

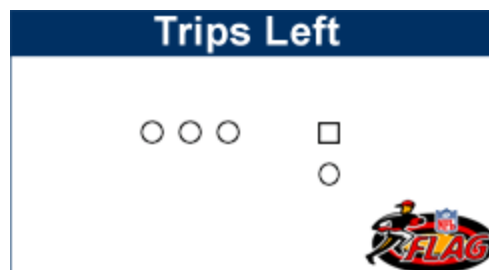
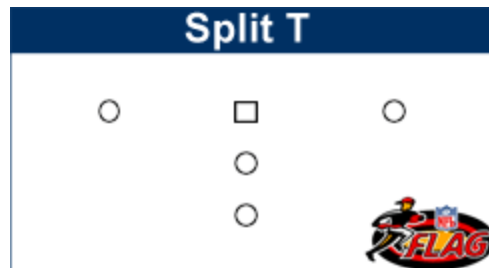


Flag Football Playbook & Formations

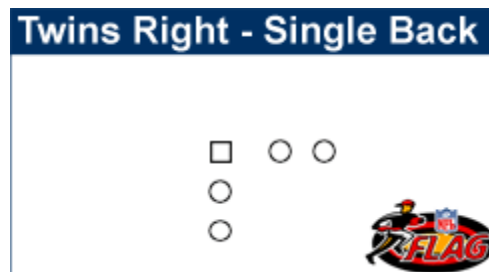
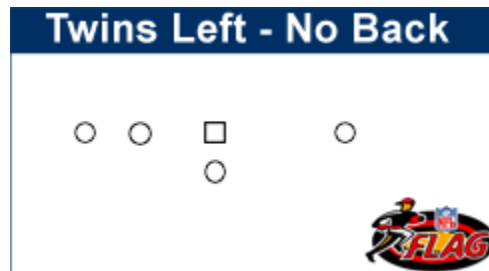
There are three basic formation calls: Split T, Twins and Trips. Variations and adjustments to the formation may be made by Coaches.

Our first series of plays we run out of the most basic formation, the Split T, where one receiver is on either side of the ball, split out approximately 10-12 yards from the center, with a single running back set behind the quarterback. This is a balanced formation in FLAG with no strong side, therefore we will not have a call side (no right or left). The formation when set looks like the letter "T."

The first call made when setting a play will be the formation.



**In this diagram, three receivers go to the call side of the formation.
This is a no back formation.**



In this diagram, two receivers go to the call side of the formation. There is the option to have a single back or no backs.

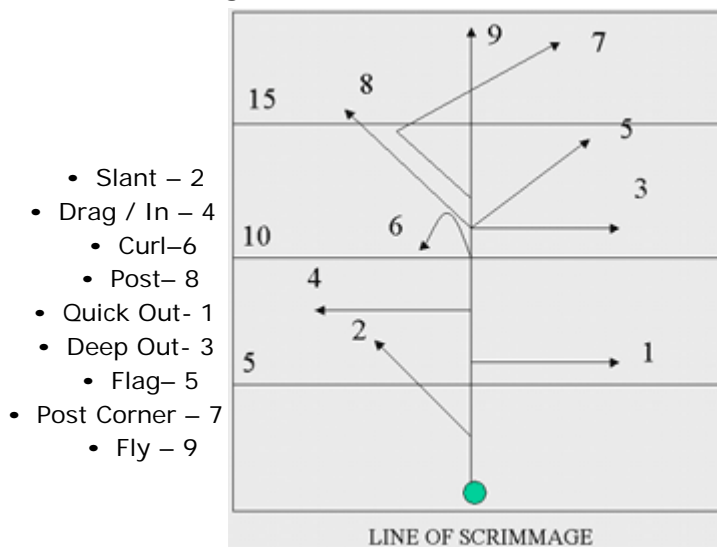
*****Coaching Tip*****

Whether you are an experienced coach or a novice taking the reins of your first team, your main goal should be to create a fun and safe learning environment for your players. Many of the skills your players will practice and play with are just like those of their NFL heroes. Feel free to emphasize this connection to the real-life game!



FLAG Plays-Passing Tree

Passing Tree – Routes / Number



The Passing Tree is a numbered system used for the passing routes.

The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are be run towards the sideline.

These routes are used for all positions on the field.

The running back has extra routes that are always be referred to by name.

Since the ball is always placed in the middle of the field, the center faces the dilemma, and all of the center's routes should be based on the play design.

FLAG Plays-Passing Tree Receiver Route Definitions

Quick Out (1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

Slant (2): This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

Deep Out (3): This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

Drag/In (4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

Flag (5): This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

Curl (6): This is a 5-8 yard route forward then the receiver stops and turns to the ball.

