



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE



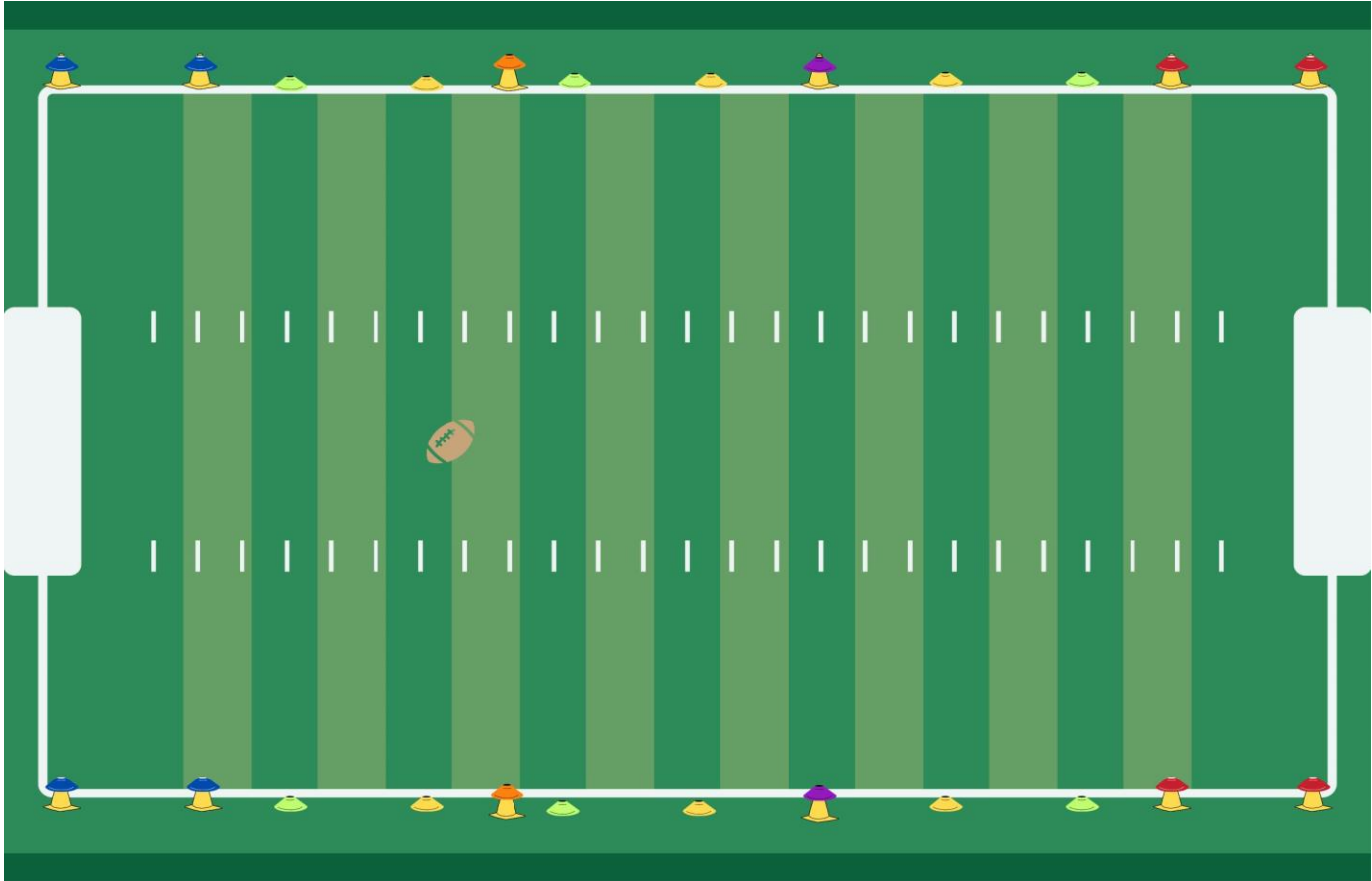
Scrimmage

Purpose: Gameplay

Equipment: Footballs, Flag Belts

Set Up: Football Field Set-up

The Maximum number of kids allowed in a single scrimmage is 12 (5 v. 5). If you have more than 12-kids, you MUST split into 2 games.



RULES

- No Kickoffs or Punts - Teams start on the 5-yard line
- 4-downs to get a first down or touchdown
- Touchdowns = 6-points
- After a Touchdown, teams can go for a 1-point conversion by scoring 5-yards out, or a 2-point conversion by scoring 10-yards out
- Teams are allowed to do run or pass plays
- The Green and Yellow Markers indicate NO RUNS ZONES. Teams cannot run within 3-yards of the first down or endzone. We don't want power plays because kids will get hurt
- On HIKE the coach starts to count.
 - a. After 5-Seconds – The defense can rush the QB but once they pass the Line of Scrimmage the QB can sneak for yardage
 - b. After 10-Second – The defense can rush the QB and the QB cannot sneak for yardage
 - c. After 15-seconds – Automatic Sack
- Coaches can draw up players on 3rd and 4th down only.



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