



Flag Football Playbook



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Football Canada would like to acknowledge the following people for their contribution to the Playbook:

Ryan Bechmanis, CIS Alumnus
Tyler Aldercotte, University of Ottawa Player/Intern

Football Canada Administrative support:

Cara Lynch, Ottawa, Flag Football Coordinator
Rick Sowieta, Ottawa, Technical Director

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Football Canada
100 – 2255 St. Laurent Blvd., Ottawa, ON K1G 4K3
Tel.: (613) 564-2675
Fax: (613) 564-6309
email: admin@footballcanada.com
www.footballcanada.com

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Flag Football is a developmental and competitive sport for people of all ages and abilities. According to the Football Canada Long Term Athlete Development model,

Flag Football is incorporated as a developmental sport for youth as young as seven years old building to the competitive level that starts for youth approximately 13 years old.

Football Canada emphasizes the importance of learning and teaching the basics to youth, including proper warm-up, throwing and catching techniques. It is vital to health and well being as well as the enjoyment of the game for players to feel confident with basic skills before being asked to run plays and cover offensive patterns.

The national Flag program is developed continually. Football Canada partners with the Boys and Girls Club of Canada, Special Olympics, Aboriginal Sport Circle and NFL-CFL to ensure that all populations can benefit from Flag. It is your participation that helps develop the sport at the provincial, national and international level.

Thank you.

Football Canada

Offense Position Descriptions



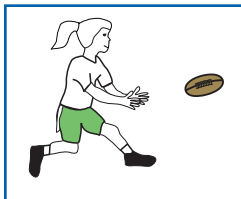
Quarterback (QB)

- The QB calls the offensive plays as leader of offense.
- The QB always receives the football in what is called a “snap” from the Center (C).
- The QB has the option to hand off the football or pass the football to a teammate on offense.



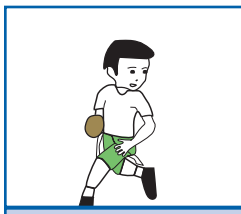
Center (C)

- The Center snaps the football to the QB. A snap is when the Center tosses the football between his or her legs.
- After the snap, the Center can run out for a pass.



Wide Receiver (WR)

- The Wide Receiver may catch a pass or take a handoff from the quarterback to gain yardage.
- There are up to three WR's on offense.



Running Back (RB)

- The Running Back stands to the side or behind the QB.
- He/she will take a hand off or run for a pass play.



Huddles

Center sets up the huddle after each play.

Each play must start within 30 seconds of the ball being placed (on previous play).

Quarterback runs the huddle.

Huddle breaks after each player receives instructions, when the QB says 'Ready' (to confirm everyone knows what play to run) then 'Break.'

If a signal is not heard or understood, an offensive player should call out "check" for a repeat.

Cadence

A series of words or numbers uttered by the QB in a rhythmical or non-rhythmical manner to start a play.

Set

Go

Hut

Hut

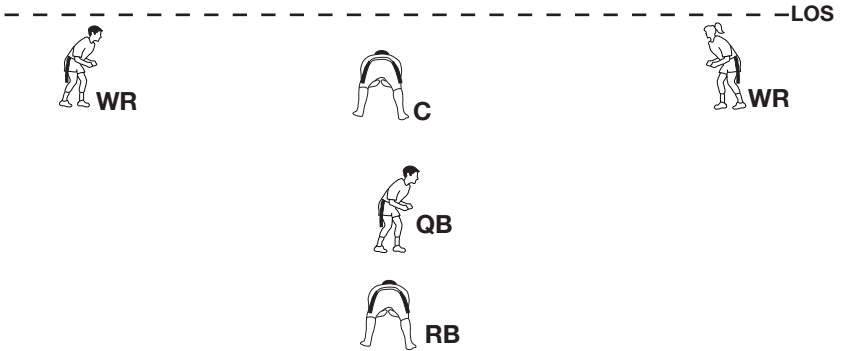
Advanced teams will practice enough to be comfortable changing the play after the team has left the huddle and are lined up to begin the play. This is called an audible.

The audible is a short combination of colours and numbers such as red 32 to symbolize plays/changes.