Post Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.

Post (8): This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

Fly (9): This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

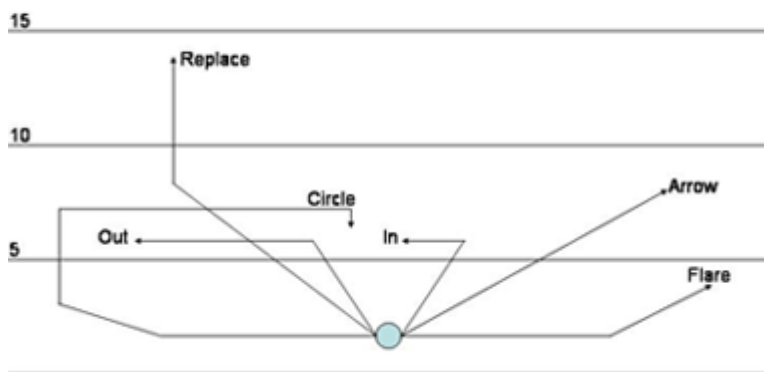
*** For younger participants the passing routes can be reduced by half**

FLAG Plays-Passing Tree Running Back Routes

While your backs may run any of the assigned routes on the primary passing tree, these routes have been designed as a high-percentage second option to complete a pass.

****These routes will not be numbered. You will always refer to them by name.****

Running Back Routes



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FLAG Plays-Passing Tree Running Back Route Definitions

Replace This is a 8-15 yard route where the running back angles forward on a 45 degree angle and then goes straight up the field and looks for the ball.

Arrow This route the running back drives on a 45 degree angle towards the sideline and looks back for the ball.

Circle This route starts toward the sideline and then circles back to in front of the QB.

Out/In This route starts straight up the field then the running back breaks "out" or "in" depending on the play.

*** For younger participants the passing routes can be reduced by half**

FLAG Plays-Passing Tree Secondary Routes

Replace	Exactly what the route is called. Your secondary or safety receiver should drive to and replace the area where your receivers were aligned. Works well in the case when receivers clear out one side of the field.
Arrow	A route in which the receiver drives on a 45 degree angle, always toward the side line. The receiver should always look over the outside shoulder for the pass.
Stop	Look for open space. Turn to the quarterback with your back to the defender. This should be a pass to the chest.
Circle / Wheel	The wheel route is an extension of the arrow. If the quarterback does not throw the ball to the arrow route, the receiver will turn and run up the sideline for an extended route.
Flare	Rounded off pattern in the backfield with the completion coming near or at the line of scrimmage. Usually executed by a running back being used as a second or third option. A pass option for a quarterback when his main options have been shut down

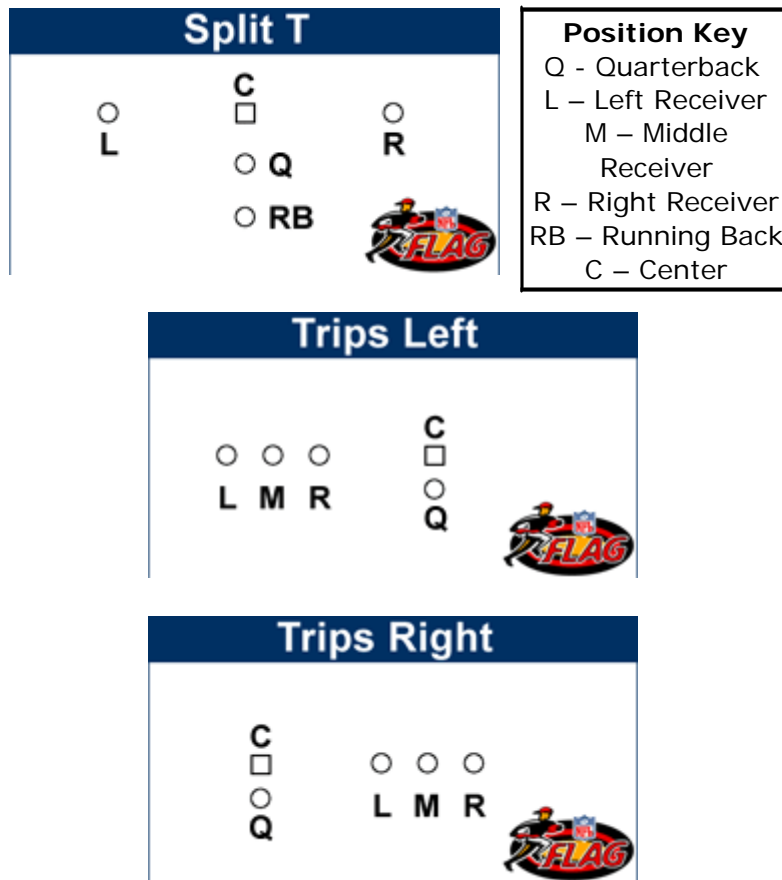
*****Coaching Tip*****

Let Them Play Football!!!

