

Resources

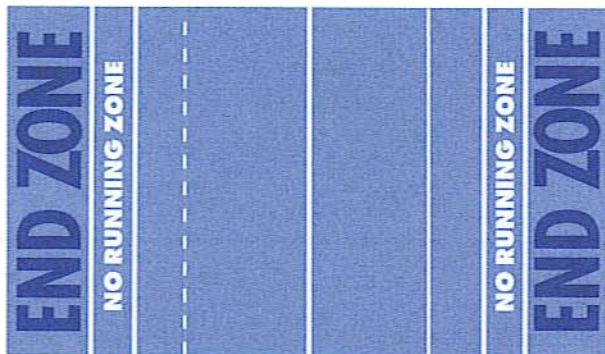
Check the sports section of your local library for information on flag football. If you have access to the Internet, try using various search engines to look for the information you need.

Your local parks and recreation office may also provide flag football information or programs.

The official NFL site for kids: <http://www.playfootball.com>

The CFL/NFL flag football Web site: <http://www.nflcanada.com>

Standard Flag Football Field Layout



Adults: when playing flag football with youth:

- Make it fun.
- Limit standing around.
- Allow everyone to play.
- Teach every position to every participant.
- Emphasize the fundamentals.
- Incorporate a progression of skill development for every participant.
- Keep it positive.

Simple Flag Football Rules

1. Blocking and tackling are not allowed.
2. There is no kick-off; each game starts with a coin toss.
3. A game is two 20-minute halves; the teams change sides at halftime.
4. Each team has five members on the field and one or more substitutes.
5. Players cannot guard their flags.

Official's Scoring Signals



Ball ready for play



Start clock



End of period



Time out



Touchdown or Field goal



Safety



First down



Incomplete forward pass



Penalty declined; no play



Delay of game



Sideline interference