

Flag Football Rules & Regulations

All players are eligible to play / 2 (20 min) halves, 8 min halftime

Possession starts at 40 yard line

Each team gets (2) two 45 second timeouts per half

Games are 6 vs 6 players – **One coach ONLY** allowed on field for offense and defense

Field setup is split to accommodate 2 or more games

40 yard line to end zone

Middle field hash marks are out of bounds on each side

Cones on hash marks help highlight out of bounds for players

Each possession starts at the 40 yard line after scores, turnover on downs and/or halftime

45 second generous play clock - Only enforce penalty if stalling the clock to win

Offensive team has 4 downs to make first down (20 yard line), then 4 downs to score.

Scoring

Touchdowns = 6 pts.

Extra Point (5 yard line) = 1 pt.

Extra Point (10 yard line) = 2 pts.

Safety's

In the event of a safety, two points to the defensive team and possession of ball on 40 yard line

The play is dead when the following occurs to the ball carrier:

- Flag is pulled
- Runners knee touches the ground
- Runner steps out of bounds (use cones on field to determine boundary lines)
- If runner loses his flag then the opposing team must touch him down
- Runner dives, jumps or leaps (unless jump is to avoid player on the ground)

Ball is spotted where the runner left his feet

Rules of Play

Home team will begin on offense – Away team will start on offense in second half
NO coin toss

NO direct QB runs

ball carrier can spin to avoid flag being pulled but cannot flag guard, stiff arm or swat at opposing players hands when the attempting pull flag

No fumbles

fumbled, or stripped ball is dead and placed at the post of the fumble with the offensive team retaining possession

QB has (6) six seconds to pass or hand the ball off – sack count starts on the snap of the ball no matter what the offensive player is attempting.

if QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the line of scrimmage.

Passes are allowed behind the line of scrimmage

Example: WR Screen

QB can hand/pitch the ball to another player or can throw the ball within the allotted time if/when the QB hands/pitches/throws a backward pass to another player, this alerts the defense that they can cross the line of scrimmage to pull the flag of the ball carrier

Clock will only stop for time-outs/injuries/last minute of game play if score is within 8 pts.

Clock does not stop for incomplete passes/out of bounds/change of possession

Receiver must have one foot in bounds making a reception – only one player can be in motion

(3) three players must be on the line of scrimmage (center is (1) one player)

Considered illegal formation if team does not adhere to rule

Laterals are allowed – if the ball hits the ground, play is dead, and the team receives a loss of down. NO FUMBLES

Absolutely NO tackling or blocking is allowed – stationary pick is allowed but the player cannot move.

Defensive players can cross the line of scrimmage when a handoff/fake handoff/backward pass occurs – must enforce penalty for crossing before this takes place

Interceptions result in dead ball and change of defense to offence on 40 yard line

Last Minute of the Game/Half

If score is within 8 pts., the clock will stop in the final 1 minute of the game on these actions:

- Incompletions
- Out of Bounds
- QB Sack
- Change of Possession

Penalties

If a foul occurs within the last minute of the game and the score is within 8 pts., the offended team has the option to have the clock start either on the ready or on the snap.

Mercy rule- game clock will continue

If a team is up by 35 or more points, they only have two (2) downs to get a first down and two (2) downs to score until that point difference is below 30 pts. – then resume regular game rules.

The team that is behind by 35 or more points will begin their offensive possession at the 10 yard line and get four (4) downs for a First Down, and then four (4) downs to score a touchdown – if the point difference is below 30 pts., then resume regular game rules.

Offensive Penalties

Offensive Pass Interference: 10 yard penalty and replay the down

Illegal Formation: 5 yard penalty and replay the down

False Start: 5 yard penalty and replay the down (show leniency if struggling with ball snaps)

Illegal Forward Pass: 5 yard penalty and loss of down (QB steps over the line of scrimmage)

Blocking: 5 yards from the spot of the foul

Flag Guarding (including Stiff Arms): 5 yard penalty from the spot of the foul and loss of down

Unsportsmanlike Conduct: 15 yard penalty and possible ejection

Delay of Game: Clock is stopped and a 5 yard penalty (typically in close scoring games)

Defensive Penalties

Defensive Pass Interference: 5 yard penalty and replay down offensive catch – Offense decides

Illegal Contact: 5 yard penalty and replay down unless its an offensive catch – Offense decides (1st down can occur depending on yardage)

****Defensive Holding while pulling flag:** 5 yard penalty added to the end of the play and replay the down (1st down can occur depending on yardage)

Illegal Flag Pull (before player has the ball): 5 yard penalty and replay the down (1st down can occur depending on yardage)

Off-sides: 5 yard penalty and replay the down (1st down can occur depending on yardage)

Illegal Rushing (before a hand-off has occurred): 5 yard penalty and replay the down – offense decides depending on the result of the play (1st down can occur depending on yardage)

Inadvertent Tackle: 5 yard penalty added to the end of the play and replay the down

Inadvertent Tackle from Behind w/Clear Path to End Zone: Ball will be placed at the one (1) yard line

Unsportsmanlike Conduct: 10 yard penalty and possible ejection

Defensive Penalties inside the 10 yard line will result in half the distance to the Goal line if applicable

** rules must be enforced.