



FLAG FOOTBALL RULES & REGULATIONS

Field of Play

96 yards x 30 yards

Time

Two continuous 25 minute halves

Time-outs

Each team will receive 1 time-out per half

First Downs

The two yellow lines indicate the first downs

Scoring

- Touchdown = 6 pts
- Safety = 2 pts
- Point after (Run) = 2 pts - start at yellow 1st downs
- Interception during a Point After attempt returned across the opposite goal line = 2 pts

Line of Scrimmage

Offense must have a 4 man line at the time of the snap

No Bump

Punts

Because there is no kicking, teams choosing to punt on fourth down will result in a spot at the 10 yard line (start line)

Dead Ball

- The ball is always dead upon touching the ground.
- The offensive team retains the ball on a fumble.
- The ball is dead if the ball carrier falls to the ground without being touched.
- A fumble in the offensive team's end zone is a safety.
- After a safety, the defensive team will get the ball on their start line.

Blocking

- No blockers may start from a three or four point stance.
- Their hands cannot touch the ground.
- Blockers are not allowed to leave their feet at any time. Falling to the ground after a legal block will NOT be considered a foul.
- Elbows are NOT allowed to be swung under any circumstances.
- ALL blocks must be made below the shoulder level of the defender.
- Straight arm blocking is permitted only.

Point After Touchdown Attempts

The point after attempt will be played 3 yards off the one line for 1 pt or off the 10 yd line for 2 pts. If the ball is intercepted, the play will be considered live until the player is tagged. If the player scores, their team will receive 2 points. If they do not score, the ball will be spotted at the start line.

2 on 1 Blocking anywhere on the field is not allowed!!!

Touching and Tackling

Tackling is not permitted. Grabbing or holding is not permitted. Either violation may be grounds for removal from the game (referee's choice). ANY ACTION OTHER THAN THESE WILL BE CONSIDERED UNNECESSARY ROUGHNESS AND RESULT IN A 10 YARD PENALTY.

Overtime (NO OVER TIME EXCEPT IN THE PLAY-OFFS)

If the score is tied after 50 minutes of play, each team will have 1 attempt to win the game. A coin toss will determine which team receives the ball first in over-time. Each team will have 2 minutes running time (NO time-outs allowed) and 4 downs to score from the opposite start line (closest to the end zone). If a score is made that team also receives an extra point try. Each team only has one attempt, if no score is made the game will be officially ended in a tie. A score off an interception automatically wins the game. If the ball is intercepted and the player is tagged, the offensive team loses possession and the defensive team takes over at the same point that the offense originally started. The only way for the offensive team to score again is on an interception run back.

Dives

NO DIVES - 10 yard penalty

10 yards if on defense

Offense cannot dive to advance the ball 10 yards

Receivers

One foot must be in bounds for a catch to be legal. If a defensive player attempts to push a receiver out of bounds while in the air, it will be considered unnecessary roughness. Players may NEVER dive while attempting to catch a thrown ball (both offensive and defensive players).

PENALTY: OFFENSE = UNNECESSARY ROUGHNESS ON PASS RECEIVER

PENALTY: DEFENSE = COMPLETED PASS AND AN AUTOMATIC 1ST DOWN

Roughing the quarterback is 10 yards - added to any gain

Illegal forward Pass - 10 yards and down counts

Flag guarding - 10 yards and down counts

Jewelry

All jewelry must be removed from players. FAILURE TO REMOVE ALL JEWELRY WILL RESULT IN AN UNSPORTSMAN-LIKE PENALTY.

Runners

Players in possession of the ball MUST attempt to evade the defensive player. Any attempt to run through a player is considered unnecessary roughness.

Referee's Decisions

ALL REFEREE DECISIONS ARE FINAL. Only a captain may discuss a decision with an official. The clock will run for the first 25 seconds during a referee discussion and then will be stopped until the situation is resolved.

Delay of Game

Ball must be snapped within 25 seconds to avoid a delay of game penalty.

Penalty Enforcement

EXCEPTIONS TO THIS GENERAL RULE APPLY AS FOLLOWS:

- Defensive Holding: 10 yards
- Defensive Pass Interference: 1st down at the spot of the infraction
- Offensive Pass Interference: 10 yards and down counts
- Illegal Forward Pass: 5 yards and the loss of down
- Clipping: 10 yards from the point of foul
- Un-Sportsman like Conduct: 10 yards
- Unnecessary Roughness: 10 yards

Minimum Line Players

A minimum of four players at the snap

Flag

If a flag falls out inadvertently, revert to one-hand touch. All teams must have their own flags and all players must properly wear their flags before they go on the field. Flags cannot be the same color as the player's shorts.

Chuckling a Receiver / Clipping

Is not allowed and results in a 5 yard penalty

Position of the ball when de-flagged is the mark for the succeeding down

Motion at Snap

Only the man can be in motion at the snap of the ball:

- If two men are in motion before the snap of the ball, everyone (the whole team) has to stop and get set for one second
- Shifting that is not a false start is legal at any time. All players that shift still must reset for one second.

Flag guarding 10 yards from the spot and down counts

Defense must be within 5 yards of the line of scrimmage to rush "5 yard penalty"

All officials are required to be on the field 15 minutes before game time

GAME CANNOT END ON A DEFENSIVE PENALTY

REMEMBER ALL REFEREES CALLS ARE FINAL AND THE CLOCK IS RUNNING!

EJECTION FROM THE GAME = MUST LEAVE THE BUILDING FOR THE REMAINDER OF THE NIGHT!

FIGHTING = EJECTION FROM THE BUILDING UNTIL FURTHER NOTICE!

NO EXCEPTIONS TO ANY RULES!!!

***** Please read RULES & go over punt enforcement *****