

Flag Football Rules

- 1) At the start of each game, captains from both teams will meet at midfield for the coin toss to determine who starts with the ball. The visiting calls the toss.
- 2) The winner of the coin toss has choice of offense or choice of direction. Possession changes to start the second half to the team that started the game on defense.
- 3) The offensive team takes possession of the ball on their own 5 yard line and has four downs to cross midfield or score a touchdown. Once a team crosses midfield they have 3 downs to score a touchdown.
 - a) Rush Rule: The offense will receive 4 seconds to throw the ball before the defense can rush. The defense can immediately rush after a handoff. Defenders rushing the passer must line up 2 yards behind the line of scrimmage. Any defender can rush the passer.
 - b) If the offensive teams fails to cross midfield, on 3 downs, and elects to "punt" on fourth down, possession of the ball changes to the opposition and starts its drive on their own 5 yard line. If the offensive team goes for it on fourth down and fails to to cross midfield, the opposing team will start its possession from that spot.
 - c) Offensive teams Must declare fourth down intent: "Play or Punt", when asked by the referee.
 - d) If an offense fails to score a touchdown after crossing midfield the new offensive starts with the ball at their own 5 yard line.
- 4) Games are two 25 minute halves (running time) with a five minute halftime.
- 5) Each team has one 60 second time out per half.
- 6) Each team must have a minimum of four players to start a game or forfeit.
- 7) Play is 5 on 5 with all players eligible.
- 8) There is no motion of players allowed.
- 9) Teams have 40 seconds to snap the ball after the ball is spotted.
- 10) Clock is stoped for injury, timeout, or refs discretion.
- 11) If a team is trailing by more than 27 points they will receives the ball after scoring until the difference in scoring is under 27 points.
- 12) Touchdowns are worth 6 points. PAT is worth 1 point from the five yard line and 2 points from the ten yard line.
- 13) Safety is worth 2 points.
- 14) All passes must be forward and beyond the line of scrimmage (LOS). There are no laterals or pitches of any kind.

15) The defense may NOT the offensive team signals trying to confuse the offensive players, while the QB is calling out signals to play. Results in an Unsportsmanlike penalty.

16) The play is ruled dead when: the balls hits the ground, The ball carriers flag is pulled, the ball carrier steps out of bounds, incomplete pass, the ball carrier touches the ground with his/her knee or arm, a player hurdles another player, or flag guards.

17)The QB can not directly run with the ball. Only direct handoff behind the line of scrimmage. (LOS). Any player who receives a handoff may pass if they are behind the line of scrimmage (LOS).

18) No Run Zones are locate five yards from midfield and on five yards from the end zone.

19) Runners are not permitted to dive or hurdle to while advancing the ball.

20) Blocking above the waist and below the neck and only directly in front. No side blocking.

21) No Flag Guarding. If a player deliberately tries to hide tie or deceive the wearing of a flag to gain a competitive advantage may be suspended for a the game. Flag Guarding is an attempt by the ball carrier to obstruct defenders access to the flags, by stiff arming, dropping head, hand,

arm, or shoulder, or hiding the flags under the jersey. All jersey must be tucked in!

22) Simultaneous possessions will go to the offense.

23) Interceptions are returnable even on extra point tries. If scored on a conversation it will be worth 2 pts.

24) A players needs one foot in bounds for a good catch.

25) All players may rush the QB after four seconds but must start two yards behind the LOS.

26) No tackling: 5 yards

27) All offensive penalties are 5 yards and loss of down. Unsportsmanlike penalties are 10 yards and loss of down. Defensive of penalties are 10 yards and a first down.

28) Offensive spot penalties: illegal blocking 5yds and loss of down. Flag guarding 5 yds and loss of down. Charging 5 yds and loss of down.

29) Defensive spot penalties: Pass Interference: spot of foul and first down. Holding 5yds and first down. Stripping the ball 5yds and first down.

30) Defensive Penalties: Unnecessary Roughness 10 yds and first down, Unsportsmanlike 10 yds and first down. Offside or illegal substitution 5 yds and first down. Illegal rush, illegal flag pull, 5 yds and first down. Roughing the passer 5yds, Taunting 5 yds.

31) Offensive Penalties: Unnecessary roughness 10 yds loss of down. Unsportsmanlike 10 yds and loss of down. Offside, false start, illegal substitution 5 yds and loss of down. Illegal forward pass 5yds and loss of down. pass interference 5 yds and loss of down. Delay game 5yds and loss of

down. Illegal Procedure 5yds and loss of down.

