

# Cub Scout Sports: Flag Football



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain or discuss the simple rules of flag football with your den.
- \_\_\_\_\_ 2. Practice running, passing, and catching skills for at least 30 minutes.
- \_\_\_\_\_ 3. Play a game of flag football.

### Sports Pin

Earn the Flag Football belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Layout and properly mark a flag football field at a park or playground.
- \_\_\_\_\_ 2. Explain the difference between defense and offense in a flag football game.
- \_\_\_\_\_ 3. Describe five different positions a player may play in flag football. Name the position that you prefer to play.
- \_\_\_\_\_ 4. During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running.
- \_\_\_\_\_ 5. Participate in a flag-football clinic.
- \_\_\_\_\_ 6. Consider all the people who make it possible to play a game of flag football. List parents, coaches, team members, scorekeepers, referees, groundskeepers, etc.
- \_\_\_\_\_ 7. Play in five flag football games without incurring a penalty.
- \_\_\_\_\_ 8. Explain and demonstrate at least six football officiating signals.
- \_\_\_\_\_ 9. Attend a high school, college, or community league football game.
- \_\_\_\_\_ 10. Read a book about a football player and tell your den or family about the player's training and work ethics.
- \_\_\_\_\_ 11. Talk with a referee or official of a high school, college, or community football league and learn about his or her responsibilities at a football game.

## Resources

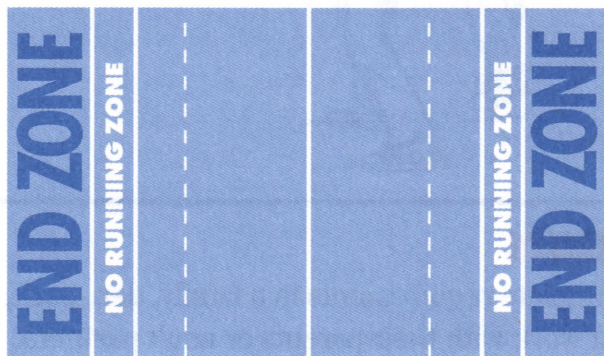
Check the sports section of your local library for information on flag football. If you have access to the Internet, try using various search engines to look for the information you need. (Be sure you have your parent's or adult partner's permission first.)

Your local parks and recreation office may also provide flag football information or programs.

The official NFL site for kids:  
<http://www.playfootball.com>

The CFL/NFL flag football Web site:  
<http://www.nflcanada.com>

## Standard Flag Football Field Layout



### Adults: when playing flag football with youth:

- Make it fun.
- Limit standing around.
- Allow everyone to play.
- Teach every position to every participant.
- Emphasize the fundamentals.
- Incorporate a progression of skill development for every participant.
- Keep it positive.

## Simple Flag Football Rules

1. Blocking and tackling are not allowed.
2. There is no kick-off; each game starts with a coin toss.
3. A game is two 20-minute halves; the teams change sides at halftime.
4. Each team has five members on the field and one or more substitutes.
5. Players cannot guard their flags.

## Official's Scoring Signals



**Ball ready for play**



**Start clock**



**End of period**



**Time out**



**Touchdown or Field goal**



**Safety**



**First down**



**Incomplete forward pass**



**Penalty declined; no play**



**Delay of game**



**Sideline interference**