



### What's unique about NFL Flag?

NFL Flag is a fast, non-contact version of American Football where players remove a flag instead of tackling. It's easy to learn, safe, and inclusive for all abilities, genders, and body types. The game builds teamwork, communication, and strategy while keeping everyone active and engaged. Its unique selling point is that it offers the excitement and tactics of American Football without the need for contact or specialist equipment — making it perfect for schools.

Flag Football is safe, adaptable, and inclusive, encouraging character development, leadership, and fair play. It works in any space (sports halls, playgrounds, fields), requires minimal equipment (an American Football and flag belts), and is accessible for mixed-gender groups. It supports the School Games principles of inclusion, aspiration, and progression. It combines a range of different skills including snapping, catching, throwing, routes and flag pulling, to ensure there is something for everyone to master. It's exciting, new, and appeals to students who may not connect with traditional school sports.

Flag Football offers schools a fresh, dynamic sport that's safe, easy to deliver, and helps engage a wide range of young people through a range of different skillsets — including those less confident in PE. It builds teamwork, respect, and resilience, while aligning with the School Games mission to keep young people active, creative, and enjoying sport.

It's simple to set up with minimal cost, inclusive for mixed ability and gender groups, and provides a clear pathway from intra-school games to inter-school competition including a national pathway and local opportunities to play with community clubs within the British American Football Association.

### What is the intent of your format?



Engage new/target groups of young people (tackling inequalities)



Create positive experiences



Develop leadership, character, life skills

NFL Flag is engaging for those disengaged from sport as it is new and different. Unlike some traditional sports, there is a range of skills to engage in from snapping, to throwing and flag pulling to catching. Each position within NFL Flag requires different skill sets, meaning it appeals to those who struggle to participate fully in other sports – they can find the skill they are good at and play that corresponding position.

At the heart of the game is the values we play by – including inclusivity and sportsmanship.

As a new sport to most children, it levels the playing field. The game instantly becomes more accessible, appealing and inclusive to those who have disengaged from sport due to feeling like they weren't as capable as everyone else.

### It's just not NFL Flag if you...

- 1** Don't celebrate! Including the small wins of catching the ball, pulling flags or ultimately scoring touchdowns.
- 2** Don't embrace the strategy. Each play requires tactics and strategy to outwit your opponent.
- 3** Don't try its range of skills. From snapping to catching, throwing to flag pulling, there is a skill for everyone to master.

### Target group benefits



All young people



Targeted groups of young people

NFL Flag can help all young people engage in sport as the variety of positions required to play calls for different skill sets. This allows for young people to hone into one of these skills which provide a refreshing challenge to the traditional sporting offer.

Young people with behavioural challenges might benefit from playing as the teams are smaller than most other sports (squad sizes are between 7-10 players), so they receive more time to play, can support with elements such as coaching & strategy and feel engaged with the activities. In addition, opportunities to lead their team and develop new skills, such as resilience and determination could then transfer to their time in class.

The rules are simpler, and the game is more structured than other sports, making it accessible for SEND students whilst they may enjoy exploring alternative ways to engage with its skills.





# NFL Flag for SGOs

SECONDARY

## How to run inter-competition: NFL Flag



### How to set up

- Set up Flag fields which are 70 yards long by 25 yards wide. Most full-sized football or rugby fields will fit 3-4 NFL Flag football fields side-by-side. Space can be adapted to what's available, including half-court play
- Games are each game is 20 minutes long, with a rolling clock and no half time
- Tournament structure can vary based on experience of the groups, including friendly fixtures, round robin (each team playing each other), or split the teams into even groups with top teams progressing to quarter-finals, semi-finals or directly to the final.



### Age group

KS3 (11-14 year olds)  
KS4 (14-16 year olds)



### Gender

Male/Female/Mixed



### Participant numbers

- For inter-competition: use a squad of 7-10 players
- For intra-competition: squad size can increase beyond 10 players.



### Target audience

NFL Flag is for everyone, but this format would best support those that have some experience of Flag Football and have already developed the skills required.



### Benefits for YP

Through NFL Flag, young people will:

- Have fun and enjoy being active. NFL Flag is new and exciting for most children, as it's not a traditional school sport
- Play together in mixed-gender teams. Every player has a clear role and purpose, helping them feel valued and important to the team's success
- Develop confidence and teamwork. Knowing their role encourages children to keep playing, have fun, and work together to achieve a common goal.



### Roles for YP

Young people can be:

- Officials (up to a team of 4 officials)
- Coaches to support with tactics
- Competition managers to collect results from each game and log them against a tournament structure.



### Progression

Schools can progress through the following opportunities, entering at the level that feels relevant.

- Skill-focused festival
- Intra-competition (friendly games)
- Inter-competition (competitive fixtures).





### Additional support

NFL Flag is a fully inclusive sport. To support you adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

### Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value. For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

### Local support contacts

- For localised support, contact your local British American Football Club (BAFA), this information can be found by [clicking here](#) or contact [UK.Flag@nfl.com](mailto:UK.Flag@nfl.com) who can put you in contact with local support.

### Personal development

- NFL UK & Ireland offers a free Young Leaders resource that can be delivered by teachers or School Games Organisers to teach their young leaders about officiating the game within schools or local competition. To find out more [click here](#).
- NFL UK & Ireland offers a free Introduction to Flag Football course that then allows teachers to access a free curriculum resource and kit pack for their school upon completion of the course. Register your interest by [clicking here](#).
- You will receive an email with upcoming training dates to book onto a course. Training courses typically run between October to March of each academic year.
- For further information please contact [UK.Flag@nfl.com](mailto:UK.Flag@nfl.com)

### Where to participate next?

- Young people can continue playing Flag Football by joining a local British American Football Association (BAFA) club, if their age group is offered. BAFA clubs provide a pathway for children and adults to stay involved in the sport beyond school. Many clubs offer both Flag (non-contact) and Contact formats, so players can choose the style that suits them best and progress as their skills develop
- To find your nearest BAFA Club [click this link](#) – British American Football Association – Our Clubs.

### Where to compete next?

#### NFL Flag Great Britain Tournament Pathway

- The NFL offer a national pathway for schools to compete in. At Primary phase we offer a mixed (boys and girls competing on the same team, with two PLAYERS of the opposite sex within squads of 7-10 players) pathway from local, to regional, and national competition.

#### Local School Games Organiser (SGO) Competitions

- These events are organised by School Games Organisers (SGOs), who invite schools in their network to take part
- SGOs set the dates, venues, and event/competition format and communicate details to schools
- SGOs will then communicate winning schools from their local events to progress to the next stage of the pathway at either county or regional level
- Local competitions are required to take place prior to April of each academic year.

