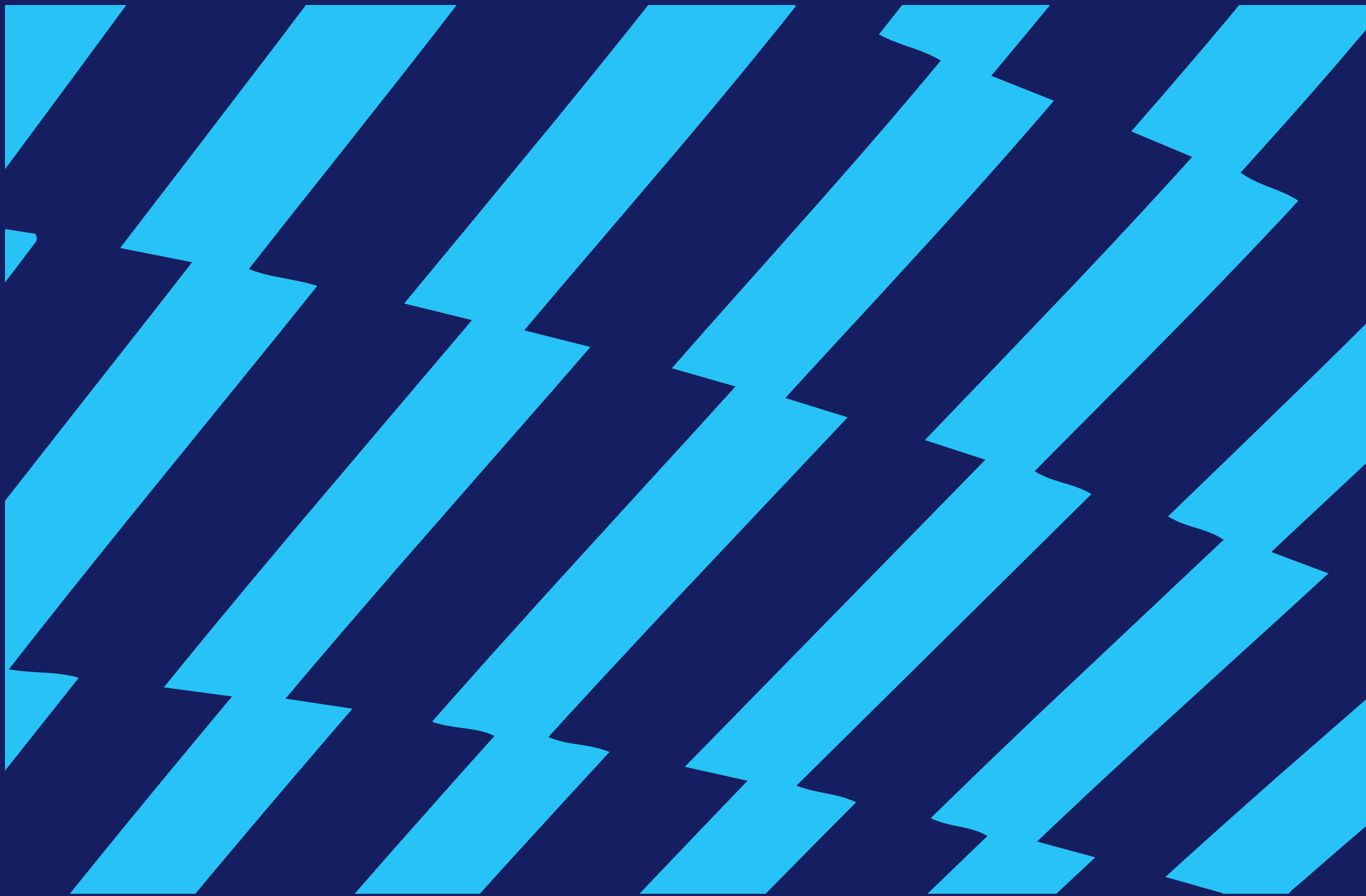




YOUNG LEADERS
OFFICIATING TRAINING



HOW TO PLAY NFL FLAG

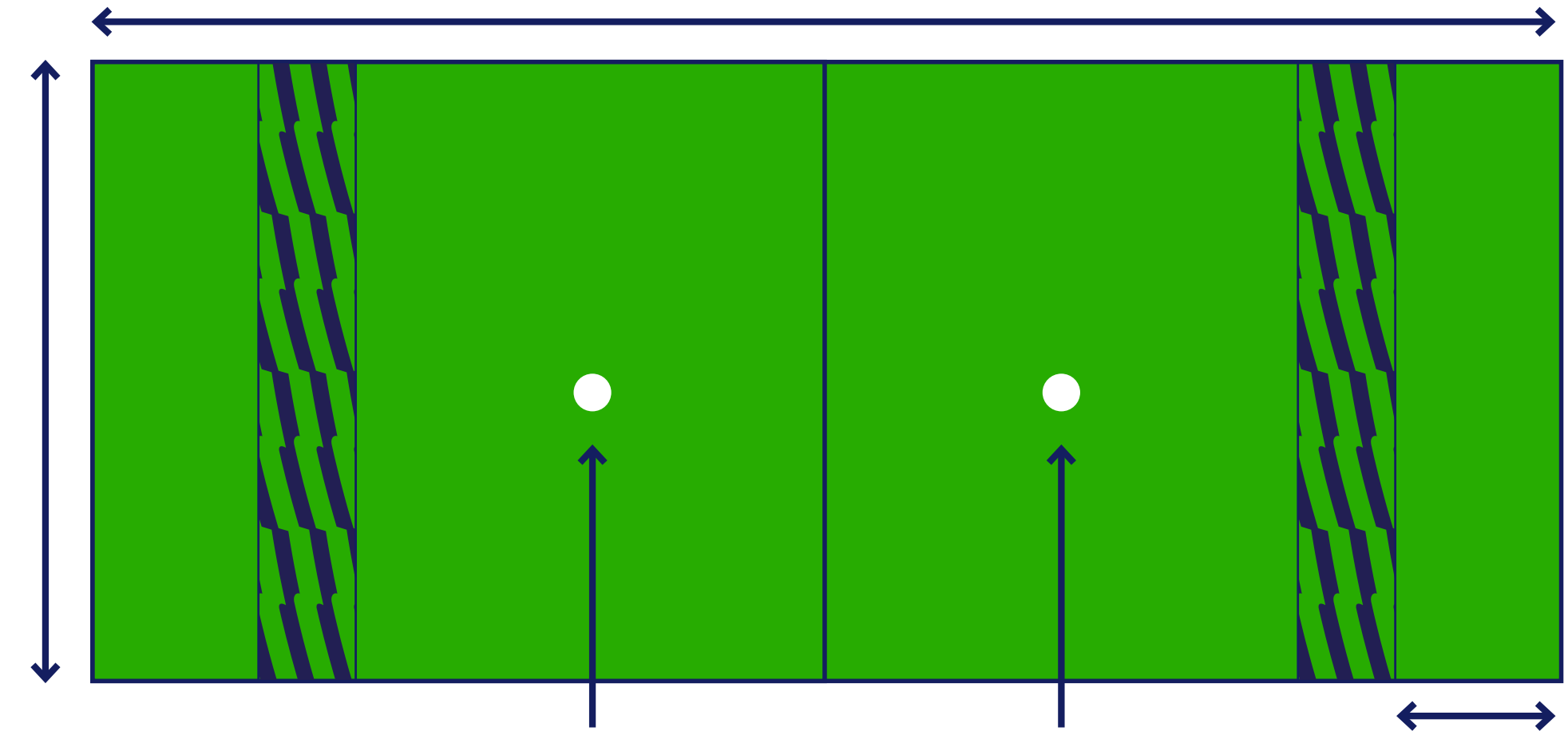


► ACTIVITY

STARTING THE GAME

ACTIVITY: STARTING THE GAME

1. What two pieces of equipment do you need to play NFL Flag?
Flag Belts and Footballs
2. What area of the field do we need to get the ball into to score?
Endzones
3. How many points do we get for a touchdown?
6 Points
4. Mark where the 5-yard line is.
-
5. Mark where we spot (place) the ball to start a game?
5-yard line
6. When a team's play starts in the no run zone, what type of play must a team do?
Passing Play
7. Mark the 10-yard line.
-
8. How many points do we get for an attempt at the 5-yard line and 10-yard line?
1 point at 5-yard line, 2 points at 10-yard line



