

Flag Football



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?”
3. Make a drawing and label the parts of the flag football field with the dimensions of each.
4. Demonstrate knowledge of flag football by developing three offensive and three defensive plays, and try them in an actual game.
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 linebacker
6. Review the meaning of the referee signals as represented in the SDA-SARC.
7. Review the penalties for each infraction listed in the SDA-SARC.
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
9. Define the following terms:
 - a. Snap
 - b. Pass
 - c. Down
 - d. Formation
 - e. Huddle
 - f. Incompletion
 - g. Interception
 - h. Tackle
 - i. Touchdown
 - j. Conversion
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.
11. Participate in at least five regulation games of flag football, demonstrating sportsmanship while incorporating all offensive and defensive skills learned.
 12. Discuss the physical benefits of being active in team sports and what is gained from playing as a team.
 13. Cooperate with other players to improve the team's playing skills.
 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?
 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?

For reference, obtain a copy of the SDA-SARC from SDA Health, Physical Education, Recreation Association, Walla Walla College, College Place, WA 99324. (509) 527-2887.

Skill Level 1

New in 2018