#### Regional Competitions (Organised by the NFL)

- Regional tournaments include the winning schools from Local/County competitions. Tournaments typically take place between April & May each academic year
- NFL Flag Regional competitions include the following regions: East of England, East Midlands, London, North East, North West, South East, South West, West Midlands, Yorkshire & Humber, Wales and Scotland
- Teams are provided with NFL Flag t-shirts to represent one of the 32 NFL teams
- Each region crowns a champion at 13U Mixed, 15U Girls and 15U Open divisions, with winners qualifying for the Great Britain National Finals.

#### National Competition (Organised by the NFL)

- Winners of each regional competition across England, Wales and Scotland compete to win the national championship. The national championship typically takes place in June of each academic year
- Prizes for national championships have previously included representing Great Britain in international competition for selected age categories.





### Why NFL Flag for your school?

NFL Flag is an inclusive sport, great at engaging those children who have disengaged from traditional sports offered in the curriculum. With the range of positions and varying skills required for each, children are more likely to find a position that they believe they are good at and that they enjoy. The children benefit by learning key leadership and teamwork skills as well as developing their resilience and determination.

### How to use activities in curriculum time

- NFL UK & Ireland offers a free Introduction to Flag Football course that then allows teachers to access a free curriculum resource and kit pack for their school upon completion of the course. Register your interest by clicking [here](#). You will receive an email with upcoming training dates to book onto a course. Training courses typically run between October and March of each academic year. Email [UK.Flag@nfl.com](mailto:UK.Flag@nfl.com) to book your chosen date
- NFL Flag offers an introductory scheme of work through Twinkl, which can be found by [clicking this link](#)
- Skill activity cards support with skill development of snapping, catching, throwing and flag pulling which aid with the understanding of NFL Flag play. We recommend the delivery of skill development prior to engaging with playing formats.

### Additional support

NFL Flag is a fully inclusive sport. To support you adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

### Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.





### Personal development

- NFL UK & Ireland offer a free Young Leaders resource that can be delivered by teachers or School Games Organisers to teach their young leaders about officiating the game within schools or local competition. To find out more [click here](#)
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### Where to participate next?

- School teachers can use [this link](#) to see if there is a local team that offers flag. Some clubs may only offer tackle, and for the older ages, but this can still be signposted if they wish to progress to the contact version of the sport. There is no requirement to play tackle, Flag is available at some clubs up to the adult ages.

### Where to compete next?

At the Secondary phase we offer the following pathways:

- 13U Mixed (boys and girls competing on the same team, with a minimum of 2 players of the opposite sex within squads of 7-10 players)
- 15U Girls (girl only squads of 7-10 players)
- 15U Open (open to both boys and girls with any combination of genders. This can include all boys or all girls' teams within squads of 7-10 players).

Contact your local School Games Organiser to find out if they offer a local competition to take part in. Your local SGO should be able to support with finding other local schools playing should you wish to organise friendly fixtures.

If there is no local competition available, please email [UK.Flag@nfl.com](mailto:UK.Flag@nfl.com) to find other local competitions or to provide you with alternative options to compete.

We offer a pathway from local through to regional and national. Some of our pathways also include international pathways for national competition winners.





### How to run intra-competition: NFL Flag Skills Festival



#### How to set up

- Select a range of activities using the activity cards
- Split the total group into smaller groups of 8-10 people
- Each group will spend 8-12 minutes on each activity before moving to their next activity
- Ensure there is enough time for all groups to experience each activity on rotation.



#### Age group

KS3 (11-14 year olds)  
KS4 (14-16 year olds)



#### Gender

All



#### Participant numbers

Aim for up to 8-10 per station.

Set up as many stations as you like, or have room for, to accommodate your group size.



#### Target audience

NFL Flag is for everyone, but this format would be a great first experience of Flag Football to start their development of the skills required for the game.



#### Benefits for YP

Through the skills festival, young people will:

- Learn new fundamental skills for the sport
- Develop their skills and choose areas in which to set goals in and improve on.



#### Roles for YP

Young people can:

- Organise each activity by setting it up, explaining the activity and managing its successful running
- Help coach the technique to the different pairs.



#### Progression

Skills Festival supports young people to develop the skills required to succeed in other formats.

Once confident, offer young people the opportunity to play ruler of the field, point per play and then Flag itself.





# NFL Flag for Schools

SECONDARY

## How to run intra-competition: Ruler of the field (Match Play)



### How to set up

- Set up 2-4 flag fields next to each other
- Teams start on any field
- Games played are 12 minutes long, with the winner then moving up towards the champions field and the losing team in the opposite direction
- Every team moves after every game.



### Age group

KS3 (11-14 year olds)  
KS4 (14-16 year olds)



### Gender

All



### Participant numbers

- Minimum of 6 teams, with 7-10 players per squad (total 42-60 players)
- Maximum 8 teams using 4 fields with 7-10 players per squad (total 56-80 players)
- More fields can be added if space is available.



### Target audience

Those with experience of NFL Flag game play.



### Benefits for YP

Through Ruler of the field, young people will:

- Have fun and develop their skills
- Develop resilience by playing against varying ability teams until eventually they are matched against a similarly skilled team that makes for an even game
- Win with pride and lose with grace as they play many games in one event.



### Roles for YP

Young people can:

- Be used to officiate games, with two per field to allow them to support each other
- Help coach the teams.



### Progression

For those young people that enjoy playing Ruler of the field, offer them the opportunity to play Point per play and then NFL Flag itself.





### How to run intra-competition: Point per play (Development Game)



#### How to set up

- Set up a field with a start line, a halfway line and an end zone
- Start with two groups of five players on the field; one the offence (attacking team) and the other the defence
- The focus is on scoring points through successful plays such as catching the ball, pulling flags or gaining yards, as well as scoring touchdowns
- Teams will have four downs (or chances) to score a Touchdown
- Bonus points may be awarded for showcasing positive attributes such as teamwork, leadership, respect, honesty and self-belief.



#### Age group

KS3 (11-14 year olds)  
KS4 (14-16 year olds)



#### Gender

All



#### Participant numbers

- Minimum of 5 players per team. Increasing numbers to allow for substitutions
- Split the group into multiple games at the same time, for example:
  - 10 players = 1 game
  - 20 players = 2 games
  - 30 players = 3 games



#### Target audience

Those with a basic understanding of NFL Flag skills and gameplay.



