Flag Football Opening Day Speech Points

**If you haven’t already accepted your roster spot and paid your TeamPayer request from your Captain, there’s still time! You can accept on your phone right after this!**

1. **No-Contact**: Stress that this is a non-contact league. Saying things such as “I was going for the ball!!!” is not an excuse for contact.
2. **Starting the Game**: Stress that there are no kickoffs and where teams start each drive after a score. Also go over the fact that almost all first downs will be 2 cones from where they get a first down.
3. **Rush Count**: Go over the rush count for each play and when the defense can rush. Also note that the QB can run at any given time.
4. **Gender Plays**: (CO-ED ONLY) Make sure teams know they must have one gender play every three plays and what counts and doesn’t count as a gender play.
5. **Common Penalties:**
6. *Flag Guarding:* Go over flag guarding and show examples of things that may be considered flag guarding.
7. *Blocking/Cut Back Screens:* Go over both things and make sure to show examples of both
8. *Illegal Contact – Offense*
9. *Defensive Obstruction*
10. **Jumping/Spinning/Diving:** Players can jump and spin on offense as long as they don’t jump or spin into anyone. Players can dive for a flag or the ball, but can’t dive for extra yardage.
11. **Yell Rule:** (CO-ED ONLY)
12. **Box Rule**
13. **Clock:** Make sure to touch on situations where the clock stops and runs.
14. **Extra Points:**  Point out where they will go for 1 or 2 from and that only a 2 is returnable.
15. **1 Foot:** Make sure they know (like in college) players only need one foot in bounds for a reception.
16. **Flag belt:** If a runner’s flags are bunched/flag missing, the runner is down by one-hand touch
17. **Fumbles:**  Ball is dead on the ground