Introduction

Do you want to play flag football? If you do than this book will tell you about the gear you need, where to practise/where the games are and the rules.

Practise/where to play

Once you sign up for flag football you will need to go to the practice which are every week. You will also practise before games. My team name is the Trojans. We practise at French Park. you can also practice at home. But to practise at home you will need a big grassy area.The games are Damen Garcia. Damen Garcia is across the street from the yons shopping center.

Gear

The Gear you will need will be provided. You will be given a jersey and a belt to use. You will have to bring your own cleats. You must wear black shorts with no pockets. Most people wear soccer shorts because they play soccer and the soccer shorts are what the refs prefer. Your coach will have the balls. If you want you can use football gloves but you can’t use baseball gloves. You will also need a mouthguard. You can buy mouthguards at Target, Dicks, and Big 5. You can also get a case for your mouthguard.

Rules

There can only be six players on the field playing at a time. The quarterback, hiker and four other players. When you are on defence the person who is going to rush needs to be behind the marker. If you are 10 or less yards away from the endzone you can not run the ball. It has to be a pass.

Conclusion

If you want to play flag football then you already know the basic information. Today you learned what gear you will need, where to practice/where to play and the rules. A tip i have for you is to not stop until you hear the whistle.