#### Benefits for YP

Through point per play, young people will:

- Develop their understanding of the game
- Improve their physical literacy
- Learn the importance of each part of the game, not just scoring and winning
- Experience being part of a team and understand their contribution to it.



#### Roles for YP

Young people can:

- Help coach
- Officiate.



#### Progression

Point per play helps young people learn the skills to carefully consider each play.

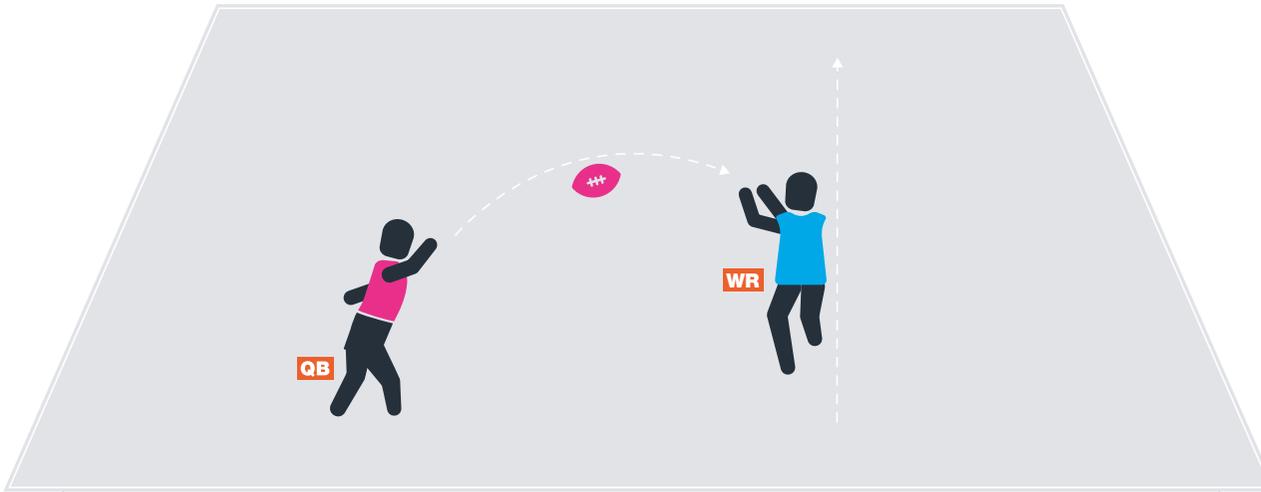
So, the natural progression for young people who enjoy this format is to play competitive Flag at intra- or inter-competition.





# Easy Ups

SECONDARY



## How to play

### 1. Set Up Roles

- Choose a few Quarterbacks (QBs) to throw the ball
- Select Wide Receivers (WRs) to run a route (pattern) and catch the ball.

### 2. Learn the Route

- One at a time, WRs practice running a simple “Fade” route — sprinting in a straight line downfield while looking back over their shoulder to locate the ball. The aim is to catch the ball on the move
- QBs should aim to release the ball after the WR has moved forward four steps, aiming to throw the ball in front of the WR. After four steps, WRs will need to look over their shoulder towards the QB to locate the ball.

## Safety

- Provide plenty of open space for each route
- Check the surface for hazards (holes, loose equipment, wet or slippery areas)
- Encourage safe, non-contact play — no pushing, tackling, or physical blocking.

## Equipment required

- 1 American football per group

## Space required

- Any surface
- Mark out a space of 30 yards long, by 15 yards wide.

## Estimated set-up time

- 15 seconds.

## Difficulty level



## How to make it easier

- Begin at a jogging pace to get used to timing and catching
- Gradually increasing to a full sprint as confidence grows
- Shorten the length of the throw. QBs can throw after the WRs second step.

## How to make it harder

- Once all WRs have practiced without pressure, add defenders. Defenders can be passive to begin with, mirroring the WR movement. Next the defenders can try and intercept the throw
- Provide the time limit of 7 seconds for the QB to release the ball

## Spirit of the Games



- How did you help your teammates during this game?
- How can we show encouragement to our team if they find something difficult?



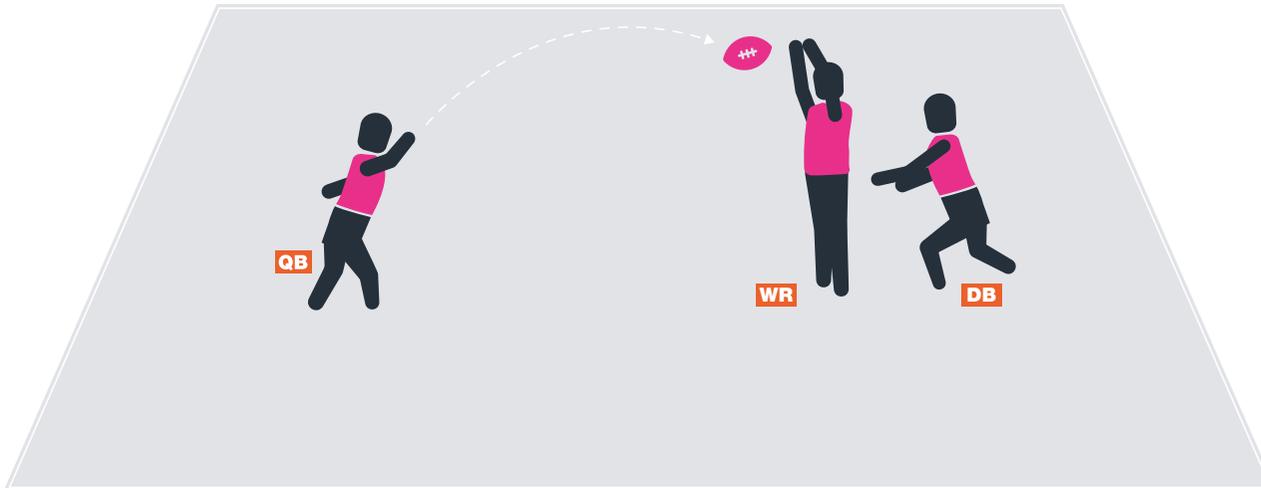
- What goals can we set ourselves to encourage self-belief in this activity?
- What words of encouragement can we use to promote self-belief?





# Jump Ball

SECONDARY



## How to play

### 1. Set Up

- Place one Wide Receiver (WR) and one Defensive Back (DB) 10 yards in front of the Quarterback (QB)
- The DB starts directly behind the WR.

