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Pathfinder's Name

## Flag Football

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- 1. Know the basic rules of flag football as presented in the SDA - SARC rulebook (Seventh-day Adventist - Sports Activities Rules Committee).
- 2. What is the meaning of "Good Sportsmanship?"  
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- 3. Make a drawing and label the parts of the flag football field with the dimensions of each.  
Date completed \_\_\_\_\_
- 4. Demonstrate knowledge of flag football by developing three offensive and three defensive plays, and try them in an actual game.  
Date completed \_\_\_\_\_
- 5. During practice, demonstrate the skills required for the following positions.
  - a. Quarterback
  - b. End (left and right)
  - c. Center
  - d. Half back (left and right)
  - e. Pass rusher
  - f. Safety
  - g. Middle linebacker
  - h. Cornerback
  - i. Outside linebackerDate completed \_\_\_\_\_
- 6. Review the meaning of the referee signals as represented in the SDA-SARC.  
Date completed \_\_\_\_\_

- 7. Review the penalties for each infraction listed in the SDA-SARC.

Date completed \_\_\_\_\_

- 8. Describe the rule adaptations for flag football that were changed from tackle football for safety reasons for each of the following.

- a. Fumbles
- b. Punting
- c. Rushing the quarterback
- d. Muffed ball
- e. Blocking

Date completed \_\_\_\_\_

- 9. Define the following terms.

- a. Snap

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- b. Pass

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- c. Down

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- d. Formation

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- e. Huddle

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- f. Incompletion

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**g. Interception**

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**h. Tackle**

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**i. Touchdown**

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**j. Conversion**

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**10. Practice the following skills.**

- a.** Catch the football while using proper form and technique, both stationary and running.
- b.** Practice three-pass patterns such as post, fade, or curl.
- c.** Using the proper form, practice passing the football to both a stationary and a running target.
- d.** Perform three of the running skills: slant, cut, and spin.
- e.** Demonstrate the proper grip, shoulder position, and acceleration while receiving a handoff.
- f.** Demonstrate proper grip, stance, and eye movement during the long snap.
- g.** Combine all areas of offensive and defensive strategies and game play into a game of six-on-six flag football.
- h.** Demonstrate the skills necessary to defend against a pass.
- i.** Apply defensive strategies of man-to-man and zone coverage into a game of flag football.
- j.** Demonstrate the proper formation and execution, both offense and defense, of a punt.

Date completed \_\_\_\_\_

- 11.** Participate in at least five regulation games of flag football, demonstrating sportsmanship while incorporating all offensive and defensive skills learned.

Date completed \_\_\_\_\_

- 12.** Discuss the physical benefits of being active in team sports and what is gained from playing as a team.

Date completed \_\_\_\_\_

- 13.** Cooperate with other players to improve the team's playing skills.

Date completed \_\_\_\_\_

- 14.** Read Galatians 5:19-25. Which list of character qualities best describes a Christian coach, player, and spectator? How are the good fruits obtained?

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- 15.** Discuss with an individual or a group the problems facing a Seventh-day Adventist youth considering sports in junior high, high school, or college. What alternatives are there that allow for continued activity in sports?

Date completed \_\_\_\_\_