


FLAG FOOTBALL RULES



A team scores 6 points for a touchdown and 2 points for a safety (the ball carrier is called down in his/her own end zone).

The offense starts on its line and has 3 plays to cross midfield. Then, they have 3 more plays to score a touchdown.

If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own line.

The play is dead when the ball hits the ground, the ball carrier's flag is pulled, the ball carrier steps out of bounds.

The flag football positions :

Offensive squad :

- 1 Center
- 1 Quarterback
- 1 Running Back
- 2 Wide Receivers

Defensive squad :

- 1 Linebacker
- 2 Cornerbacks
- 2 Safeties

Specific vocabulary	
Flag belt	Ceinture de flag
End zone	Embut
The snap	Lancement du jeu
A sack	QB « déflagé »

