

## *Flag Football Rule Book*

### General Rules:

“All players play”; so depending on the number of participants per team, we will play 7-on-7, 8 on 8 etc...

\*Substitutions Allowed

Each player is required to begin the game with flags around their waist.

(Optional) Players may wear a mouth piece and protective cups on field.

Cleats are allowed. (No metal cleats)

Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.

Players are not allowed to flag guard, jump, or hurdle players. \* Flag guarding is an attempt by the ball carrier to obstruct the defender’s access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.

It is illegal to attempt to strip or pull the ball or pull from the ball carrier’s possession at any time.

If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.

There are no fumbles. The ball is spotted where it hits the ground.

Play is ruled “dead” when a player’s knee hits the ground, a loose ball occurs or the ball carriers flags are pulled.

### **Game Play:**

The winner of the coin toss gets first offense possession. The loser of the coin toss chooses the end zone it would prefer to defend. Teams may not choose to defer to second half choice.

The game will consist of two (2) twenty (20) minute halves with a continuous clock. Clock continues to run and stops in the last (2) minutes of play in both halves only. Clock will stop when there is a dead ball.

\*\*Overtime – optional, depending on relevant factors

Each Team gets 3 full timeouts per game (1 minute).

The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield; it has four (4) plays to score a touchdown.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

Blocking is allowed. Player's hands must be behind their back when blocking.

### **Formations:**

An offensive team must have a minimum of 3 players on the line of scrimmage (including the Center) every possession. (They can go out for a pass and receive the ball)

The quarterback must be off the line of scrimmage.

One player at a time may go in motion at the line of scrimmage.

### **Defensive Rushing:**

Only 2 defensive players may rush the quarterback on a play.  
**(If coach is QB, no rushing)**

### **Scoring:**

Touchdown: **6 points**

PAT (Point after Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)

A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions can not be returned.

### **Running:**

The quarterback can run with the ball (**Coaching QB's CAN NOT**).

Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.

Laterals and pitches are allowed.

The player who takes the handoff can throw the ball from behind the line of scrimmage.

Once the ball has been handed off, all defensive players are eligible to rush.

Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving). Defensive players may dive to pull an offensive flag.

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

### **Passing:**

All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.

Shovel passes are allowed, but must be received beyond the line of scrimmage.

The quarterback has a 8-second "pass clock". If a pass is not thrown within the 8 seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 8-second rule no longer is in effect.

### **Receiving:**

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage, **unless QB is COACH**).

Only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

### **Penalties:**

The referee will call all penalties.

Referees determine incidental contact that may result from normal run of play.

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

### **5 Yard Penalties**

- Illegal Equipment
- Offside
- Illegal forward pass (pass received behind line of scrimmage or throwing a pass beyond the line of scrimmage)
- Offensive/ Defensive pass interference (illegal pick play, pushing off/away defender)
- Delay of game
- Defense Illegal contact (holding, illegal blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)

### **10 Yard Penalties**

- Roughing the passer
- Taunting
- Unsportsmanlike conduct.

### **Unsportsmanlike Conduct:**

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player, coach or spectator will be given a warning, and the next unsportsmanlike act, the player, coach or spectator will be ejected and sit out for the next scheduled game. Foul play will not be tolerated.

Trash talking is illegal. Officials have the right to determine offensive language.

