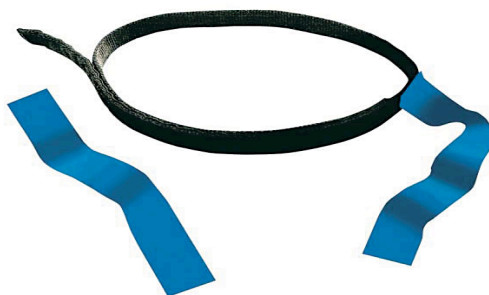


1.- THE FLAG FOOTBALL

Flag football is a sport that originated in the United States, where it appeared in the early 1980s. It arises as an adaptation of American Football where the main variation is represented by the substitution of the tackle (intentional physical collision between two players) by the incorporation of a belt with two flags that the players must place at waist level. To stop the play, a member of the opposing team must remove the flag from the player holding the ball before he scores a touchdown for his team.

1.1.- WHAT IS FLAG FOOTBALL?

Flag football is a non-contact specialty of American football. The competition of flag football is mixed coeducational. Teams of five players play against each other in a tactical and skill game. The attacking team tries to get the ball into the opponent's end zone. To stop the attack, the defense will try to snatch one of the two flags worn by each player at the waist from the ball carrier.



1.2.- RULES AND MATERIAL OF THE GAME

It is a game in which two teams of five members each play against each other. In this game, the offensive team plays for a first down, crossing the half-court, or a touchdown, reaching the opponent's end zone. Passing and running plays are allowed, although there are non-running zones, found near the half-court and each end line. The defensive team covers the receivers, charges the passer and steals the flags of the offensive player carrying the ball for a tackle.



BASIC POINTS: A draw (coin toss) determines which team will have possession of the ball first. The offensive team takes possession of the ball at its 5-yard line and has three plays to cross the halfway line. Once it does, it has three more plays to score a touchdown. If they fail to score, the ball changes hands and the new offensive team starts to attack from their 5-yard line. On all changes of possession, except those

due to an interception, the new offensive team will start the attack from the 5-yard line. The teams change their side of the field after 20 minutes. Possession at the start of the second half passes to the team that lost the opening draw.



PLAYERS: The teams, which must have five players on the field at all times, are made up of ten players: five on the field and five substitutes.

PLAYING TIME AND EXTRA TIME: Games last 40 minutes, the clock does not stop. If the score is tied at the end of the 40 minutes, the teams play an extra time in which the first team to score wins. Each time the ball is placed to start a play, the offensive team has 30 seconds to put it into play. The teams will receive a warning before a penalty for late play is applied. Each team has a 30-second time out and a 60-second time in between. Referees may stop the game clock at their discretion.

NOTES:

- Touchdown: 6 points
- Extra point: 1 point (play started from the opposing team's 5-yard line)
2 points (play started from the opposing team's 12th yard)
- Safety: 2 points. And starts a new set of downs from the 5th yard.

RUNS: The quarterback may not run with the ball, only direct deliveries of the ball (handoffs) behind the line of scrimmage (the imaginary line that determines the point where a play begins) are allowed. There may be multiple deliveries in a play. Non-run zones are located five yards from the halfway line and the goal lines. The purpose of these zones is to avoid short-distance actions in which power runs are used. The player who receives a direct delivery of the ball may throw a pass as long as he is behind the scrimmage line. Once the offensive player makes a direct delivery of the ball, any defensive player may make a charge (crossing the line of scrimmage to tackle an attacker) turning movements are allowed, but players may not take their feet off the ground to make these movements (jumping head first is not allowed) the ball is placed (to start the next action) where the feet of the player carrying the ball was at the time the flag was removed. The place where the ball was at the end of a play is never used as a placement point. It is not permitted to throw any kind of side pass or back pass.



RECEPTIONS: All players are eligible to receive passes (including the quarterback if the ball has been delivered behind the line of scrimmage). As in the NFL, only one player may be on the move before the start of a play. The player who catches the ball must have at least one foot on the court for the reception to be given as good.

PASSES: Underarm passes (shovel) are allowed. The quarterback has seven seconds to throw the ball. If he does not make a pass in this time, the play ends and his team loses an opportunity (down). Once a direct delivery of the ball is made, the seven-second rule for throwing disappears. The interception of a pass by the defensive team changes the possession of the ball, which will be placed for the next action at the point where the interception was made. Interceptions represent the only change in ball possession that does not start from the 5-yard line.

DEADBALL: To start a play, a snap is made, passing the ball between the legs of the player who is playing it. It is not permitted to start a play in any other way. Player changes can only be made when the ball is dead. That is when it is not in play. The ball is dead. As a rule, a move ends when:

- The flag of the player carrying the ball is removed.
- The player carrying the ball steps off the court.
- A touchdown or safety is scored (the flag is taken away from the player carrying the ball in his end zone)
- At the point where an interception is made (intercept returns are not allowed).
- When the knee of the player carrying the ball touches the ground.
- The flag is dropped by the player carrying the ball
- Note: There are no fumbles. If the ball falls to the ground, it is placed at that point to start the next play.



CHARGES AGAINST QUARTERBACK: Any defensive player charging against the quarterback must be a minimum of seven yards from the line of scrimmage at the time the play begins. The number of players charging against the quarterback is not limited. Players not charging the quarterback may defend from the same line of scrimmage. Once the offensive team makes a direct delivery of the ball, the seven-yard rule loses its effect and all defenders may cross the line of scrimmage. A special mark, or the referee himself, shall be placed to indicate the distance from the seven-yard line to the line of scrimmage. It is important to remember that blocks and tackles are not allowed.



