PRIMARY INTRA-SCHOOL/LEVEL 1 RESOURCE – COMPETITION CARD

BRITISH AMERICAN FOOTBALL 3V3 FLAG FOOTBALL

Quick introduction

3V3 Flag Football is a small team game of two 10 minute halves suitable for indoor or outdoor play. The aim is to score a Touchdown by getting the ball into the End Zone in 4 attempts called Downs. The ball must cross the goal line to score but it does not need to be touched on the ground.

Getting started

- Mark out a pitch (called a 'field' in American Football) 10 yards x 20 yards.
- The Offense has a Quarter Back plus two Receivers.
- The Defence has two Defensive Backs and a Safety.
- The game starts with the QB holding the ball at arms' length just in front of the two Receivers and loudly calling the 'snap' – 'Down, Set, Hutt!'.
- On 'Hutt' the QB brings the ball back to their body as the Receivers run forward.
- The QB then throws the ball to the person that they agreed would get the ball first.
- The Receiver who catches the ball runs until they are tagged or they score which ends the down.

Correct position to throw the ball

BRITISH AMERICAN FOOTBALL – 3V3 FLAG FOOTBALL

Hints and tips

- Make sure everyone gets to catch the ball at some point in the game.
- On each play, decide who is going to be the first choice to get the ball and who is second. Don't keep these the same on every play!
- Focus the team on being organized and their roles and responsibilities.

Leadership and volunteering opportunities

- Other young people can be officials.
  - The Referee blows the whistle to start and end the game, on each first down and watches for fouls by the Offense.
  - The Line Official looks for fouls by the defence and puts a bean bag where a down ended
  - Coaches can create the plays for the teams to run.

Officiating

- If a foul is seen by the Referee or Line Official, they throw a flag.
- Study the rules and try and throw a flag for;
  - Early movement on the snap (all players must be still).
  - Blocking and flag guarding.
  - Stepping out-of-bounds (off the side-line).
- Throwing a flag does not stop the game, let the play continue until it ends and then decide on the penalty.

Think inclusively (STEP)

Space
- The field can be made larger or smaller.

Task
- Reduce the number of downs from four to three.
- Increase the number of attempts to reach halfway to allow all participants to achieve success.

Equipment
- A different ball (larger, brighter, different shape) can be used to increase success rate.

People
- The quarterback position is excellent for those with limited mobility.
- Wheelchair users should make one adjustment to the angle of their body on the snap (rolling left or right depending on where the Receiver is).
- Receivers could work with a partner to assist the catching process.

Hands for high catch without ball

Hands for high catch with ball

Hands for low catch without ball

Hands for low catch with ball

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SCHOOL GAMES

BRITISH AMERICAN FOOTBALL 3V3 FLAG FOOTBALL

Quick rules

- The team with the ball (the Offense) has four attempts (downs) to score.
- The Offense must move the ball past the half-way line to be able to score.
- If the ball is not caught and/or hits the ground, it is an incomplete pass and the attempt is wasted.
- When a player is tagged, the Line Official marks the spot with a bean bag and the next play starts from that spot in the middle of the field.
- The ball carrier has 'right of way' and cannot be blocked in their run.
- The ball carrier cannot stop a defender tagging them by knocking their hand away (this is called 'flag guarding').
- Players are not allowed to run at the QB and the QB cannot run with ball.
- To start the play, the QB shouts 'Down, Set, Hutt!'
- A Touchdown is worth 6 points.

Equipment required

- An American Football (although a tennis ball can be used).
- Tag belts.
- Cones.
- A Bean bag.
- A yellow penalty flag.

Health and safety

- Catch the ball with hands spread wide, don't have fingers pointing toward the ball.
- This is a strictly non-contact game. Any contact that looks deliberate will be an automatic 'loss of down'.
- Tee-shirts and tops must be tucked into shorts / skirts etc. when wearing tag-belts.
- Tags must hang from the side of the player at all times.

Illegal motion, this team

First down

Incomplete pass

FOR YOUNG PEOPLE

Think tactics

- Plan where the Receiver will run to on their 'route' so that the QB knows where to throw the ball. The Receiver will have a better chance of catching it.
- It is better to have three plays that can be done well than 20 plays that are done badly!

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PASSION

Show your passion for American football by encouraging your teammates and being 100% involved.

TOUCHDOWN FOOTBALL

BRITISH AMERICAN FOOTBALL

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