

GENERAL DESCRIPTION OF AMERICAN FOOTBALL AND FLAG FOOTBALL

Muzafarov Muxammadali Maxsudovich

*Teacher of the Department of Theory and Methodology of Wrestling Sports
Faculty of Sports Activities, Fergana State University*

Abstract. *This article provides a general description of the origin, content and basic rules of American flag football. The differences between flag football and American football, its non-contact nature and level of safety are analyzed. The importance of this sport in the development of physical fitness, its role in the formation of technical and tactical training, and the possibilities of its application in the youth sports system are also highlighted. The article scientifically and theoretically substantiates the advantages of flag football as a mass sport and its role in the international sports system.*

Keywords: *American flag football, American football, non-contact sports, sports games, physical fitness, technical and tactical training, youth sports, sports rules, mass sports.*

Relevance of the topic. Currently, increasing the physical activity of the population, especially young people, forming a healthy lifestyle and developing safe sports are among the most important social tasks in the world. In this regard, the need for non-contact and low-risk sports is growing. American flag football is one of such modern sports, which has become widely popular in many countries of the world in a short time.

The inclusion of American flag football in the program of the 2028 Los Angeles Olympic Games has further increased the importance and prospects of this sport in the international sports system. Olympic status makes the scientific and theoretical study of flag football, improving educational processes and introducing it into national sports systems an urgent issue.

The development of sports in Uzbekistan and attracting young people to regular physical education are one of the priorities of state policy. The existing sports infrastructure in the country, football fields and the physical education system in educational institutions create favorable conditions for the introduction of flag football. At the same time, the simplified rules of flag football, the lack of special protective equipment and its economic efficiency characterize it as an acceptable sport for educational institutions and sports sections.

At the moment, there is not enough research on American flag football in the national scientific literature. This creates the need for theoretical and practical study of

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this sport, analysis of foreign experience and its adaptation to the sports system of Uzbekistan. Therefore, the topic “General description of American flag football” is of scientific, pedagogical and practical importance and is one of the topical topics.

The difference from ordinary American football is that it is forbidden to knock down a player, each player wears 2 or 3 ribbons (flags) on his waist, to stop an opponent, it is enough to pull the flag, when the flag is pulled, the attack stops. Basic rules: team composition: 5×5 (sometimes 7×7), field: small (about 50–70 m), playing time: 2 halves (about 20 minutes each), protection: no physical contact, equipment: no helmets and protective clothing required, which makes it very convenient for children, women and amateurs.

The International Olympic Committee (IOC) chose flag football for several important reasons:

1. High safety (non-contact);
2. Interesting and fast for spectators;
3. Gender equality (separate competitions for men and women);
4. Global development (played in more than 100 countries);
5. Symbol of American sports culture;

Flag football is governed by the IFAF (International Federation of American Football), world championships are regularly held for men and women, it is very popular in the USA, Mexico, Japan, Brazil and European countries, its physical and pedagogical value.

Flag football develops the following qualities: speed and agility, tactical thinking, teamwork, accuracy (passing and receiving), and general physical fitness, which is why it is also ideal for implementation in schools and higher education institutions.

Uzbekistan is preparing documents for the establishment of the American and Flag Football Federation and is expected to undergo state registration. This will be an important basis for the selection of flag football as an official sport and support at the state level.

Flag football is very suitable as a youth sport - it is non-contact and has high physical safety, therefore:

1. School and university teams can be formed.
2. Flag football can be introduced into physical education classes.
3. Youth leagues and tournaments can be established.

This will introduce a new direction to children's and youth sports and promote a healthy lifestyle.

Flag football is one of the sports included in the program of the 2028 Los Angeles Olympics - which makes it attractive for young people and professional

athletes to play for Olympic purposes. This opportunity will be a strong impetus for the development of flag football in Uzbekistan on the international stage.

Uzbek football is currently being developed in intensively developing areas (fields, coach training, school leagues). This existing football infrastructure can also be used for flag football. Football fields will be adapted for flag football, football coaches will undergo additional training in flag football, flag football departments will be established in football academies. This will help to popularize flag football faster.

Due to the international spread of flag football (there are federations in 64 countries), Uzbekistan: Can participate in international competitions, establish cooperation with IFAF or other federations, This will introduce flag football as a serious sport into the sports system of Uzbekistan.

Flag football:

- Attracts a wide audience (men, women, youth).
- Due to its non-contact nature, it is also supported by parents.
- Promotes a healthy lifestyle

This increases its popularity as a mass sport and encourages its widespread use among young people.

The following can be done to successfully develop flag football:

1. Establish an official federation and integrate it into the state sports system.
2. Open courses for training coaches and referees.
3. Establish school and university leagues.
4. Social media campaigns - propaganda to popularize the sport.
5. Raise the level through international competitions and exchange of experience.

Conclusion

The conducted analyses show that American flag football is one of the modern, safe and popular sports. Its non-contact nature reduces the risk of injury and creates favorable conditions for children, adolescents and young people. During flag football training, athletes effectively develop agility, agility, coordination, general physical fitness and technical and tactical thinking skills.

The inclusion of this sport in the program of the 2028 Los Angeles Olympic Games increases its prestige in the international sports system and creates broad opportunities for scientific research and practical implementation. In the conditions of Uzbekistan, the existing sports infrastructure, football fields and physical education system in educational institutions have sufficient opportunities for the introduction of flag football.

In conclusion, the study and development of American flag football is of great importance in popularizing youth sports, forming a healthy lifestyle and enriching the national sports system with modern sports.

Practical recommendations

Based on the results of the study, the following practical recommendations are made:

1. Gradually introduce flag football into physical education classes in secondary schools and higher education institutions;
2. Develop basic training programs and methodological guides for flag football;
3. Organize flag football classes through the effective use of existing football fields;
4. Establish advanced training courses for coaches and physical education teachers;
5. Regularly hold flag football competitions and tournaments among youth;
6. Develop cooperation with international sports organizations and study foreign experience.

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