### 2. The Play

- When the QB says “go,” the WR sprints straight towards the QB, aiming to jump and catch the ball at its highest point
- The QB throws a high, catchable pass (challenging but safe) aiming for the WR to make a jump catch with the DB attempting to intercept or break up the pass.

## Safety

- Provide space between groups during the drill to avoid accidental collisions
- Remind Quarterbacks (QBs) to throw with controlled power: strong enough to reach the target but not so hard it could cause injury if missed
- If there is limited space between groups, ask each group to take it in turns to avoid misthrown/dropped balls causing accidents with other groups
- Always check the playing area is clear of obstacles or hazards.

## Equipment required

- 1 American football per group

## Space required

- Any surface
- Each group needs a space of 10 yards long by 5 yards wide.

## Estimated set-up time

- 20 seconds.

## Difficulty level



## How to make it easier

- Start with no defenders so the Wide Receiver (WR) can practice jumping and catching without pressure
- Allow the Quarterback (QB) to throw at a comfortable, predictable height and direction until the WR builds confidence

## How to make it harder

- Add a Defensive Back (DB) to apply light pressure and contest the catch
- Ask the QB to throw the ball high but in different areas (left, middle, right) to challenge the WR's movement, timing, and ball tracking

## Spirit of the Games



- How did you keep going if you missed a catch the first time?
- What helped you stay focused even when it was challenging?



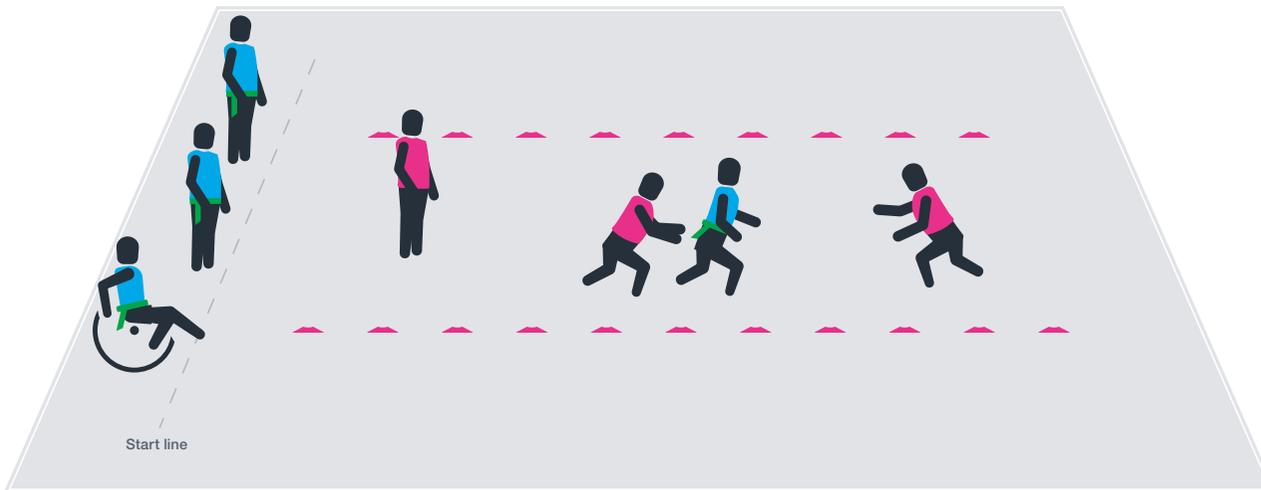
- How can defenders show respect to the wide receiver whilst staying safe and within the rules?
- Why is it important to show respect to rules regarding contact in NFL Flag?





# The Gauntlet

SECONDARY



## How to play

### 1. Set Up

- Mark a wide “running lane” with cones
- Place defenders in a straight line across the middle of the area
- Runners (attackers) line up on one side, each wearing a flag belt.

### 2. Game Rules

- When play starts, the runner tries to cross to the opposite side without their flag being pulled
- Defenders move side-to-side only (no stepping forward or backwards) to try and pull the runner’s flag as they pass
- If a runner’s flag is pulled, they are out for that round
- Keep going until all runners have a turn.

## Safety

- Use a wide, open area so everyone has enough space to run and change direction safely
- Check for obstacles, holes or slippery areas
- Defenders must stay on their line to avoid collisions.

## Equipment required

- Cones (to mark out the playing area and safe zones)
- Flag belts (one per runner)
- 1 American football

## Space required

- Any flat surface.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Reduce the number of defenders
- Increase the width of the space
- Attackers continue until both flags are taken, rather than just one
- Defenders may take only one step in either direction

## How to make it harder

- Allow defenders to step forward one step from their line
- Set an evasion technique that the attacker must use to evade the defender (spin, side-step or hip twist)
- Attacker must keep both flags (harder for attacker)
- Attacker must lose both flags (harder for defender)
- Add multiple defenders to the same line (harder for attacker)

## Spirit of the Games



- What part of this game did you enjoy the most?
- How did your enthusiasm help keep the game exciting for others?



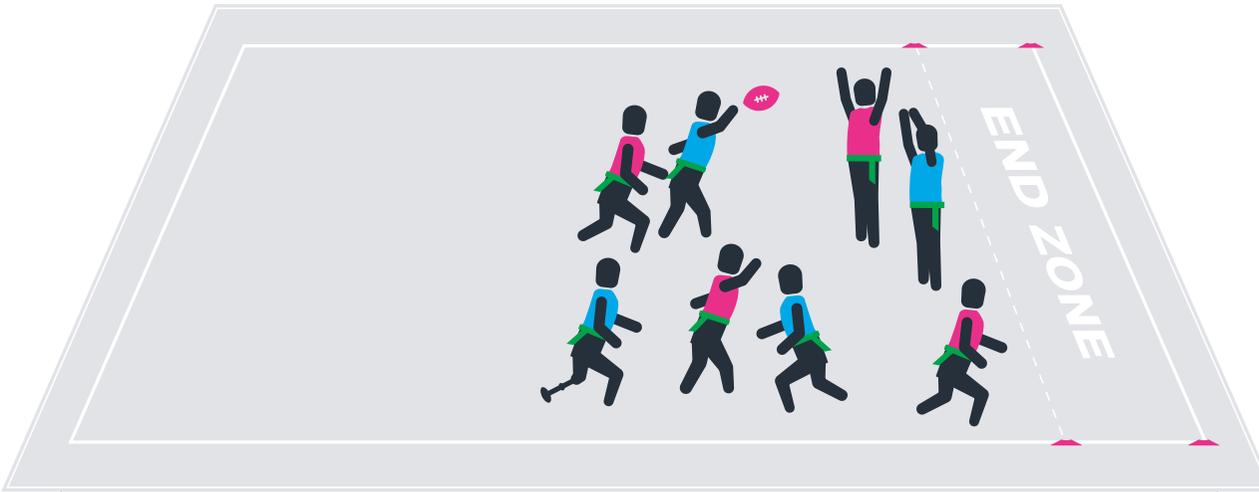
- How can we motivate ourselves to improve our performance within this game?
- What goal can you set to achieve success within this game?