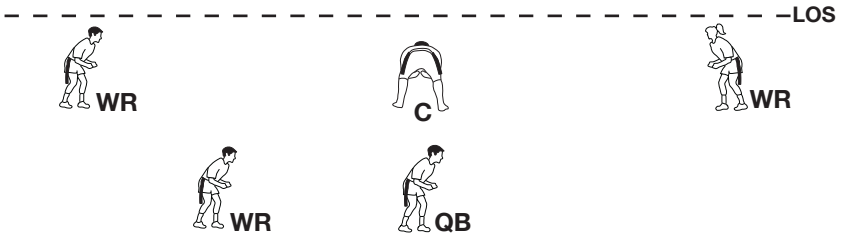
Lining up the Offence



Standard Formation with a Running Back

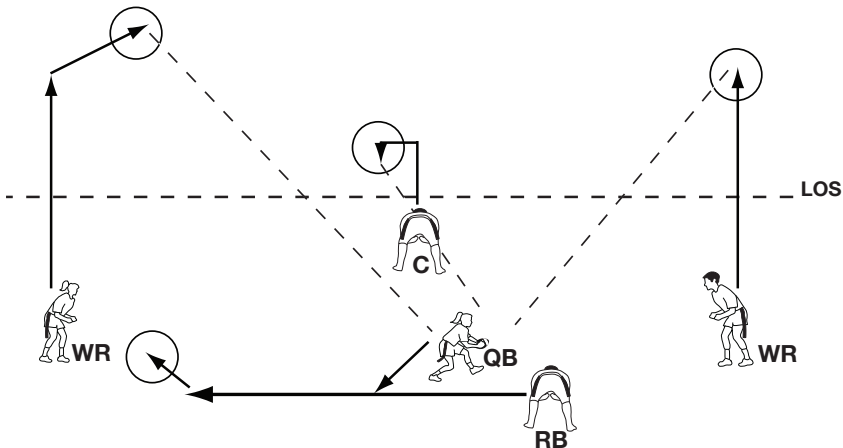


Standard Formation without a Running Back



A coach should train each Player at every position.

Base Play



RB crosses the backfield to take a hand-off or fake.

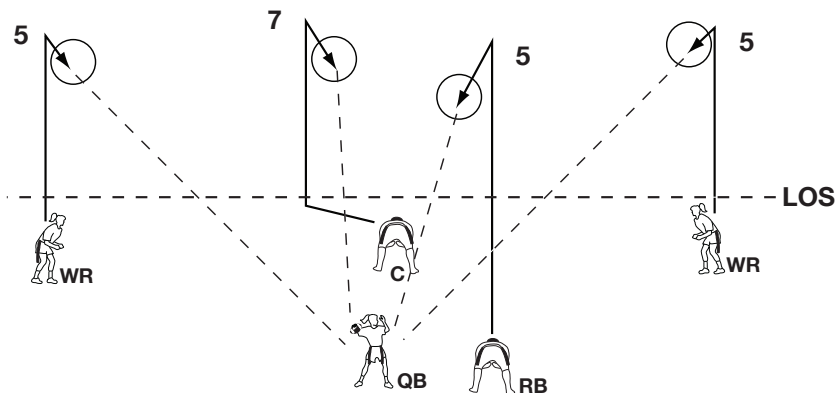
Left **WR** runs a post.

Right **WR** runs a fly.

C snaps ball then runs a short buttonhook.

*The offensive players are spread out to give the **QB** options.*

Hooks

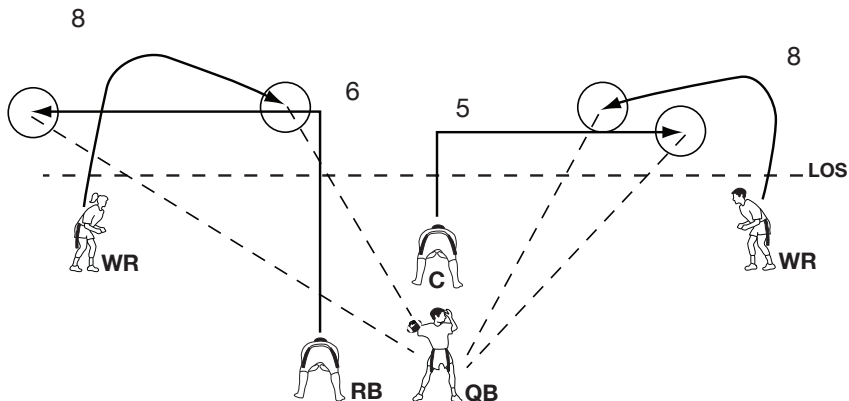


Both **WR** and **RB** run 5 to 7 yards*, stop, rotate and come back to the ball.

C takes 2 steps to the side before running to avoid being in the same area as the RB.

**The arm strength of the Quarterback and the strengths of the defense will determine this distance.*

Curls (and Outs)



Each **WR** runs a curl pattern towards the middle of the field.

Each begins to curl in around 8 yards, and will end up facing the **QB**.

The **RB** and the **C** run 'out' patterns at 5-7 yards.