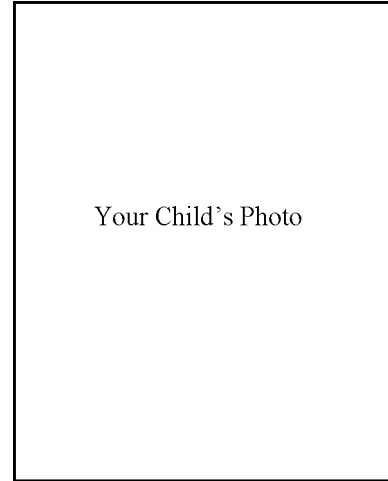


The Game of Flag Football

By Amy Johnson





My Name is _____, I'm a Flag Football player!



I play Flag Football on a team. Our team has Coaches and Players.



We Play Flag Football outside on a field.



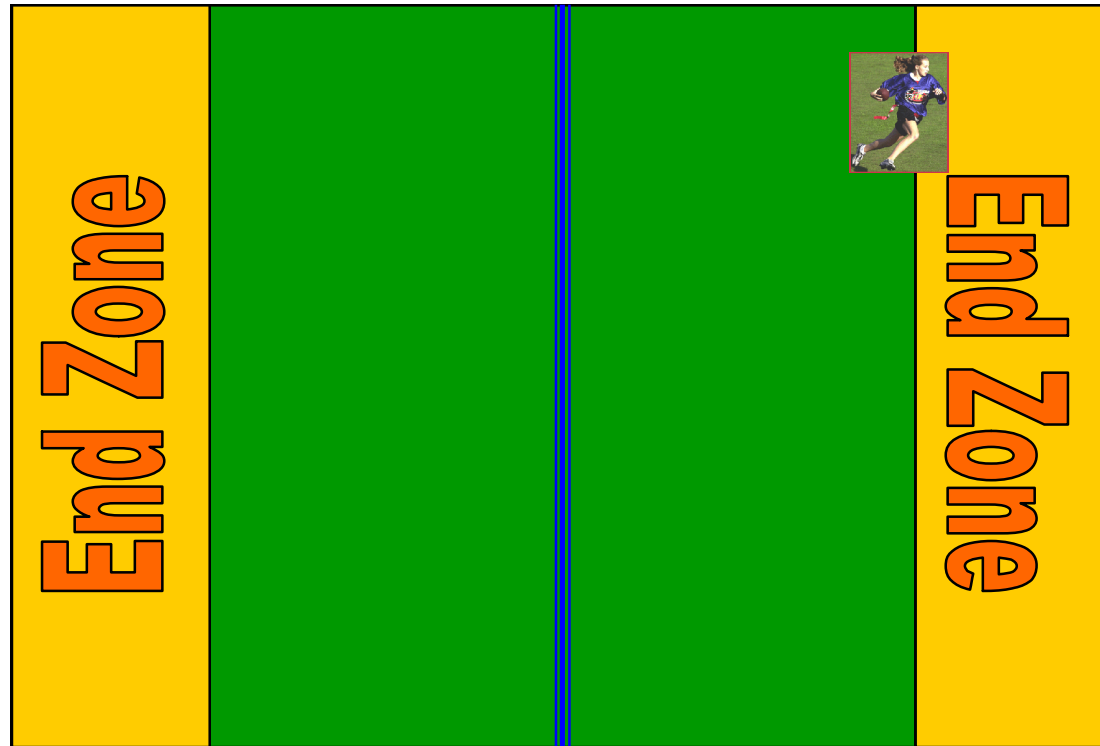
When I play Flag Football, I wear a Jersey. I also wear a belt with Red or Yellow Flags on it.



When I play flag football, I always wear tennis shoes so I can run fast and keep my feet safe.



I play this game with a Football.



When I play flag football I can try to take the ball to the End Zone. The end zone is a special place on the field where we can score touch downs. Scoring touch downs is how our team can win the game.



When I play flag football I can be on offense. Offense means that my team has the football. My team is trying to score a touchdown. We score a touchdown by taking the ball to the end zone.



When I play flag football I can be the Center. When I am the center I have the ball first. My job is to toss the ball to the Quarter Back.



When I play flag football I can be the Quarter Back. When I am the Quarter Back I try to catch the ball from the Center. I get to throw the ball to the Running back or the Wide Receiver.



When I play flag football I can be the Running Back. When I am the Running Back I can catch the ball from the Quarter Back. My job is to run to the End Zone. I may get to score Touch Downs. It is ok if my flag is pulled off and I do not score. I may get to try again.



When I play flag football I can be the Wide Receiver. When I am the Wide Receiver I can catch the ball from the Quarter Back. My job is to run to the End Zone. I may get to score Touch Downs. It is ok if my flag is pulled off and I do not score. I may get to try again.



When I play flag football I can be on defense. Defense means that my team is trying to stop the offense from taking the ball to the end zone. I can do this by pulling the flag off of the person running with the ball.



The defense chases the person with the ball and tries to pull off their flag. If I pull off their flag I hold it up in the air.



When I hold the flag in the air, my Coach will blow the whistle and everyone freezes. This means the offense gets another turn score.

It is ok if I can not pull off their flag and they score a touch down.