# Sudden Death

SECONDARY



## How to play

### 1. Divide Teams

- Split players into even teams of offensive and defensive players (maximum of five on each team)
- Give each player a position of Quarterback or Wide Receiver on offence and defence.

### 2. Starting the Game

- Place the American Football 5-yards away from the end zone
- The offensive pair attempts to score a touchdown by passing into the end zone
- The defensive pair tries to prevent the score by breaking up the pass, intercepting the pass, or pulling the flag of the ball carrier.

### 3. Game Rules

- Each team gets four offensive attempts (downs) to score from the 5 yard line
- After four plays, the teams switch roles between offence and defence
- Keep a tally of touchdowns scored within the allotted time.

## Safety

- Ensure there is enough space for running and passing
- Avoid placing the end zone near fences or walls to reduce collision risk
- Check the playing area is free of obstacles (bags, loose equipment, holes, wet patches).

## Equipment required

-  Four cones to mark the end zone
-  1 American football per group

## Space required

- Any flat surface — astro turf, grass, or an indoor sports hall.

## Estimated set-up time

- 3 minutes.

## Difficulty level



## How to make it easier

- Have all players run the same route
- Start with no defenders so offensive players can practice running routes and catching without pressure

## How to make it harder

- Add defenders to create pressure and challenge the offence to beat coverage
- Introduce different passing routes from the route tree diagram
- Try basic route concepts such as:
  - Mesh: two receivers' cross paths to confuse defenders
  - Flood: overload one side of the field with multiple routes to open space elsewhere
  - Levels: receivers run at staggered depths to stretch the defence vertically
- Encourage offensive players to read the defence and adjust routes for space

## Spirit of the Games



- What was the most exciting part of this game for you?
- How did your energy or enthusiasm help the team keep going?



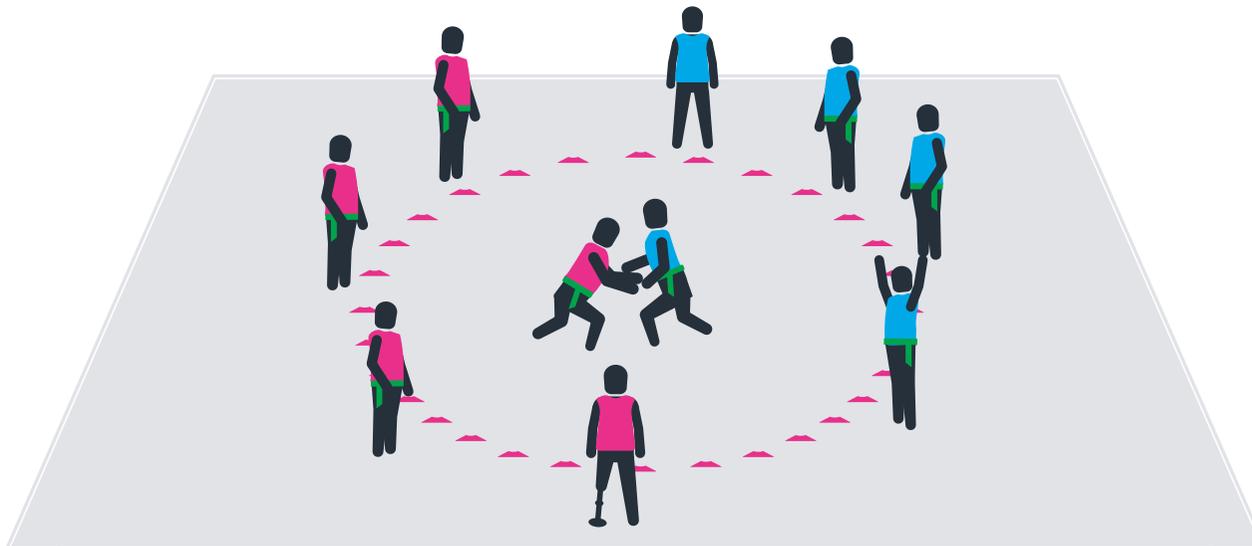
- How does running our route create space for our teammates, even if we are not receiving the ball?
- What ways do we work together for the team to achieve success?





# The Ring of Honour

SECONDARY



## How to play

- 1. Divide Teams**
  - Split the group into pairs (teams of two).
- 2. Enter the Ring**
  - One player from each team steps into the battle ring to face an opponent.
- 3. The Battle**
  - On “go,” each player tries to pull both flags from their opponent’s belt
  - The first player to take both flags wins the round and earns one point for their team.
- 4. Team Spirit**
  - Encourage teammates to cheer and support each other from outside the ring
  - Rotate players so everyone gets a turn.

## Safety

- Ensure you have a large, open space free from obstacles or hazards
- This activity works best with plenty of room for movement, as it involves many players and wide running lanes
- Clear the area of any obstacles. Have other players remaining well behind the playing area.

## Equipment required

-  Cones to mark area
-  One Flag belt per person

## Space required

- Any surface.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Players only need to pull one flag instead of both to win
- Make the space smaller to limit space to evade

## How to make it harder

- Make the area bigger to provide further space for players to evade
- Add another participant from each team (e.g., 2v2 or 3v3) or create an uneven battle (e.g. 2v1 or 3v2)

## Spirit of the Games



- How did you stay confident when trying to grab the flags, even if it was difficult?
- What can you tell yourself if you feel nervous before going into the ring?



