

Unit: Flag Football

Vocabulary

Line of Scrimmage – The line where the ball is placed at the start of each play; players must be 1 yard away.

Incomplete pass - A thrown ball which is not caught and falls to the ground.

Interception - A thrown ball which is caught by a defensive player.

Hand-off - When the quarterback hands the ball to a running back.

Fumble - To drop the ball after catching a pass or while running with the ball.

Touchdown - When the offense gets the ball into their opponent's end zone; offense scores 6 points.

Huddle - The team gets together to discuss the next play.

Hike - Used to start each play; the center sends the ball from the ground to the quarterback.

Down - One play; each team gets four downs, or plays, to get the ball into the next quadrant or zone.

Flags - A belt that holds two flags. Flags are pulled to consider a player down.

The end zones - Located at both ends of the field, where touchdowns are made.

Positions

○ **Offensive Positions**

- **QB = Quarterback:** The leader of the team. The QB decides which play to use, signals his teammates at the line of scrimmage, and receives the ball from the center. Then the QB can hand off the ball to a running back, throw it to a receiver, or run with it.
- **C = Center:** The player who snaps the ball to the quarterback.
- **RB = Running Back:** A player who runs with the football.
- **FB = Fullback:** A player who's responsible for blocking for the running back and also for pass-blocking to protect the quarterback.
- **WR = Wide Receiver:** A player who uses speed and quickness to elude defenders and catch the football. Teams use as many as two to four wide receivers on each play.
- **TE = Tight End:** This player lines up beside the offensive tackle and serves as a receiver and a blocker.
- **LG and RG = Left Guard and Right Guard:** The inner two members of the offensive line, whose jobs are to block for and protect the quarterback and ball carriers.
- **LT and RT = Left Tackle and Right Tackle:** The outer two members of the offensive line.

○ **Defensive Positions**

- **DT = Defensive Tackle:** The inner two members of the defensive line, whose jobs are to maintain their positions in order to stop a running play or to run through a gap in the offensive line to pressure the QB.
- **DE = Defensive End:** The outer two members of the defensive line. Their jobs are to overcome offensive blocking and tackle the QB or ball carrier. They are also responsible for forcing the ball carrier out of bounds or toward their defensive teammates.
- **LB = Linebacker:** These players line up behind the defensive linemen and are regarded as the best tacklers.
- **S = Safety:** These players are the last line of defense. There are free safeties and strong safeties, and they must defend the deep pass and also the run.
- **CB = Cornerback:** The players who line up on the wide parts of the field, generally opposite the offensive receivers.