



## Flag Football Rules & Regulations

### Field of Play:

96 yards x 30 yards.

### Length:

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 down markers.

### Scoring:

- Touchdown = 6 points
- Safety = 2 pts
- Point after (run) = 2 pts (start at 10 yard line) or 1pt (starting at the 3 yard line)
- 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.

### Punts:

Since 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 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, and 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.
- 2 on 1 blocking anywhere on the field is not allowed.
- 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 at the 3 yard line for 1 point or off the 10 yard line for 2 points. 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 placed at the start line.

### **Touching and Tackling:**

Tackling, grabbing, and holding are not permitted. Either violation may be grounds for removal from the game (referee's choice). EACH VIOLATION WILL BE CONSIDERED UNNECESSARY ROUGHNESS AND RESULT IN A 10 YARD PENALTY.

### **Overtime (Only in Playoffs):**

If the score is tied after 50 minutes of play, each team will have one attempt to win the game. A coin toss will determine which team receives the ball first in overtime. Each team will have 2 minutes running time (no time-outs) and 4 downs to score from the opposite start line (closest to the endzone). The team receives an extra point try if a score is made. Each team only has one attempt, and 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 spot the offensive team started.

### **Dives:**

NO DIVING - 10 yard penalty. A player cannot dive on offensive nor defense.

### **Receivers:**

One foot bust me in bound 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 who dive on offense will receive a 10 yard unnecessary roughness penalty. Players who dive on defense or push a receiver out of bounds will result in a completed pass for the offense and an automatic 1st down.

### **Jewelry:**

All jewelry must be removed from players before the game. 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 discretion 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:**

- Roughing the Passer - 10 yards added to the gain.
- Illegal Forward Pass - 10 yards and loss of down.
- Flag Guarding - 10 yards and down counts.
- Defensive Holding - 10 yards.
- Offensive Pass Interference - 10 yards and down counts.
- Defensive Pass Interference - 1st down at the spot of the infraction.
- Clipping - 10 yards from the point of the foul.
- Unsportsmanlike Conduct - 10 yards
- Unnecessary Roughness - 10 yards
- Rushing - 5 yard penalty if defense does not rush within 5 yards of scrimmage line
- False Start - 5 yard penalty

## **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.

## **Motion at Snap:**

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

- If two men are in motion before the snap of the ball, the whole team has to reset.
- Shifting is legal at any time. The shifting player must stop moving before the snap of the ball.

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

