

Flag Football Cheat Sheet

All Players are Eligible

Home team gets ball first

Away team starts with ball in second half

Extra Point (5 yard line) = 1 pt.

Extra Point (10 yard line) = 2 pts.

45 Seconds Generous Play Clock

Possession starts at the 40 yard line

Safety, two points to the defensive team and possession of the ball on the 40 yard line.

Dead ball when:

Flag is pulled

Knee touches the ground

Player with ball steps out of bounds

Dives, jumps, leaves feet: spotted where feet left the ground

No Fumbles: ball dead where ball hits the ground

QB has 6 seconds to release ball

If no sack is recorded, ball goes to the line of scrimmage

Defense cannot cross line of scrimmage until the ball is handed off or exchange is made

MUST enforce defense staying back until action happens

Receiver must have one foot in bounds

Only one player in motion at line of scrimmage

Three players must be on the line of scrimmage

Laterals are allowed (Laterals defined as: QB lightly tosses the ball to another player)

If the ball is dropped, the play is dead and team receives loss of down

No Tackling, No Blocking (Stationary pick is permitted)

Offense Penalties

Blocking: 5 yards from 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 (possible ejection)

Delay of Game: clock is stopped and a 5 yard penalty (typically in close games) 45 seconds

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

Defensive holding while pulling flag: 5 yard penalty added to the end of the play, 1st down can occur depending on the yardage. (MUST ENFORCE)

Illegal Flag Pull (before player has the ball): 5 yard penalty and replay down

Off-sides: 5 yard penalty and replay down

Illegal Rushing (before a hand-off has occurred): 5 yard penalty replay the down

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

Inadvertent tackle from behind w/clear path to the end zone: Place ball at the one yard line