The temptation to be another Chip Kelly or Bill Belichick will have to wait. This is FLAG Football. While teaching football skills and strategies is important, keep your lessons as simple as possible. As your team grasps the basics, move on to more advanced ideas. Overloading young players with too much information too early can cause confusion for them and headaches for you.

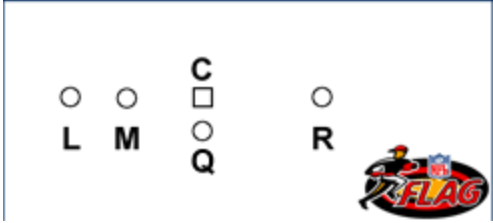
FLAG Plays-How to Call a Play

- • Now that you've read your passing tree and understand the pass routes available, there are two options you have in play calling. The simple option is to use positions attached to route names. The more advanced option is to use the passing tree numeric system.
- **There will be a few constants when calling plays.**
 1. **You will always call the formation first, including the alignment (left or right, if necessary). You'll call an alignment in an unbalanced formation (anything but a Split T. See examples below).**
 2. **You will always call your receiver pass routes from left to right (then your Halfback (H) route, followed by the Center route)**

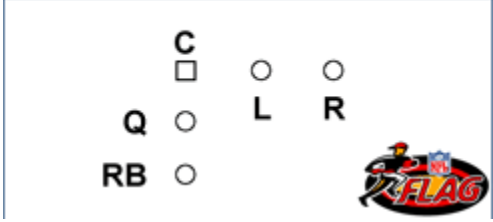


Three receivers go to the call side of the formation – This is a no back formation

Twins Left - No Back



Twins Right - Single Back



Two receivers go to the call side of the formation – There is the option to have a single back or no backs.

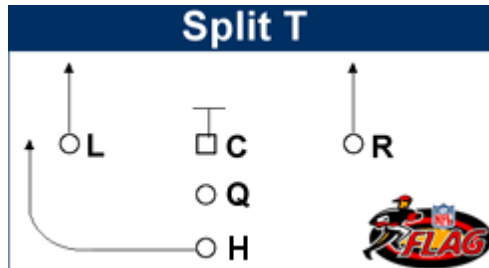
*****Coaching Tip*****

Sportsmanship Rules!!

Help your players be good sports. After a game, shake hands with or do a cheer for the other team. Applaud good play by both sides. Treat officials and Coaches with respect. While imitating you, your team won't even recognize the good lesson they're learning.

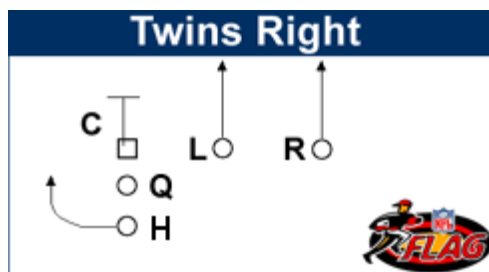
FLAG Plays-Plays Examples

Based on the passing tree routes, and using our formula of calling your receiver routes from left to right followed by the running back route then the center route, the following play would be called:



Split T – Left Fly – Right Fly – H Flare Left – Center Stop

If we stick with our formula, the same play in a different formation will look like this:



Twins Right – Single Back – Left Fly – Right Fly – H Flare Left
– Center Stop

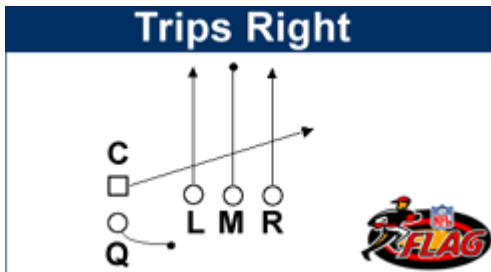
*****Coaching Tip*****

Tackle Tackling Early!!!

Don't let your practices dissolve into a giant pile of rambunctious kids. For both their safety and your sanity, make sure to discourage any tackling or roughness early on. Remind them that they won't help their team in a game by tackling or being rough.

