

Team Sports 1

Flag Football

History

American football as we know it today originated in the late 19th century. It was developed from two English sports: soccer and rugby. Some colleges – namely Yale, Columbia, and Princeton – began to compete against one another in football following the soccer-based London Football Association rules in 1860. In 1861, Harvard challenged Yale to a game played primarily using rugby rules but with modifications that started the move to a more liberal game of football. In 1876 the Intercollegiate Football Association was formed, and this organization developed many uniform rules of the game, including line of scrimmage, systems of downs, and the scoring system. Touch and flag football grew out of the interest in American football. Flag football eliminated the controversy inherent in touch football; which allowed for less contact and a clearly successful tackle. The skill to grab or protect the flag also made flag football more interesting than touch football.

Equipment

- Football
- Flags
- Comfortable athletic clothing including athletic shoes

Rules

- **FOOTBALL**
 - 11 players on each team
 - objective is to carry or pass the football across the defense's goal line
 - 4-15 minute quarters
 - scoring: touchdown=6 points, 2point conversion= 2 points, field goal= 3 points, safety=2 points, extra point=1 point
 - game starts with a placekick from the field's centerline
 - enforce all governing rules such as, passing, blocking, tackling
 - offense gets 4 consecutive attempts, called downs, to advance the ball 10 yards
- **FLAG FOOTBALL**
 - 8 players on each team
 - there are 2 types of scoring, touchdown and 2 point conversion
 - defense stops offense by pulling one flag
 - no body contact is allowed

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Safety

- In regulation game of basketball players need to wear athletic shoes and clothing
- Players need to be aware of all surroundings making sure not to come in contact with another player
- Make sure football field is free of debris, specifically, rocks or left out equipment
- Practice proper communication when playing, make sure you are speaking loud enough to be heard over any other noises.

Resources:

Football HSRF

Football Power Point

Football Vocabulary

Football Lesson Overview