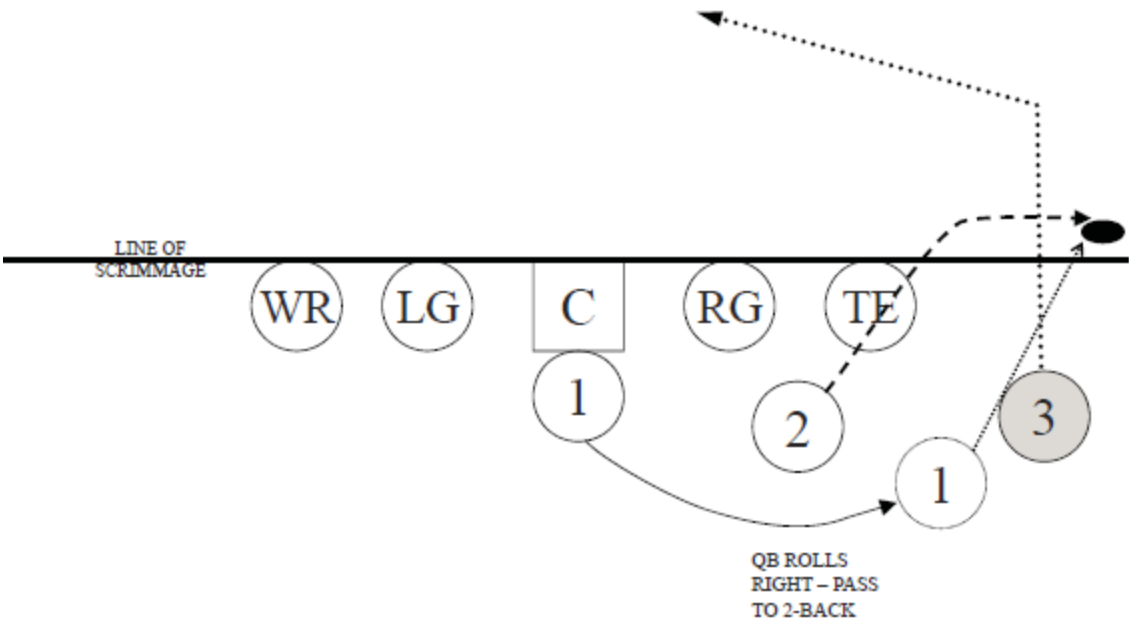
FAKE 37 – 18 KEEPER



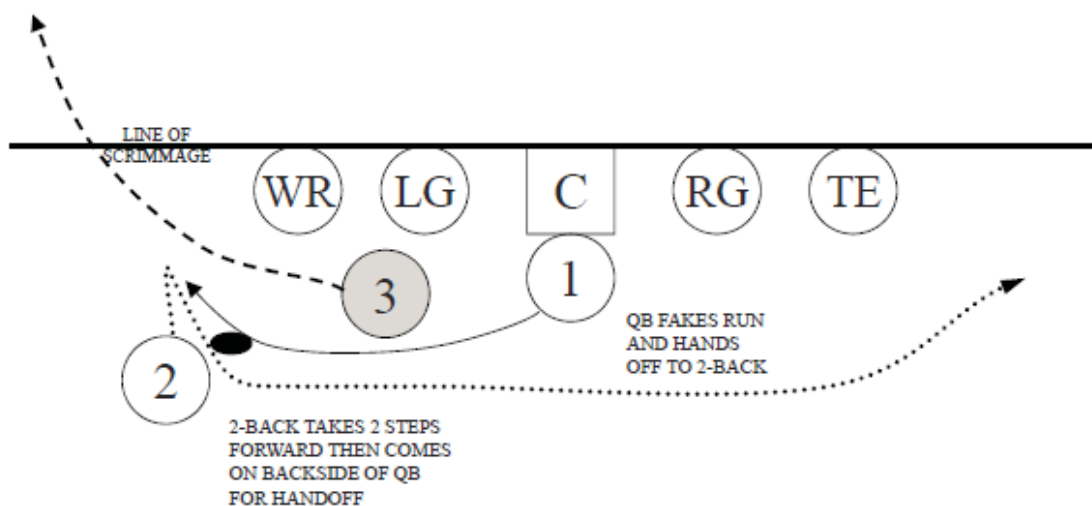
ROLL LEFT – 37 PASS



ROLL RIGHT – 28 PASS



FAKE SWEEP LEFT – 28 REVERSE



FAKE SWEEP RIGHT – 37 REVERSE