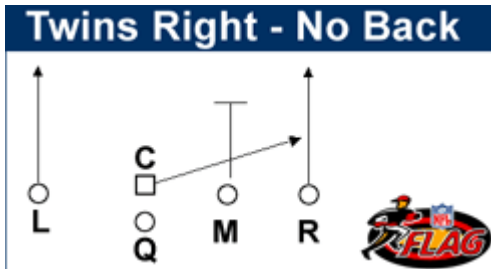
FLAG Plays-Plays Examples

If we move to a three receiver set with no running back, (a Trips formation or Twins with a single receiver split opposite the call side), we now have a middle, or M receiver. Our play call formula remains the same – the play call is your receivers from left to right followed by the center call (since there is no running back in these formations there are no running back calls).

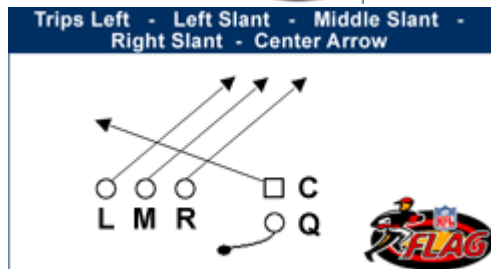


Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

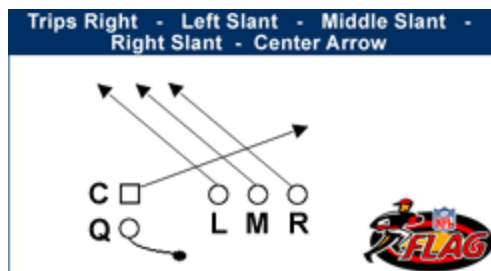
If we stick with our formula, the **same play in a different formation** will look like this.



Twins Right – No Back – Left Fly – Middle Stop – Right Fly – Center Arrow



Trips Left - Left Slant - Middle Slant - Right Slant - Center Arrow



Trips Right - Left Slant - Middle Slant - Right Slant - Center Arrow

1 – Quick Out, 2 – Slant, 3 – Deep Out, 4 – Drag/In, 5 – Flag, 6 – Curl, 7 – Post Corner, 8 – Post, 9 - Fly

If you are using the numeric play calling system from the passing tree we would call these plays:

Trips Left – 222- Center Arrow or Trips Right – 222 – Center Arrow

The goal of this play is to isolate your center for an easy completion. This play works well in a man-to-man cover situation with one safety and one rusher, where you are able to run all the defenders out of the area you want your center to go. The key to this play is to have your center delay for a count of two to three seconds to allow your other receivers the chance to cross the center's face at a deep angle (hopefully drawing the safety into the coverage) and take their defenders at full speed away from the play. Once the rusher is focused on the quarterback, the center can then release to the play side and should find himself/herself wide open.

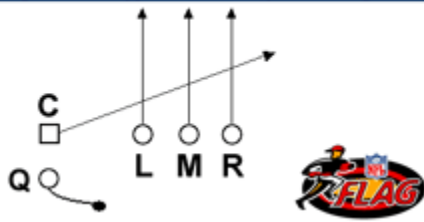
***** Coaching Tip *****

Everybody Plays!!!

FLAG games were designed to make it easy for every player to participate in their team's success. While size and skill certainly come into play when the action starts, your coaching should emphasize this aspect of "working together."

FLAG Plays-Advanced Play Calling

Trips Right - Fly Stop



If you want a more advanced system to call plays, you can use the actual numbers attached to the routes on the passing tree to call your receiver routes (refer to passing tree for routes and the numbers associated with them). You are still calling your receiver routes from left to right. Instead of designating the receiver and the route he/she will run, you call out a sequence of numbers that tells the receiver which route to run.

Now this play would be called:

Trips Right – 999 – Center Arrow

Instead of:

Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

The key to using this numeric system is to ensure that each receiver knows their position within the formation.

- The first number is the left receiver
- The second number is the middle receiver
- The third number is the right receiver

****** Important Reminders: ******

- • You will continue to call the routes (without using numbers) for the running back (when necessary), and the center.
- • If you are using a two-receiver formation, then the play call should only be two digits rather than three.