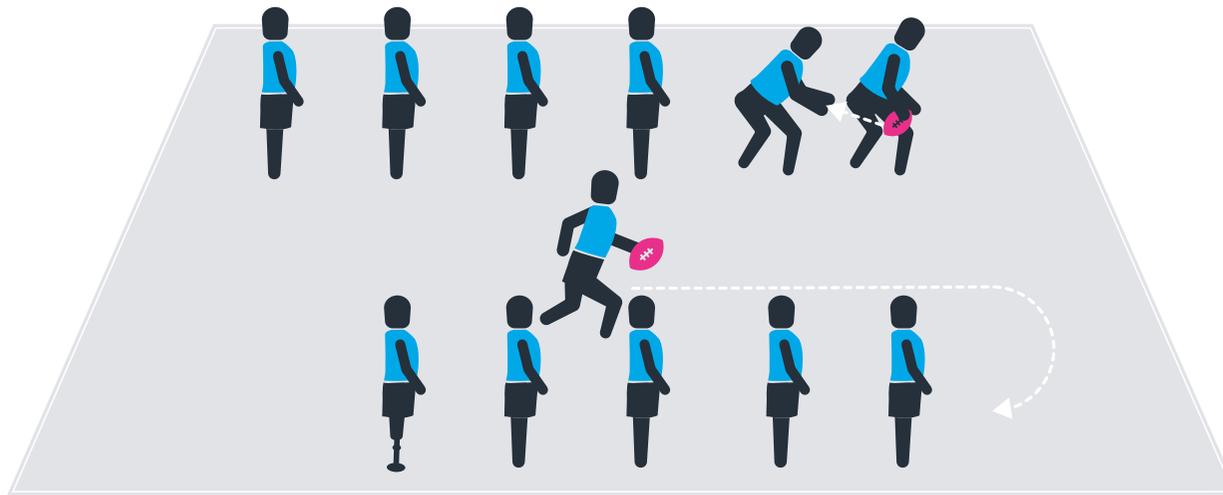
- How did working with your teammates help you succeed in this activity?
- What tips could we provide to support our teammates?





# Snap Relay

SECONDARY



## How to play

- Split the group into even teams lined up behind each other, with three steps between each person
- The ball starts with the person at the front of each line
- With the team facing the same direction, they must pass the ball to the person behind them by throwing the ball between their legs
- Continue until the ball is with the person at the back of the line. They move to the front of the line with the ball and repeat the process
- Continue until the person who started at the front gets back to the front of the line.

## Safety

- Ensure participants are prepared to receive the ball from the person in front of them.

## Equipment required

-  1 American football per team
-  Alternative equipment – a football, rugby ball or sponge ball.

## Space required

- Any surface. Participants should have 2-3 step gap between each other.

## Estimated set-up time

- 30 seconds.

## Difficulty level



## How to make it easier

- Reduce the space between each person to reduce the distance of the throw
- Encourage using two hands to throw the ball between their legs
- Change the size or type of ball to make it easier to throw

## How to make it harder

- Make it competitive; teams race against each other to complete the task
- The ball must be caught otherwise it must be returned to the front of the line
- Increase the distance between each participant to snap over a longer distance

## Spirit of the Games



- How did you help your teammates during this game?
- How can we show encouragement to our team if they find something difficult?



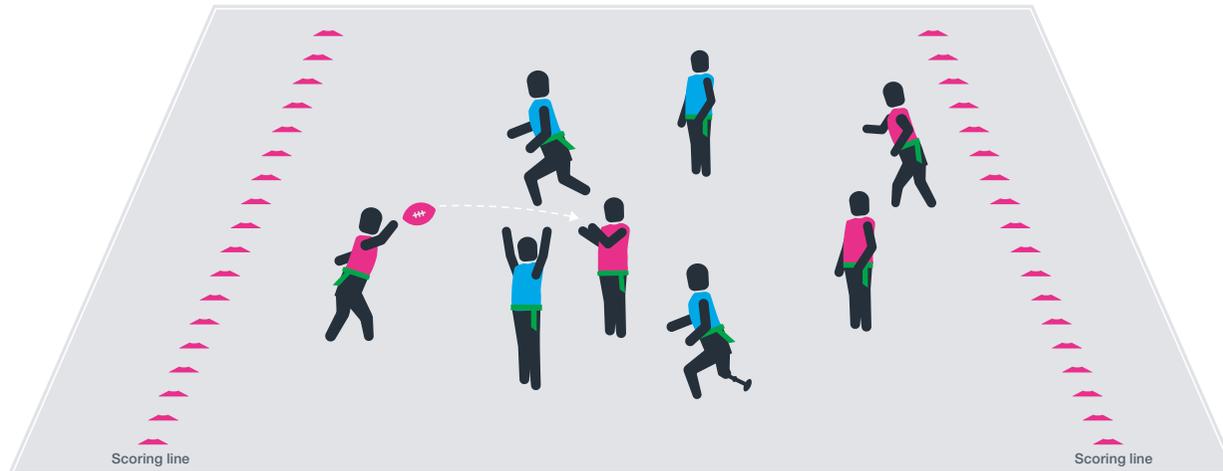
- How did you show self-belief if you found the skill difficult?
- What could we say to ourselves and others to encourage self-belief?





# Ultimate Football

SECONDARY



## How to play

- Split the group into two equal teams
- Each team attempts to pass the ball between their team members, trying to catch it at their end of the marked area, while the other team try to intercept the ball and pass it to their end of the marked area
- Players must not move with the ball
- If players drop the ball, it goes to the other team
- Focus should be on passing the ball accurately, rather than attempting a long-distance pass
- Defenders should focus on their interception skills.

## Safety

- Defenders must be a yard away from the person with the ball
- Defenders must play the ball to knock it away and cannot contact a player to prevent them from catching the ball.

## Equipment required

- American football
- Cones to mark out an area
- Bibs
- Flag belts

## Space required

- Any surface
- Space to play on can be adjusted based on space available and number of participants.

## Estimated set-up time

- 30 seconds.

## Difficulty level



## How to make it easier

- Reduce the playing space
- Limit passes to shorter distances (over 10 yards)

## How to make it harder

- Create time pressure by using flag belts and allowing players to pull a flag to get the ball for their team
- Add a 7 second time limit for each player to throw the ball by
- Every person must catch the ball before a team is allowed to score
- Players can only use one type of pass (overarm, underarm, chest pass)

## Spirit of the Games



- Why is it important that we take turns throwing and catching the ball in this game?
- Why is it important to work together as a team to achieve success in this game?