9. Mark the halfway line.
-
10. What happens when a team crosses the halfway line?
Get a new set of 4 downs on offense
11. Why should we mark the 5-yard line, 10-yard line, halfway line and endzones in different colours?
To make them more visible to teams and officials
12. How many downs does a team have to cross over halfway or to score?
4 Downs
13. What happens if we do not cross the halfway line or score within our downs?
Turnover on downs. Opposition team start with the ball at their 5-yard line
14. How can defenders stop an offense from scoring?
Pulling the flag of the ball carrier or intercepting the ball
15. How many steps should the line judge take to mark the point where defence can blitz?
7 steps from the spot of the ball

► ACTIVITY

CONTROLLING THE GAME

ACTIVITY: CONTROLLING THE GAME

1 Ensure safe and appropriate equipment is being used.

2 Ask for captains to compete at Rock, Paper, Scissors to determine which team starts on offense.

3 Team starting with the ball announced.

4 Spot the ball and announce down (1st, 2nd, 3rd or 4th).

5 Once happy that players are safe and ready to play blow whistle.

6 Once a flag pull has been made, play runs out of bounds, points are scored or there has been a penalty blow whistle to end the play.

7 After the play spot the ball in the appropriate place, in the middle of the field and announce down.

8 Touchdown. Ask the scoring team if they would like to go for 1 or 2 extra points. Spot the ball accordingly.

PENALTIES

ACTIVITY: PENALTIES

Once the ball-carrier has crossed the line of scrimmage, offensive players without possession of the ball must remain still, so they don't get in the way of a tackler.	Impeding a Tackler
A defending player has the right of place. This means that if a defender is set, an attacking player can not change their path to run into the defender.	Right of Place
When a defender crosses the line of scrimmage before the ball is snapped.	Offside
An attempt to physically prevent a defender from pulling their flag by, intentionally covering their flags, stiff-arming, dropping the head, hand, arm or shoulder.	Flag guarding
Each team is only allowed one forward pass per play. Forward passes don't have to travel beyond the line of scrimmage.	Illegal forward pass

An offensive player has the right of way. This means that the defender cannot jump in front of or obstruct their path.	Right of Way
There must be no intentional physical contact at any time during the game.	Unnecessary contact
When an attacking player crosses the line of scrimmage before the ball is snapped.	False Start
An attempt to tackle the Quarterback before a hand off or fake handoff is presented.	Illegal blitz
Once that 30 seconds is up, offense move back five yards	Delay of Game

► ACTIVITY

PRACTICAL SESSION

ACTIVITY: OFFICIATING THE GAME

► TASK

Split yourself into groups between 1-4 to officiate a game. Look at the roles to the right and discuss which positions you will play within your group and what your responsibilities are. As an officiating crew you will officiate a short game.

GROUP OF 1

Head Referee only

GROUP OF 2

Head Referee and Line Judge

GROUP OF 3

Head Referee and Two x Line Judges

GROUP OF 4

Head Referee, Two x Line Judges and Back Judge

ACTIVITY: OFFICIATING THE GAME

Look at the responsibility of each official and discuss who will play each role.

WHAT YOU'LL NEED

1. **Yellow Flag** - For indicating a foul on the play
2. **Bean bag** or similar object to indicate the position for the ball to be snapped/spotted.
3. **Whistle** - To gain the attention of players and call out any fouls.

HEAD REFEREE

- Positioned behind the Quarterback
- Spots ball on each down
- Announces down and any penalties
- Provides 30 second play clock count down for offense
- Provides 7 second play clock for Quarterback
- Monitors the Quarterback for illegal passes and offside or illegal blitzing from defenders

LINE JUDGE

- Positioned on either sideline at the line of scrimmage
- Mark out 7 yards from the line of scrimmage for any blitzing defender
- Monitors offsides, false starts, flag guarding and impeding tacklers
- Monitors the play downfield and marks where the play ends

BACK JUDGE

- Positioned behind the deepest defender
- Monitors the play downfield and marks where the play ends
- Responsible for following the deepest receivers
- Monitors flag guarding and impeding tacklers, unnecessary contact including right of way and right of place



THANK YOU

