



EVENT / SPORT	Flag Football
DATE	Thursday 18 th April 2024
TIME	10:00 – 14:00
VENUE	Redcar College
School Games Value	TEAMWORK
INTENT	Social Me
LEARNING OUTCOMES	• Apply basic attacking and defending principles • Learn about and lead healthy, active lifestyles • Understand and demonstrate the values of the NFL
What type of children would we like to engage in this experience?	
AGE GROUP	Years 5 & 6
GENDER	Open
TEAM / GROUP SIZE	Squads of 10, 5 Playing – Schools can bring a maximum of 3 Teams.
ADDITIONAL INFO	Open to all of Year 5 & 6 of all abilities – this is a fun event to try a new sport which they may not have tried in school.
Full Event Details	
EVENT TYPE	Festival
EVENT FORMAT	EVENT FORMAT: With support from the NFL, this brand new festival will offer the opportunity to try flag football and learn new skills through a range of drills and activities. The aim of the festival is to introduce the sport and provide them with the opportunity to develop their skills within a relaxed environment, through playing fun activities and games. The different activities and training drills will build players confidence before they then get the opportunity to practice what they have learnt and play some matches. Secondary School Sports Leaders, with the support of RESSP Staff, will explain and demonstrate each of the activities. All activities will be set up in advance and all equipment provided – sports leaders will lead the activity with the support of your school staff. TEAM / GROUP INFORMATION: • Schools can enter a maximum of 3 teams. There is a maximum of 10 players per team, with 5 playing at any one time. • The winning school could potentially have the opportunity to progress to the National Finals.
VENUE INFO	This event will take place on the outdoor 3G pitch. Please bring adequate staffing, 1 member of staff per team if possible, to support your school group and supervise toilet trips - toilets will be open inside the college.
EQUIPMENT	Please bring any NFL equipment your school has with you for your teams. As this event is outdoors please bring suitable clothing & footwear.
WHAT'S NEW?	NEW Event for 23/24!
NO SPECTATORS	Sorry no spectators at events this year.

RULES

NFL FLAG FOOTBALL RULES:

Flag Football teams consist of up to 10 players, 5 of whom are on the field at any one time.

Quarterback (QB)	Calls the start of play. Hands the ball to the Running Back and makes passes to the Wide Receivers.
Wide Receiver (WR)	Receives passes from the Quarterback and runs pass routes trying to evade defensive players. There are usually 2 Wide Receivers on the field of play at any one time.
Slot Receiver (SR)	A Receiver that lines up in between a WR and a C.
Centre (C)	Snap the ball to the Quarterback at the beginning of the game and each play (or 'down') thereafter. In Flag Football, the centre becomes a receiver after the snap and can run a route.
Running Back (RB)	Runs the ball down the field of play and catches passes.
Corner Back (CB)	Exterior defensive players who tackle, prevent catches and offensive players from scoring.
Safety (S)	Deep defensive players who tackle, prevent catches and offensive players from scoring. They are the last line of defense and are the deepest player on the field.
Defensive Back (DB)	Referring to both Corner backs and safeties. Defensive players whose primary responsibility is to defend the pass.
Linebacker (LB)	Interior defensive players who tackle, prevent catches and offensive players from scoring.

General Rules:

- Flags must be fully visible and positioned on each hip at the start of each play.
- The team winning the coin toss begins the game on their 5 yard line. This team is termed 'offence', the opponents 'defence'.
- The game is played for 20 minutes. A running clock begins on the 'snap'. The offensive team has 30 seconds to snap the ball once it is spotted.

Offensive Rules:

- The offence has 4 downs (attempts) to move the ball into the defenders' half of the field or to score a touchdown. The offensive team is awarded another set of 4 downs if the ball crosses the halfway line.
- The ball-carrier is 'tackled' if one flag is pulled.
- Play starts when the centre 'snaps' the ball to the QB. This means that, in one fluid motion from the ground, the centre snaps the ball through their legs to the QB standing 2 yards behind them. This must be done within 30 seconds of placing, or spotting, the ball in position for play to begin.
- Offensive players are not permitted to start their run down the field until the ball has been snapped. If they do, a false start is declared.
- The ball can only be thrown forward once on any down by a player who must be behind the Line of Scrimmage (LoS). This is an imaginary line across the width of the field beyond which the teams cannot pass until the next play has begun.
- If a player catches a forward pass they cannot pass it on to another team member. They must run with it.
- A player cannot pick up and run with a ball that has hit the ground. The play is whistled 'dead' and the next play will begin from the last point of possession before the ball was dropped.
- The ball-carrier cannot push the defender's hand away from the flag or hold onto the opponent's flag to stop it being pulled. This is called 'flag guarding' and results in a penalty.

How to Score - If an offensive player runs with the ball or catches it in the opponent's endzone, a touchdown is scored. After this, the offensive team has one attempt to gain an extra point conversion by getting the ball to the endzone from the 5 or 10-yard line. From the 5-yard line, players must throw the ball to a teammate. From the 10-yard line, they may throw or run with the ball.

RULES	Scoring Points: • Touchdown 6 points • If the ball is returned to opponent's endzone by defender 6 points • Safety (When any ball carrier is tackled in their own endzone or the ball is snapped out the back of the endzone) 2 points • From midpoint of 5-yard line 1 point • From midpoint of 10-yard line 2 points • If ball is returned to opponent's endzone by defender 2 points Defensive Rules: Defenders try to stop the offensive team advancing the ball or scoring by: • Intercepting (catching) the ball when it is in flight and catching it. If a defender intercepts the ball they can try to run it back to the opposing team's endzone for a touchdown. • Hitting the ball away from the intended receiver while it is in flight. • Pulling a flag from the receiver after the ball has been caught (Defenders can only pull flags from offensive players if they have possession of the ball). • Pulling a flag from the RB as soon as a handoff is made. (Once the ball has been handed off, all defensive players can cross the LoS. This includes in the event of a fake hand-off or a 'playaction'). • If the ball doesn't cross the halfway line in 4 downs or there is no score the ball is handed to the opposing team. The offensive team takes possession from their own 5-yard line. • Flag Football is a non-contact sport. No one can physically stop anyone running down the field of play or catching/intercepting passes.
---------------------	---