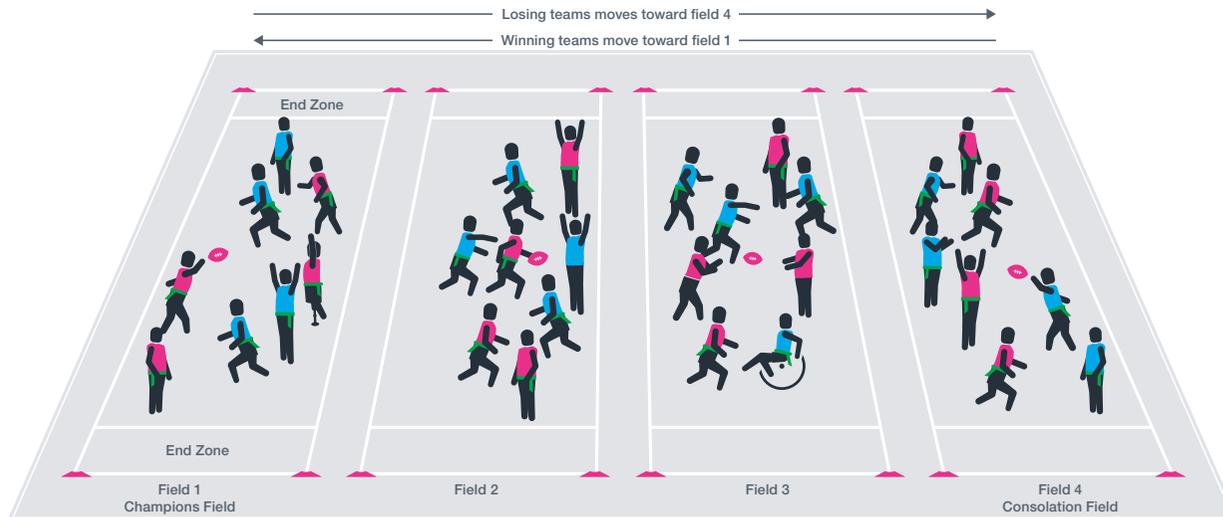
- How else can we achieve success in this game outside of scoring?
- How can we support our teammates and celebrate their successes?





# Ruler of the field

## SECONDARY



### How to play

- Teams will play NFL Flag games against each other (see NFL Flag activity card)
- Spread the number of teams across the fields (if you have an odd number of teams, one team will have a break each round)
- Teams will play short games (recommended 12 minutes) against an opponent
- If a team wins, they will move one field closer to the 'Champions field' (field one in the diagram)
- If a team loses, they will move one field closer towards the 'Consolation field' (field four in the diagram)
- If a team on the Champions field wins, they remain there until they lose
- Play several rounds of fixtures (recommended at least five rounds to give teams the opportunity to move between each field) with a 5 minute break to move to the next field
- The final round will determine finishing places, for example on the 'Champions field' the winning team will finish 1st and the losing team 2nd.

### How to make it easier

- Reduce the playing space to half a field, meaning teams start closer to the end zone

### How to make it harder

- Reduce the time of each game giving each team less time to score

### Estimated set-up time

- 10 minutes.

### Difficulty level



### Spirit of the Games



- How can we show determination after losing a game?
- How can being determined help us win a game?



- What ways can we show respect to the other teams?
- How do we feel when we show respect to our own team and other teams?

### Safety

- Flag belts are to be worn with flags hanging freely on both hips. Adjustable strap must be tucked away
- Bottoms/leggings/shorts should be pocketless or pockets must be zipped or taped up
- No caps or jewellery to be worn during gameplay.

### Equipment required



1 American Football per field



Flag belt per player



20 cones to mark out each field

### Space required

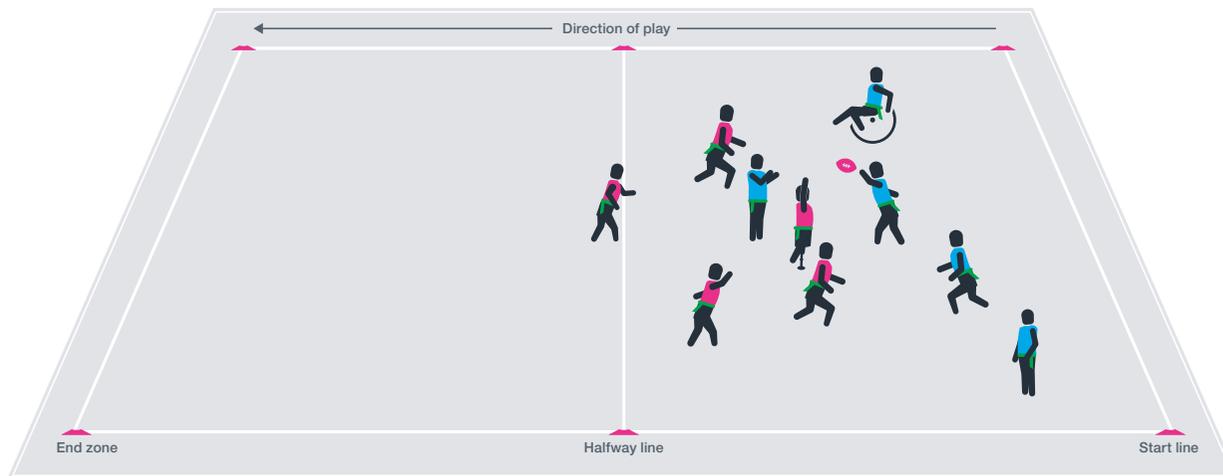
- Field space of 70 yards long x 25 yards wide
- Four NFL Flag fields should fit within one full sized football or rugby field.





# Point per play

## SECONDARY



### How to play

- Set up a field with a start line, a halfway line and an end zone
- Two groups on the field will play their game of Flag under adjusted scoring and rules
- The focus is on scoring points through successful plays (whether that be a catch, running play, flag pull, or an interception)
- The game will start with offence (attacking team) on the start line and the defence lining up opposite them
- The offence (attacking team) will have four downs (or chances) to pass halfway. If they pass halfway, they will receive another four downs to reach the end zone. A down ends if:
  - the ball carriers' flag is pulled
  - they step out of bounds
  - they fall to the ground
  - or the ball hits the ground
- If the offence (attacking team) does not reach the halfway line or end zone within their four downs, the other team will start with the ball at the start line on offence (attack).

### Scoring

The attacking team will score points as follows:

- 1 for a successful catch
- 1 for progressing the ball closer towards the end zone
- 3 for making it past the halfway line
- 6 for making it into the end zone
- 1 point for a successful 1-point attempt, 2 points for a successful 2-point attempt.

The defensive team will score points as follows:

- 1 for a flag pull
- 2 for an interception
- 1 for a pass breakup (legally preventing the offence (attacking team) from catching the ball)
- 1 for decreasing the attacking team's yardage made
- 2 points for a turnover on downs (preventing the offence (attacking team) from reaching the halfway line or scoring a touchdown).

Bonus points may be awarded for showcasing positive attributes such as teamwork, leadership, respect, honesty and self-belief.



