

Team Sports 1

Flag Football Vocabulary



2-Point conversion

A scoring play, immediately after a touchdown, in which a team can add two bonus points by running or passing the ball into the end zone on one play starting from the opponent's two-yard line.

Blocking

The action made by one of the linemen or backs to get in the way of an opponent trying to tackle the player with the ball.

Carrying the ball

The act of running with the ball; a runner's rushing attempts are listed as carries in the box score of a game.

Center

The offensive lineman who hikes (or snaps) the ball to the quarterback at the start of each play

Completion

A forward pass that is caught by an eligible receiver

Dead ball

The ball is dead when the player's flag is pulled.

Defense

The unit that is responsible for keeping the opposition out of their end zone.

Down

One play, starting when the ball is put into play and ending when the ball is ruled dead

Ends

An offensive player who lines up on the very end of the line of scrimmage or a defensive player who lines up on either end of the defensive line

Forward Pass

Throwing the ball so that it ends up further downfield than it started.

Guard

A member of the offensive line; There are two guards on every play, and they line up on either side of the offensive center.

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Handoff

The act of giving the ball to another player

Lateral Pass

A sideways or backwards pass thrown from one player to another

Line of scrimmage

An imaginary line stretching the width of the field that separates the two teams prior to the snap of the ball.

Offense

The team that has possession of the football and attempts to advance it toward the defense's goal line

Passing

The act of throwing the ball to another player

Placekick

A kick in which a ball is held by person or tee on the ground.

Punt

A kick in which the kicker holds the ball and drops and kicks it before it touches the ground.

Quarter

One period in a football game; there are four quarters in a game

Quarterback

The offensive player who receives the ball from the center at the start of each play and can either hand it to the running back, throw it to a receiver, or run with it himself.

Running back

An offensive player who runs with the football

Safety

A two-point score by the defense that occurs when one of its players tackles an opponent in possession of the ball in his own end zone

Screen blocking

The legal obstruction of an opponent without initiating contact

Snap

To put the ball in play by giving it to the quarterback

Tackle

Performed by pulling one flag off the offensive ball carrier

Touchdown

A scoring play in which any part of the ball, while legally in the possession of a player who is in-bounds, crosses the plane of the opponent's goal line. A touchdown counts as 6 points.