

ALLEGANY-LIMESTONE PHYSICAL EDUCATION

STUDY GUIDE

FLAG FOOTBALL

Center – **offensive player** who snaps the football between his/her legs to the quarterback. Is an eligible receiver.

Field Goal – can occur on any offensive down when offense kicks ball into goalpost, and is worth **3 points**.

Interception – when the defense steps in front of an offensive receiver and catches a ball intended for that offensive player.

Kickoff – occurs at the start of the game and after extra point conversion attempt after touchdown.

Line of Scrimmage – **imaginary line** that extends from sideline to sideline where the offense puts the ball in play from.

Linebacker – defensive player who is responsible to defend one of the backfield positions from the offense.

On Side kick – occurs when kicking team recovers football during the kickoff.

Quarterback – **offensive player** who directs the offense, can hand the ball off, pass the ball or run with the ball.

Running Back – **offensive position** who can run or catch the football.

Safety – occurs when an offensive player is tackled in end zone, and is worth **2 points**. Team that scored the safety also gets possession of football via a free kick situation after safety has been awarded.

Touchdown – can be scored by either offense or defense by possessing the football in opponent's end zone, and is worth 6 points.

- Throwing a football with opposition means you step toward the target with your **opposite foot**
- Throwing a spiral requires one to follow through with your **thumb pointed down**
- Throwing to a moving target requires you to **throw slightly ahead of the receiver**
- Catching a football requires the receiver to catch ball away from your body
- Catching a football **above the waist** one should put your **thumbs together**
- Catching a football below the waist one should put your pinkies together