### How to make it easier

- Reduce the distance between the start line and the halfway line for the offence to have a greater chance of scoring

### How to make it harder

- Add in negative points for fouls. To be introduced based on the understanding level of players, coaches/officials

### Safety

- Flag belts are to be worn with flags hanging freely on both hips. Adjustable strap must be tucked away
- Bottoms/leggings/shorts should be pocketless or pockets must be zipped or taped up
- No caps or jewellery to be worn during gameplay.

### Equipment required

-  1 American Football per field
-  Flag belt per player
-  20 cones to mark out each field

### Spirit of the Games



- How can we set ourselves smaller goals to reach the goal of scoring a touchdown?
- How can we show that we have made progress with our performance?

### Space required

- Field space of 50 yards long x 25 yards wide, space can be made shorter to fit the space available.

### Estimated set-up time

- 5 minutes.

### Difficulty level



- How can we celebrate the successes of our teammates?
- Can you think of the ways you contribute to your team having success?



# NFL Flag

## SECONDARY



### **QB** Quarterback

An offensive player who calls the start of the play. They receive the snap from the Centre and then hands the ball to the Running Back and makes passes to the Wide Receivers.

### **C** Center

An offensive player who snaps the ball to the Quarterback at the beginning of the game and each play (or down) thereafter. In Flag Football, the centre becomes a receiver after the snap and can receive a pass.

### **WR** Wide Receiver

An offensive player who receives passes from the Quarterback and runs pass routes trying to evade defensive players.

### **RB** Running Back

An offensive player who runs with the ball down the field and catches passes.

### **B** Blitz

A defender who attempts to remove the flag of the Quarterback, put pressure on the throw or block the throw. They must be a minimum of 7 yards from the line of scrimmage and have their hand raised.

### **DB** Defensive Back

Exterior defensive players who tackle, prevent catches and prevent offensive players from scoring.

### **LB** Linebacker

Interior defensive players who tackle, prevent catches and prevent offensive players from scoring.

### **S** Safety

A deep defensive player who are the last line of defense and are the deepest defender on the field. They pull flags, prevent catches and prevent offensive players from scoring.

### How to make it easier

- Do not include Blitzing to allow the offence more time to pass or run the ball
- Shorten the field to include only one half, giving the offence less distance to cover to score

### How to make it harder

- Add in a 25 second play clock in which the offence must snap the ball for their next down before the time runs out
- Introduce basic rules of offside (a defender crossing the line of scrimmage), false start (offensive player moving before the snap), flag guarding (ball carrier preventing a defender from pulling their flag)

## How to play

- Watch this [video resource](#) to support understanding of the game and positions
- Begin by setting up the field. The field is 70 yards long by 25 yards wide
- Mark 2 x 10 yard long by 25 yards wide end zones at either end of the field, using a bright coloured set of cones (orange is preferred)
- Next mark out the 5-yard line, 5 yards away from the end zones on either sideline, using a colour easily visible from the orange end zone cones (blue is preferred)
- Next mark out the 10 yard line, another 5 yards away from the 5 yard line, using a colour easily visible from the 5 yard line cones (red is preferred)
- Finally mark the halfway line, which is 15 yards from the 10 yard line, using a white cone or taller cone. The rest of the sideline can be marked at regular intervals with another coloured cone

## Game play

- The game is played 5-a-side, with teams split into an attacking team (offence) and the defending team (defence). Games are typically played across 20 minutes with no half-time
- Teams should designate positions for each player on their team. An offence requires:
  - a Centre
  - a Quarterback
  - three other players as Wide Receivers or Running Backs.
- A defence requires five players, which can include a mixture of Linebackers, Defensive Backs, Safeties or Blitzers
- The offence (attacking team) will begin on their 5-yard line with the ball starting in the middle of the field. The offence must start in line with or behind the line of scrimmage, an invisible line which runs through the ball to either sideline. Defenders must be on the other side of this line
- The offence (attacking team) has four downs (or chances) to reach halfway in which they will then receive another four downs to try and score.





### Moving the ball

- A play starts with all offensive players standing still, awaiting the Centre snapping (throwing) the ball between their legs to the Quarterback. The Quarterback will then either throw the ball to any of the other four players (passing play), or hand the ball over to a teammate (running play). The ball carrier will then attempt to move forward to gain as many yards as possible
- A down ends if the ball carrier has their flag pulled, steps out of bounds (off the field), they fall to the ground or if the ball hits the ground at any point
- Once a down ends, the ball will reset to the middle of the field in line with where the ball carrier progressed to. If the ball hits the ground before someone has possession of the ball it will reset to the previous starting position.

### Scoring

- If the offence gets the ball into the end zone, they score 6 points. They then attempt another play, called a conversation to score extra points. They gain 1 point by scoring from the 5-yard line (where they must pass the ball). They gain 2 points by scoring from the 10-yard line where they can use a passing or running play
- If a defender intercepts the ball, they may progress forward to attempt to score. They will receive 6 points for a Touchdown or 2 points for an interception during a 1 or 2 point attempt
- If the offence fails to score using their four downs, the opposition will start with the ball at their 5-yard line.

### Defending

- A legal flag pull takes place when the ball carrier is in full possession of the ball
- Defenders can jump the floor and dive to pull the ball carrier's flag but cannot impede, hold or hit the ball carrier. It is illegal to attempt to strip or hit the ball out of the ball carrier's possession
- Once the Quarterback has lowered their hands (simulating a run play) the defence is able to cross the line of scrimmage and tackle the offensive players
- Blitzing allows one defensive player the right to cross the line of scrimmage. They must start 7 yards back from the line of scrimmage and declare they are blitzing by raising their hand. This allows a defender the ability to pull the flag of the ball carrier or block an attempted pass by the Quarterback.

### Spirit of the Games



- What goals can you set yourself which will support your team to achieve success?
- What words of encouragement can you use to promote self-belief?



- What actions showcase respect to the other team/players?
- How do we feel when we are respected by the other team, officials and coaches/teachers?

### Safety

- Flag belts are to be worn with flags hanging freely on both hips. Adjustable straps must be tucked away
- Bottoms/leggings/shorts should be pocketless or pockets must be zipped or taped up
- No caps or jewellery to be worn during gameplay
- Defenders may not impede, hold or hit the ball carrier
- It is illegal to attempt to strip or hit the ball out of the ball carrier's hands.

### Equipment required

- 1 American Football per field
- Flag belt per player
- 20 cones to mark out each field

### Space required

- Field space is 50 yards long, with 2 x 10 yard endzones, space can be made shorter to fit the space available.

### Estimated set-up time

- 10 minutes.

### Difficulty level

