

MARIN MIDDLE SCHOOL ATHLETIC LEAGUE

Flag Football Glossary

OFFENSIVE TERMS

Term	Definition
Audible	A last-second change to the play called by the quarterback at the line of scrimmage.
Backfield	The area behind the line of scrimmage where the quarterback and other offensive players line up.
Center	The offensive player who snaps the ball to begin each play.
Completion	A successful forward pass caught by an eligible receiver.
Double Pass	A play in which the ball is thrown twice, with the first pass being a backward or lateral pass.
Down	A single offensive play. The offense has four downs to advance to the line-to-gain.
End Zone	The area at each end of the field where touchdowns are scored.
Extra Point / Conversion	An attempt made after a touchdown to score additional points according to league rules.
Flag Guarding	An illegal act in which the ball carrier uses a hand, arm, or ball to prevent a defender from pulling their flag.
Handoff	The direct transfer of the ball from one offensive player to another.
Huddle	A gathering of teammates to discuss the next play.
Lateral	A backward pass thrown to a teammate.
Line of Scrimmage (LOS)	The imaginary line extending across the field where the ball is spotted before each play.
Line-to-Gain	The yard line the offense must reach to earn a new first down or score.
No-Run Zone	A designated area where running plays are prohibited under league rules.

Offense	The team in possession of the football attempting to advance and score.
Out Route	A receiver runs downfield before cutting sharply toward the sideline.
Passer	The offensive player who throws the football. This player may or may not be the quarterback.
Pick Play	An offensive play in which a player illegally obstructs a defender to free a teammate.
Post Route	A receiver runs downfield before angling toward the middle of the field.
Quarterback (QB)	The offensive player who leads the offense, receives the snap, and directs the play.
Red Zone	The area inside the opponent's 20-yard line where scoring opportunities increase.
Route	A predetermined path a receiver runs during a passing play.
Screen Pass	A short pass behind the line of scrimmage with blockers leading the receiver.
Shovel Pass	A legal forward pass made by pushing or tossing the ball underhand or backhand.
Slant Route	A route in which the receiver cuts diagonally toward the middle of the field.
Snap	The action that starts each play by delivering the ball from the center to the quarterback.
Swing Pass	A short pass to a running back moving laterally away from the quarterback.
Touchdown (TD)	A scoring play is worth six points when the ball crosses the opponent's goal line.
Wide Receiver	An offensive player whose primary role is catching passes.
Yards After Catch (YAC)	The distance a receiver gains after catching the football.
Yards After Contact (YAC)	The distance gained after initial contact by a defender.
Z Receiver	A wide receiver aligned off the line of scrimmage who may go in motion before the snap.

DEFENSIVE TERMS

Term	Definition
Blitz	A defensive strategy in which a legal rusher pressures the quarterback immediately after the snap.
Defensive Back	A defender responsible primarily for covering receivers.
Defense	The team attempting to stop the offense and regain possession of the football.
Interception	A defensive player catches a forward pass, resulting in a change of possession.
Man-to-Man Defense	A defensive coverage in which each defender is assigned a specific offensive player.
Pass Rush	Defensive pressure applied to the quarterback after the snap.
Pick-Six	An interception returned for a touchdown.
Rusher	The defensive player assigned to legally rush the quarterback after meeting league rushing requirements.
Rush Line	An imaginary line where rushers must begin before rushing the quarterback.
Sack	When the quarterback's flag is pulled behind the line of scrimmage before a forward pass is thrown.
Safety	A defensive position responsible for deep pass coverage or a scoring play in the offense's end zone.
Zone Defense	A defensive strategy in which players defend assigned areas instead of individual opponents.

RULES & PENALTIES

Term	Definition
Boundary Lines	The sidelines and end lines that define the playing field.
Charging	An illegal act in which the ball carrier runs directly into a defender who has established position.
Dead Ball	The period before or after a play when the ball is not in play.

Fumble	Loss of possession by the ball carrier. In most flag football leagues, fumbles are ruled dead where they occur.
Live Ball	The period during which the ball is legally in play.
Offside	A penalty when a player crosses the line of scrimmage before the ball is snapped.
Punt	A kick used to voluntarily give possession to the opposing team, when allowed by league rules.
Stiff Arm	Using an extended arm to push away a defender. Illegal in most flag football leagues.
Tipped Pass	A pass touched by any player before being caught.
Turnover	A change of possession resulting from an interception, turnover on downs, or other applicable rule.
Unsportsmanlike Conduct	Rude, abusive, confrontational, or offensive behavior or language.
Whistle	The sound made by an official to stop play.