SPORTING/SHOCKING: If the referee observes a contact, whether it be a block, a tackle, an elbow, a low blow, or any unsporting action, play shall be stopped and the player sent off from the game. FOULS WILL

NOT BE TOLERATED. Insults and taunts are illegal. It is up to the referees to determine whether language is offensive and therefore not legal in the game (it may be against an opponent, a teammate, a referee or the public). If a situation occurs in which offensive language occurs, the referee will give a warning to the player who has done so. If it continues, the player or players who do so will be dismissed from the match.

PENALTIES: Only the referee can call a foul.

- Defensives:

- Offsides: Five yards and an automatic first down
- Interference: 10 yards and first down automatic
- Illegal contact (grabbing, blocking, etc.): 10 yards and an automatic first down
- Illegal removal of the flag (before the receiver catches the ball): 10 yards and first automatic down
- Illegal charging (charging against the quarterback within seven yards of the line of scrimmage): 10 yards and an automatic first down

- Offensives:

- Illegal movement (more than one person moving at the same time, false starts, etc.): 5 yards and loss of down.
- Illegal forward pass (pass thrown once the scrimmage line has been crossed): Five yards and loss of down.
- Offensive pass interference (blocking before throwing, pushing a defender): 10 yards and loss of down.
- Protecting the flag: 10 yards (from the line of scrimmage) and loss of down
- Delaying play: Stopping the clock, 10 yards and loss of down.

The referees will determine when a contact has been accidental, produced by a normal run, and when not. All penalties will be taken from the line of scrimmage. Only the team captain can ask the referee questions about the interpretation of the rules. Players cannot protest against the referee's decisions. A match cannot end with a defensive offense unless the offensive team decides to decline the penalty.

2.- THE BASEBALL

2.1. - THE GAMES.

A baseball game has no time limit, it consists of nine innings or turns, each of which is divided into two parts: a first part in which the local team usually hits, and a second in which the opposing team hits. The team that has made the most runs after the nine innings wins the match. In the event finish tie, the match is extended by as many innings as necessary to break the tie.

The game begins when the pitcher sends the ball to the batter, who will try to hit it if it is considered good (see Rules). If he succeeds, he drops the bat and starts running to first base; if he can, he continues to second and third base and finally to the batting zone. Meanwhile, the defenders try to catch the ball as quickly as possible to send it to one of the bases, because if the ball reaches a base before the attacker, the offensive player is eliminated. If a team manages to eliminate three attackers, it goes from being a defender to being an attacker.



2.2. - THE TEAMS AND PLAYERS.

A baseball team consists of nine field players, and each of them is responsible for a particular position. The defending team consists of the players who are responsible for catching the ball and returning it to the pitcher to eliminate the players of the other team. The attacking team is the one whose players are in charge of hitting the ball and running around the bases to get a run.

The main players are:

- **The pitcher:** this is the player from the defending team who stands in the pitching area and puts the ball in play by throwing it to the batter. The action of throwing the ball is done with the arms from the standing position, and the strength, speed, direction and effects can be adjusted, as long as the regulations are followed, to make it difficult to hit.



- **The batter:** is the player of the attacking team located in the batting zone, with a bat in his hands, and whose objective is to hit with it the thrown ball and make it difficult to receive the opponents, to run and reach as many bases as possible. Like the previous one, batting is done from the standing position.



- **The catcher:** is the player who stands behind the batter and picks up the ball when the batter does not hit it to return it to the pitcher. He is also the home defender when a runner tries to complete a run.



The rest of the players of the defending team are placed individually all over the field to try to receive the ball directly in the air (fly). Normally, three outfielders divide up space on the outside of the pitch. The others are near the three bases and are responsible for catching the ball when it is hit into the diamond, and eliminating runners when they try to advance around the bases.



2.3. - THE REGULATION.

The main rules that apply in baseball are the following:

- The ball thrown by the pitcher is considered "good" when it passes over the hitting base and within the so-called "strike zone", between the knee and the chest or the batter's letters (it is said letters because at that height they usually have the team name on the baseball jerseys). When a pitch does not pass through this zone, it is considered a "bad" ball, which is called a "ball". If a pitcher makes three bad balls he will be replaced by another teammate, and all attackers will advance one base, including the batter.



- The batter will be eliminated:

- If he misses three times in a row in the attempt to hit the ball (strike)
- If he does not attempt to bat on any of the three pitches.
- If the batted ball is intercepted in the air by a defender.
- If the hit does not send the ball inside the outfield lines.
- If the batter touches the ball and it goes forward, he is obliged to run to first base.

- To win a base, runners must step on it. The run between bases must be straight and in its path, the runner may not be hindered by any defender, unless the defender carries the ball in his hand and touches it to remove it.



■ A runner will be eliminated:

- + If he deviates more than one meter from the race line between the bases to avoid being touched
- + If a defender touches him with the ball on his run between the bases.
- + If he stands without stepping on the base and the ball reaches the defender and touches him with it.
- + If a defender touches the base with the ball before the runner arrives, there is no direct elimination, as the runner can go back to the previous base if he is free and not the batting base, and he arrives there before the ball.



■ Before the pitcher starts the next play, there is the possibility of "stealing base", i.e. a runner running to the next base. This is subject to what is described the elimination of runners.

- No two runners may be on the same base. If this happens the last one to arrive will be eliminated.
- A runner may not overtake a team-mate in his race through the bases.
- If the defending team manages to eliminate three riders, the turn is changed to attacking.
- To achieve a run, the runner has to pass all the bases and return to the batting zone, also called home.
- A game is played over nine innings. Each inning means a batting turn and a defensive turn for each team. The home team always starts as the defender.
- If after nine innings the match is a draw, play must continue until one of the two teams wins.