Ten Coaching Guidelines

1. A coach should be enthusiastic without being intimidating. They should be sensitive to the children's feelings and genuinely enjoy spending time with them. A coach should be dedicated to serving children and understand that football provides physical and emotional growth for its participants. Remember, FLAG is for the children.
2. A coach needs to realize that they are a teacher, not a drill sergeant. They should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the child transforms into the best interests of the game.
3. The safety and welfare of the children never can be compromised. A coach will consider these factors above all others.
4. Be patient. Don't push children beyond limits in regards to practice. Children have many daily pressures – the football experience should not be one of them. Playing football should be fun.
5. Care more about the players as people than as athletes. The youth football program is a means to an end, not an end in itself.
6. A coach should encourage players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
7. Remember that the rules of the game are designed to protect the participants, as well as to set a standard for competition. Never circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts his or her opponents' team at risk should not be involved with children.
8. Be the first person to demonstrate good sportsmanship. Take a low profile during the game and allow the kids to be the center of attention.
9. Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
10. A coach can measure success by the respect he gets from his or her players, regardless of victories or defeats. Children who mature socially and physically while participating in sports are the best indication of good coaching.

Rules

1. Possession determined by coin toss
2. Halves of play: 22 minutes running clock each half. 2 minute halftime.
3. 1 timeout per half. Clock stops for timeouts. Timeouts are 60 seconds each.
4. Sacks equal loss of down, restart ball where QB was last standing.
5. Each team may have up to three (3) coaches.
6. Each play ends when a “defensive” player pulls the flag or the pass falls incomplete.
7. The quarterback has four seconds to pass the ball across the line of scrimmage or the play is blown dead and it is a loss of down. A defender can't cross the line of scrimmage until the quarterback passes the ball or a runner crosses the line of scrimmage.
8. Only one first down per series is possible, achieved when reaching the middle of the field (50 yard line) within 3 downs.
9. Running and passing plays are allowed. All players are eligible receivers.
10. This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The coaches decision is final on all plays.
11. If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/coach is finished for the season and may be subject to additional sanctions that carry over.
12. Laterals and pitches are allowed, defensive players cannot pass the line of scrimmage.
13. All possessions will start at the 10 yard line.
14. No punting or field goal attempts.
15. No protests. The decision of the game officials/coaches are final.
16. Shirts for each player must be tucked in and flags need to be exposed, if a player is hiding flags it will be considered a offensive penalty and loss of down.

SCORING

Touchdown scores 6 points.

1 extra point attempt. Attempt will be from 5 yards out.

Interceptions are live and can be returned for 1 point.

PENALTIES **ON OFFENSE**

Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation

Illegal Motion/False Start: 5 yards

Flag Guarding: 5 yards

Offensive Pass Interference: 10 yards from line of scrimmage

ON DEFENSE

Tackling or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation

Offside: 5 yards from line of scrimmage

Pass Interference: 10 yards from line of scrimmage

Illegal Rush: 10 yards from line of scrimmage

Defense:

- Bump & run coverage is permitted, only for the first 5 yards after that DB must release.
- All players must Be 5 yds from LOS before the ball is snapped,
- No blitzing, or any kind or rush, exception: If distance to obtain 1st down or score a TD is less than 5 yds, players can press LOS, but not go over LOS until offensive player crosses the LOS.
- Interception: The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass.

Offense:

- The quarterback has 4 seconds to throw the ball.
- No Kicking or Punting.
- Possession always begins at the 5 yard line.
- Offenses always move in the same direction
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
- Once a forward pass has been thrown, a backward pass (lateral) is allowed.

Special Rules:

- Receiver/Ball carrier is legally down when flag is pulled. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards.
- Fumbles are dead balls at the spot with the last team retaining possession.
- A muffed snap is not a fumble/dead ball. The 4.0 second count remains in affect on snaps.
- The QB is allowed 4.0 seconds to throw the ball after the snap on a pass play.
- If the QB release is under 4.0 seconds, the play goes on.
- If the QB release exceeds 4.0 seconds, wait until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down.
- The only infractions possible when a 4 second count is called are unsportsmanlike acts.
- Defensive Pass Interference will be a spot foul (1st down at the spot). Receivers progress must not be impeded.
- Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty)
- Offensive pass interference is a 10 yard penalty (Contact by push or gaining advantage over Defensive player).
- The ball must be snapped to the QB, (can be sideways stance or traditional delivery between centers legs).

Zero tolerance policy:

- A zero tolerance ejection policy will strictly be enforced, resulting in expulsion of a player(s) if action is ruled unsportsmanlike & flagrant)

- There will absolutely be no fighting, taunting the other player, pushing, kicking, spiting and no cursing. Team celebration will be allowed within bounds, anything excessive, the team will be penalized 5 yards.
- Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the league and not refunded.

Tie Breaker:

- After coin flip to determine first possession, teams will alternate 2 down series from the 10 yard line.
- A winner is determined when one team scores during its possession and the other does not.
- If a second overtime period is necessary, each team must then go for two points on the conversion attempts, if no team scores the game will be recorded as a tie.

FIELD LAYOUT

