A white rectangular sign with a black and red logo

Description automatically generated***Orchard Park Flag Football Basic Rules***

***Offensive***

1.The quarterback cannot run with the ball. They can only scramble with the ball behind the line of scrimmage.

 2. The quarterback has only seven seconds to move the ball. (ex. Hand off or throw) once the ball is handed off, the seven second clock is done. If the ball is not handed off or thrown in seven seconds, it is considered a dead ball.

 3. If the quarterback hands off or pitches the ball to any other team member, that person can either run, pass (must be beyond l.o.s.),or pitch the ball to any other team member and the 7 second clock is over.

 4. All laterals or pitches must be done behind the line of scrimmage.

      (No hook and lateral Plays)

5. All Passes or forward laterals must be beyond the line of scrimmage.

 6.Center sneaks are permitted, but there must be a clear exchange between the center and quarterback. (just tapping fingers on the ball is not allowed).

 7. Spinning is allowed, but a ball carrier may not leave their feet or dive to prevent a defensive player from pulling their flag.

 8.The ball will be spotted from where the flag is pulled.

 9. A touchdown is scored when the ball enters the endzone.

 10. It only takes one foot in bounds to be considered a completed pass.

 11. Only one member of the offense can be in motion at a time.

 12. Interceptions may be returned for a touchdown.

 13. An interception during an extra point or two-point conversion may be returned for the value of the conversion max of two points.

14. Jump ball -possession go to the offensive team.

15. 40 sec play clock after the ball is spotted.

***Defense***

1. Only two members of defensive lined up 8 yards off the line of scrimmage can rush the quarterback.
2. Once the ball is handed off, anyone can rush the line of scrimmage.
3. No blocking or tackling is allowed.
4. A defensive member is not allowed to try to strip the football from the offense. They may only go for the flag.
5. Forcing a player out of bounds is allowed, but pushing a player is not and will result in a penalty.
6. All interceptions are returnable for touchdowns.
7. There is no contact allowed to the Quarterbacks.
8. Rusher must declare by raising their hand prior to the play starting. Up to 2 players can declare at one time, (they are not required to rush when declaring) Declared rusher(s) MUST be 7 yards from the ball.

***No Run Zone***

The no run zones are 5 yards before the 50-yard line and 5 yards before the endzone. Once a team passes the 50-yard line, they are out of the no run zone and receive a First Down. When a team is in the **no run zone,** they can only pass the ball. If a team does run the ball, it’s a 5-yard penalty and a loss of down.

***First downs***

A team can get a first down two ways, first by crossing the 50-yard line. A team has four downs to make it pass the fifty. If they do so they will receive a first down. Then they have four more downs to get into the endzone. Second, is only by penalty. If a defense gets a penalty against them, it is an automatic first down, no matter where the offense is on the field.

***Blocking/ flag guarding***

There is no blocking allowed in flag football. That means if an offensive player is running down the field, his or her teammate cannot impede a defensive player from trying to catch or pull the flag of the offensive player. Also, if an offensive player tries to block his or her flag from having a defensive player pull their flag (ex. pushing a hand away, holding onto their flag)

***Unsportsmanlike Conduct***

If an official witnesses any act of intentional tackling, elbowing, cheap shot, blocking or any unruly conduct. The game will be stopped, and players may be ejected. **FOUL PLAY AND ROUGH PLAY WILL NOT BE TOLERATED.**

**Offensive** or **confrontational** language is not allowed. An official has the right to determine offensive language. It is also up to an official to determine if a warning or penalty or ejection is warranted.

Any **Taunting** from either the Offense or Defense on or off the field will not be tolerated. (smack talking, finger jesters) will result in a penalty.